

1/28 P11 10 011

8" for T15.11
8" for 11.11 +

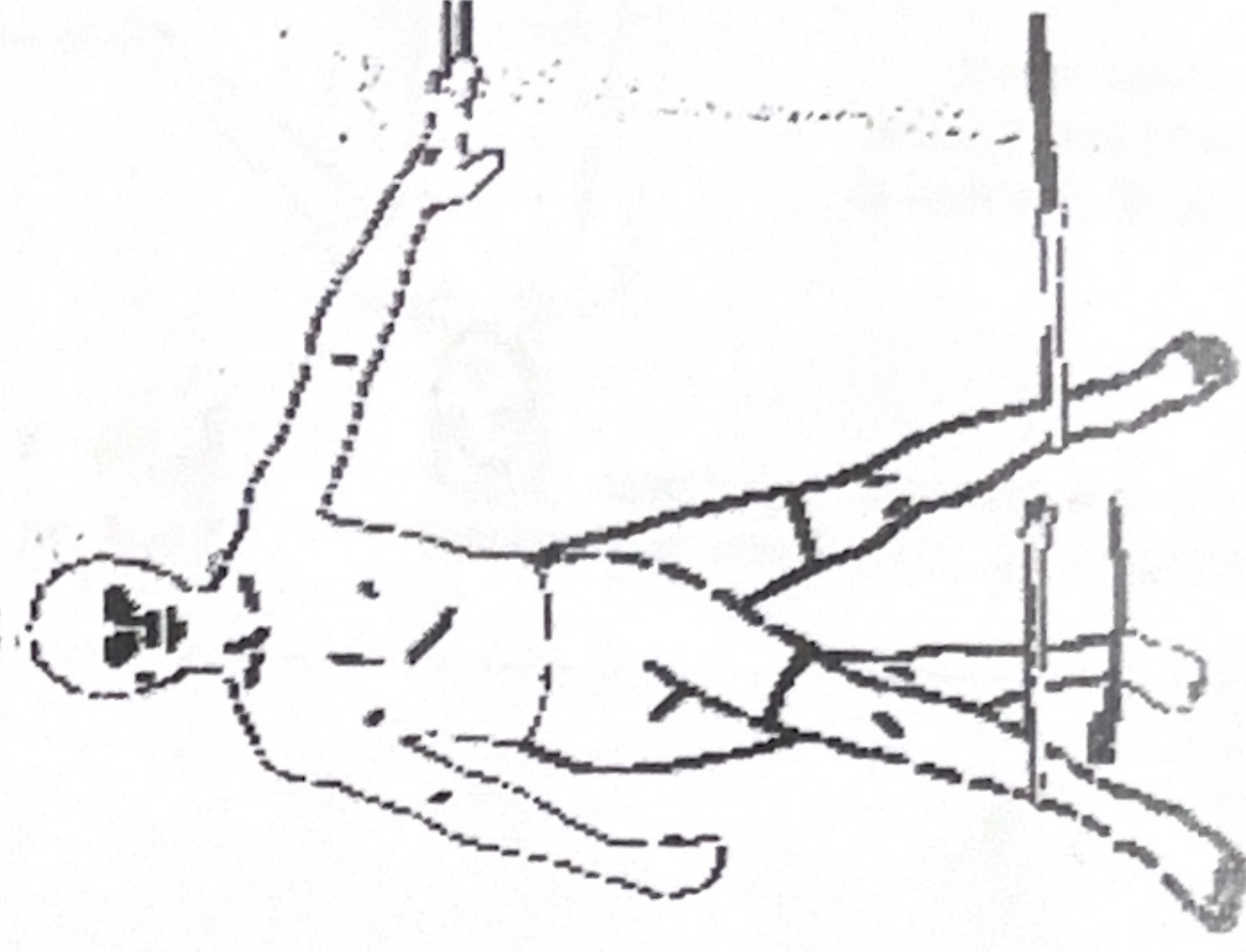
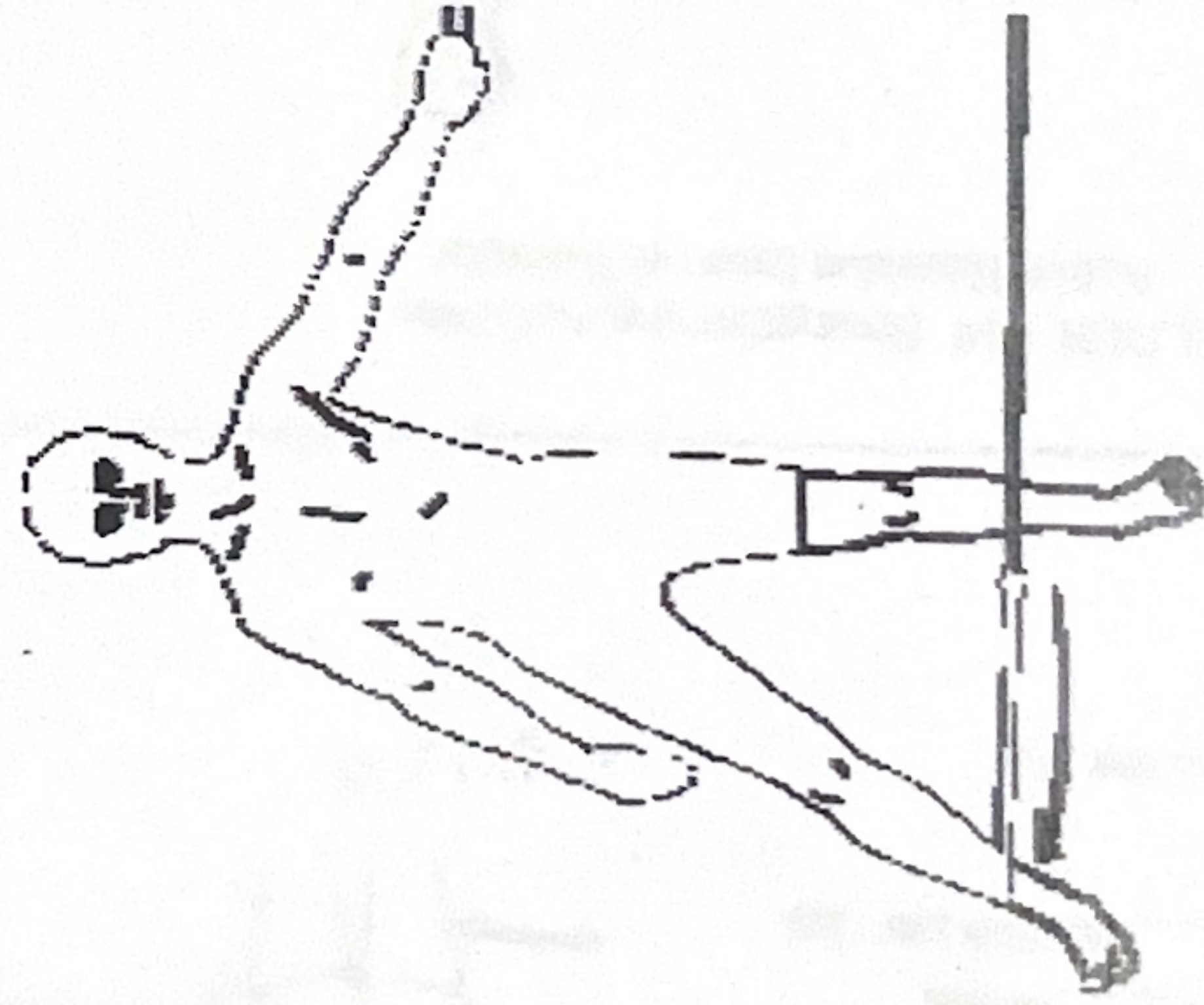
