

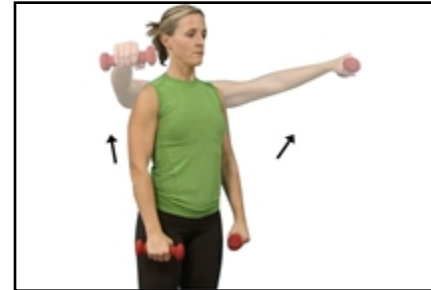
1: 837 - Shoulder Elevation -- Bilateral in Sitting



- Sit tall in chair with stomach muscles tight
- Slowly raise arms overhead without arching lower back
- Repeat as instructed

Sets: 2 Reps: 15 Every other day Resistance: As Tolerated Hold Time: 5s

2: 132 - Shoulder Dumbbell Raises -- Scaption Plane



- Holding dumbbells (or similar objects), raise arms slightly out to your side up to shoulder height
- Keep arms straight and palms down throughout the motion
- Repeat as instructed

Sets: 2 Reps: 15 Every other day Resistance: As Tolerated Hold Time: 5s

3: 859 - Row Long Sitting with Resistance



- Seated on floor with band around both feet
- Slowly pull arms straight back, bending elbows and squeezing shoulder blades together

Sets: 2 Reps: 15 Every other day Resistance: Red Hold Time: 5s

4: 972 - Row Unilateral with Hip Hinge



- Bend forward with one arm hanging down, keeping spine straight
- Pull elbow toward ceiling and squeeze shoulder blade inward
- Repeat as instructed

Sets: 2 Reps: 15 Every other day Resistance: 5 lbs Hold Time: 5s Side: Both

5: 456 - Wall Push Up



- Stand facing wall with feet shoulder width apart (2-3 feet away from wall)
- Place hands on wall at shoulder height
- Slowly bend elbows and lean forward, then extend elbows
- Repeat as instructed

Sets: 2 Reps: 15 Every other day Resistance: As Tolerated Hold Time: 5s
Side: Right

6: 978 - Chair Press Up: Elbow Extension



- Sit in chair with hands on armrests
- Press body upwards extending elbows
- Use legs to assist as needed
- Repeat as instructed

Sets: 2 Reps: 15 Every other day Resistance: As Tolerated Hold Time: 5s