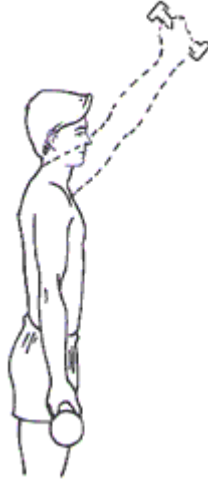


General Shoulder Strengthening Program

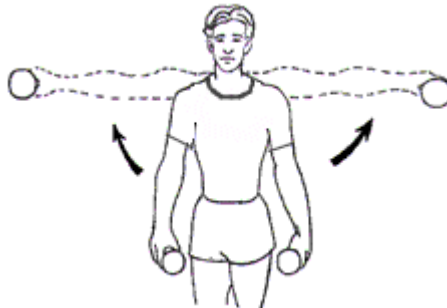


STANDING IN GOOD POSTURE RAISE A STRAIGHT ARM IN FRONT AS HIGH AS POSSIBLE.
WORK IN A PAIN-FREE RANGE OF MOTION.

Repeat: 10 times **Sets:** 2

Hold Time: 5 secs **Resistance/Time:** 2-3lbs.1-2kgs

Sessions: 2 /day



RAISE YOUR ARMS STRAIGHT OUT TO THE SIDE TO SHOULDER LEVEL THEN SLOWLY
LOWER THEM BACK DOWN AS ILLUSTRATED.

Repeat: 10 times **Sets:** 2

Hold Time: 5 secs **Resistance/Time:** 2-3lbs.1-2kgs

Sessions: 2 /day

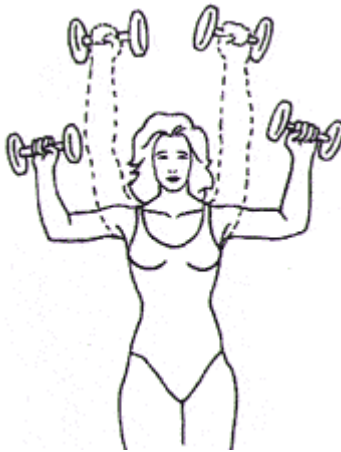


BEND AT THE TRUNK AND SUPPORT YOURSELF WITH THE UNINVOLVED HAND. LOWER YOUR ARM TOWARD THE FLOOR AND THEN PULL YOUR ARM UP AS IF YOU WERE PERFORMING A SAWING MOVEMENT.

Repeat: 10 times **Sets:** 2

Hold Time: 5 secs **Resistance/Time:** 2-3lbs.1-2kgs

Sessions: 2 /day

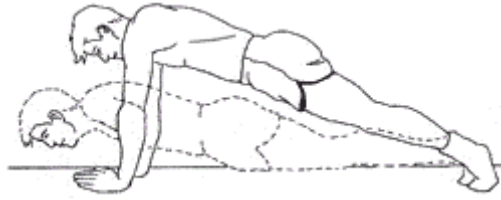


HOLDING WEIGHTS IN BOTH HANDS PRESS THE ARMS UP OVERHEAD AS ILLUSTRATED.

Repeat: 10 times **Sets:** 2

Hold Time: 5 secs **Resistance/Time:** 2-3lbs.1-2kgs

Sessions: 2 /day



LYING ON YOUR STOMACH PUSH WITH YOUR HANDS RAISING YOUR BODY OFF THE GROUND AS ILLUSTRATED.

Repeat: 10 times

Sets: 2

Hold Time: 5 secs

Resistance/Time: 2-3lbs.1-2kgs

Sessions: 2 /day