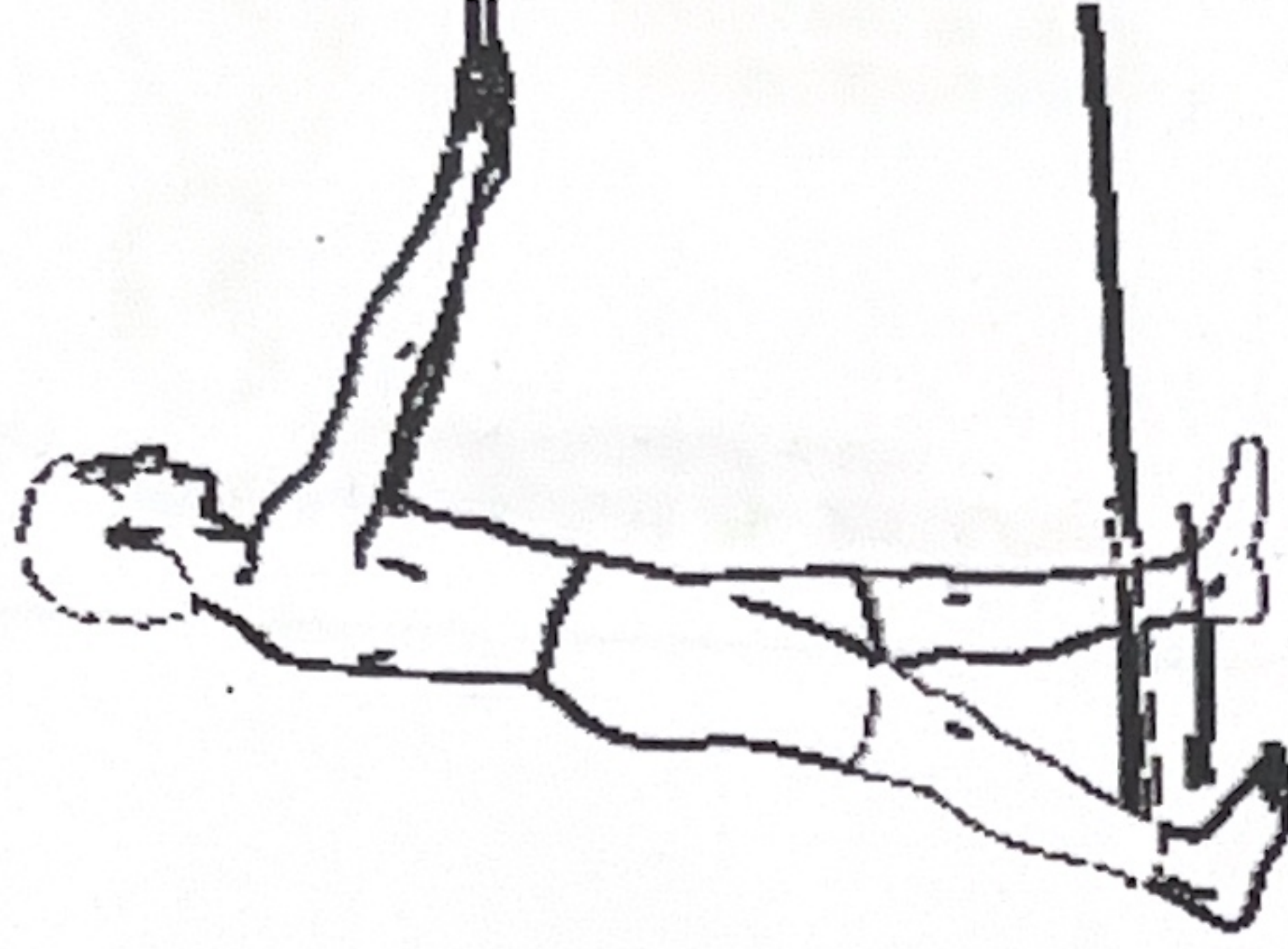
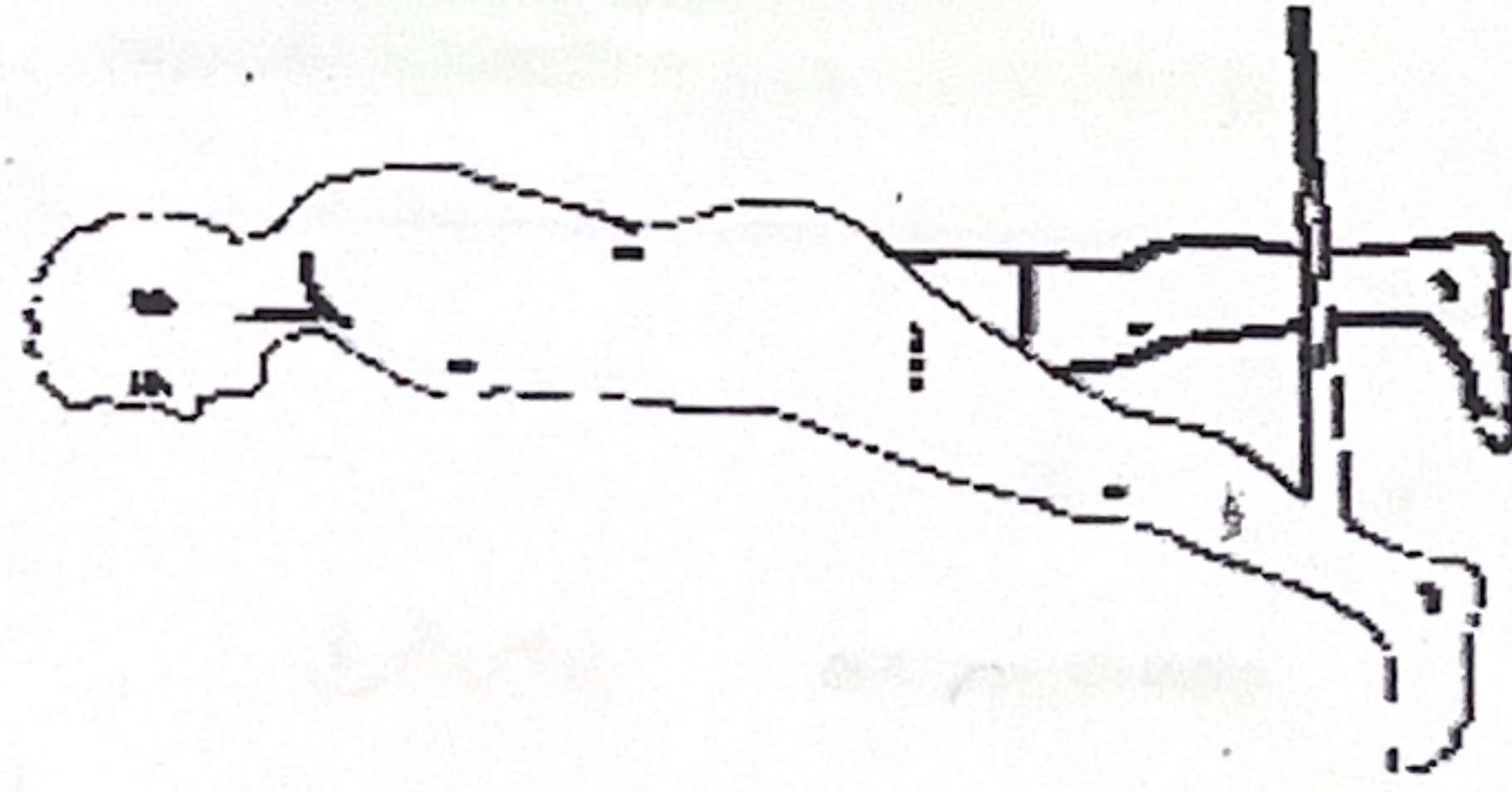
3x10
P12 080

Jul 10, 2013

Routine For:

Created By: Erin Futrell, PT, OCS

1/28 P11 10 011
G11 T0
1/28 P11 10 011
1/28 P11 10 011
1/28 P11 10 011



SHOULDER - 42 Strengthening Activities
Active Resistive Abduction

הישרות
הזרוע
הזרוע

Using tubing, start with arm across body and pull away from side. Move through pain free range of motion.

Repeat _____ times.
Do _____ sessions per day.



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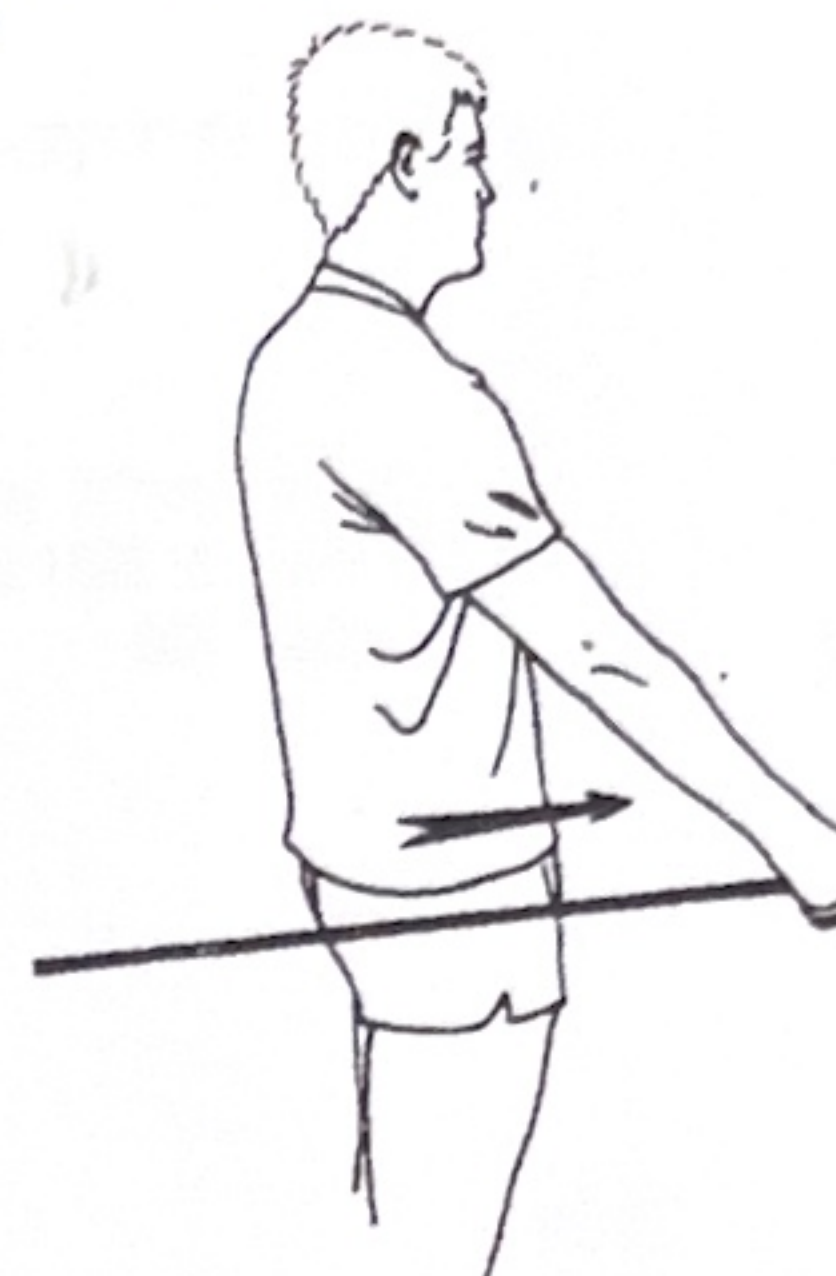
הזרוע

SHOULDER - 41 Strengthening Activities
Active Resistive Flexion

3x10

Using tubing, start with arm at side and pull arm outward and upward. Move shoulder through pain free range of motion.

Repeat _____ times.
Do _____ sessions per day.



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הזרוע

SHOULDER - 44 Strengthening Activities
Active Resistive Internal Rotation

Using tubing, and keeping elbow in at side, rotate arm inward across body. Be sure to keep forearm parallel to floor.

Repeat _____ times.
Do _____ sessions per day.



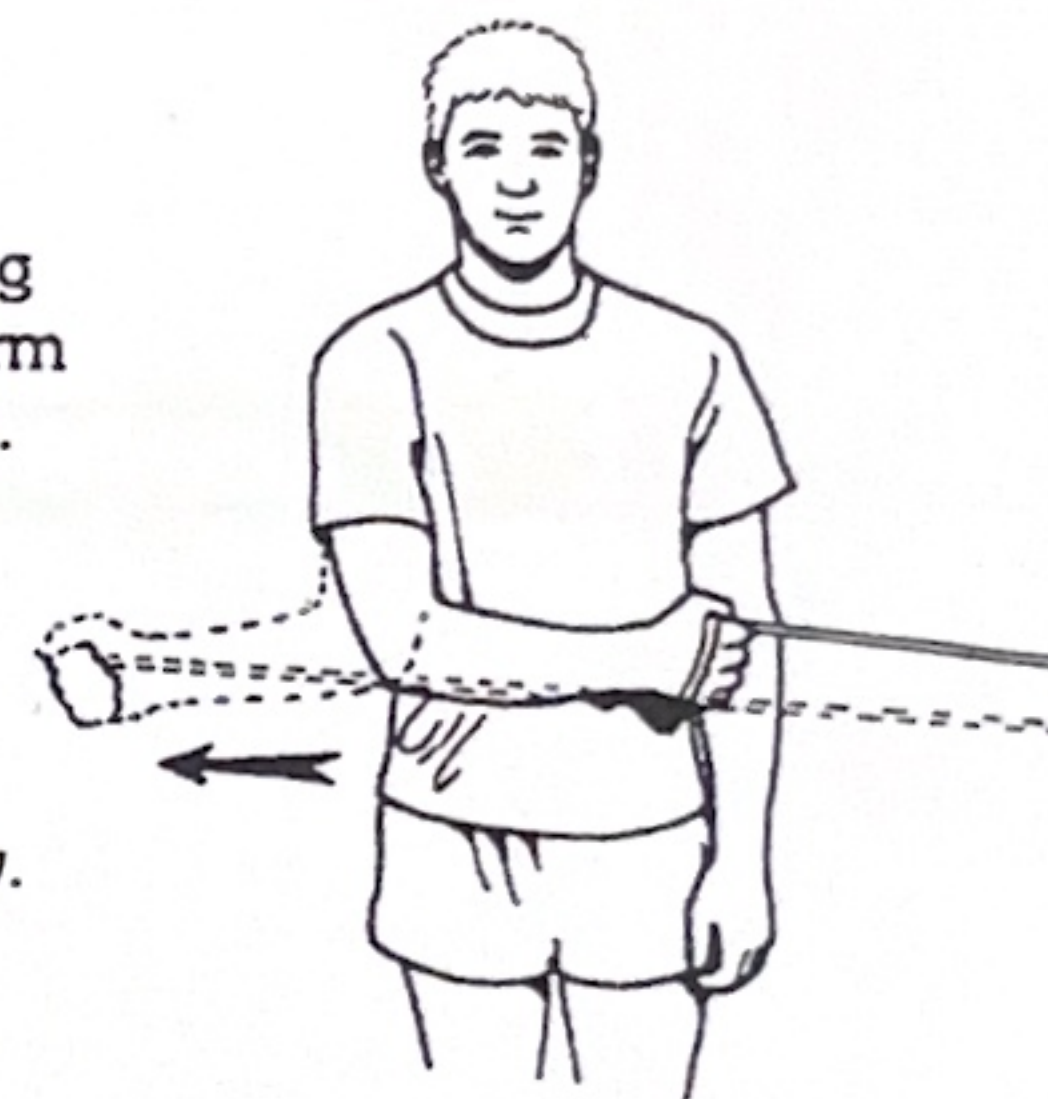
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פנימה

SHOULDER - 43 Strengthening Activities
Active Resistive External Rotation

Using tubing, and keeping elbow in at side, rotate arm outward away from body. Be sure to keep forearm parallel to floor.

Repeat _____ times.
Do _____ sessions per day.



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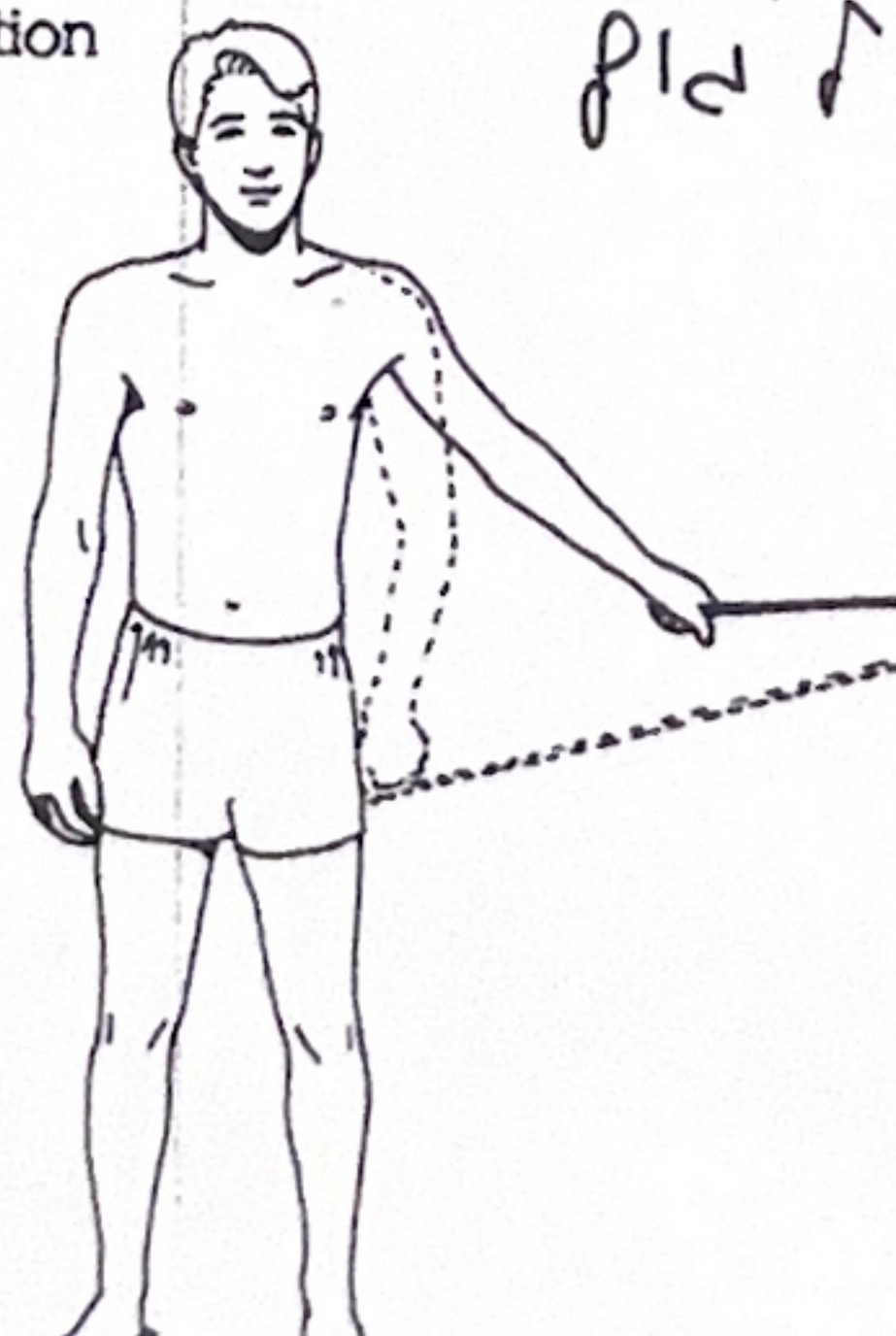
החוצה

SHOULDER - 46 Strengthening Activities
Active Resistive Adduction

הזרוע
הזרוע

Using tubing, pull arm in toward buttock. Do not twist or rotate trunk.

Repeat _____ times.
Do _____ sessions per day.



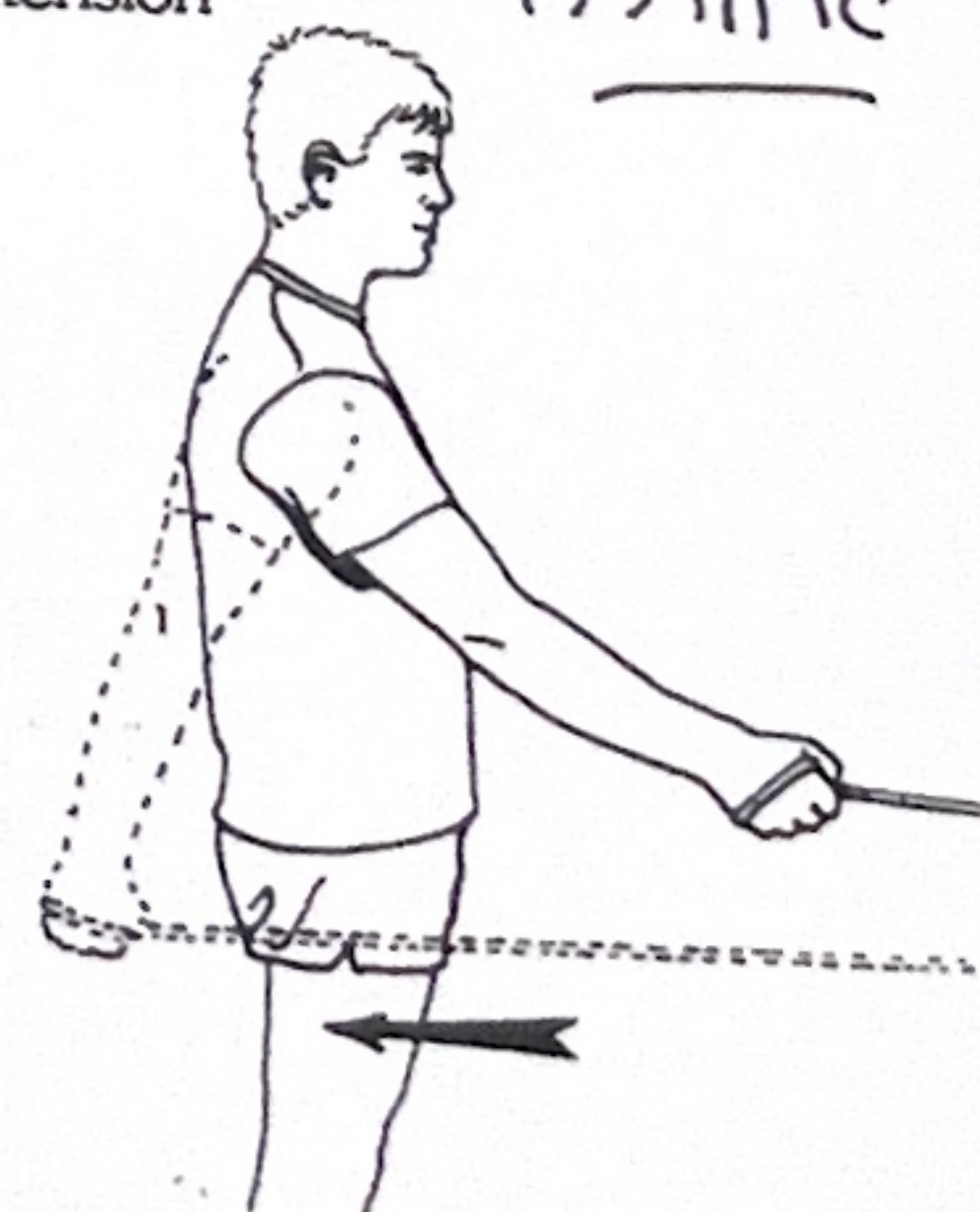
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SHOULDER - 45 Strengthening Activities
Active Resistive Extension

אחורה

Using tubing, pull arm back. Be sure to keep elbow straight.

Repeat _____ times.
Do _____ sessions per day.



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