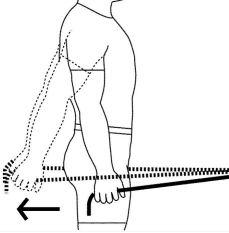
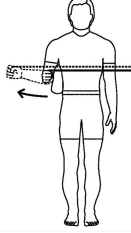
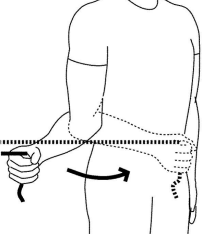
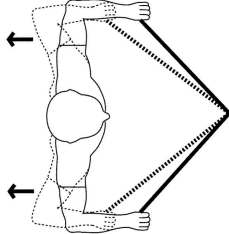
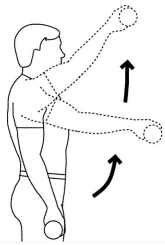
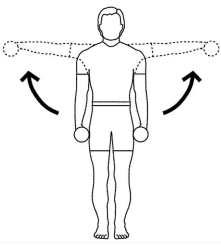


**Comment:**

General Strengthening

<p><b>Resist shld ext bil stand w/elastic</b></p>  <ul style="list-style-type: none"> <li>• Secure elastic at waist level as shown.</li> <li>• Face toward elastic.</li> <li>• Grasp elastic in hands, and pull backwards, keeping elbows straight.</li> <li>• Return to start position.</li> </ul> <p><b>Special Instructions:</b> Maintain neutral spine in low back.</p> <p><b>Perform 3 sets of 10 Repetitions, once every other day.</b></p> <p>Use Blue Elastic. Rest 1 Minute between sets. Perform 1 repetition every 4 Seconds.</p>	<p><b>Resist shld ER uni stand (abd 45) w/elastic</b></p>  <ul style="list-style-type: none"> <li>• Attach elastic to secure object at waist level.</li> <li>• Place pillow between elbow and body.</li> <li>• Grasp elastic in hand, elbow bent to 90.</li> <li>• Rotate arm outward and return.</li> <li>• Slowly return to start position and repeat.</li> </ul> <p><b>Perform 3 sets of 10 Repetitions, once every other day.</b></p> <p>Use Blue Elastic. Rest 1 Minute between sets. Perform 1 repetition every 4 Seconds.</p>
<p><b>Resist shld IR uni w/elastic</b></p>  <ul style="list-style-type: none"> <li>• Secure elastic at waist level.</li> <li>• Sit or stand with involved side to elastic, elbow at 90, arm at side.</li> <li>• Grasp elastic and pull hand inward, across body, as shown.</li> <li>• Slowly return to start position and repeat.</li> </ul> <p><b>Special Instructions:</b> Keep arm at side.</p> <p><b>Perform 3 sets of 10 Repetitions, once every other day.</b></p> <p>Use Blue Elastic. Rest 1 Minute between sets. Perform 1 repetition every 4 Seconds.</p>	<p><b>Resist shld retract bil stand w/elastic</b></p>  <ul style="list-style-type: none"> <li>• Position arms out from sides, elbows bent to 90 degrees, as shown.</li> <li>• Grasp elastic in hands.</li> <li>• Pull back, bringing shoulder blades together.</li> <li>• Return to starting position.</li> </ul> <p><b>Perform 3 sets of 10 Repetitions, once every other day.</b></p> <p>Use Blue Elastic. Rest 1 Minute between sets. Perform 1 repetition every 4 Seconds.</p>
<p><b>Resist shld flx uni w/wt</b></p>  <ul style="list-style-type: none"> <li>• Begin with arm at side, elbow straight, palm down with weight in hand.</li> <li>• Raise arm in front but not over shoulder height</li> <li>• Return to starting position.</li> </ul> <p><b>Perform 3 sets of 10 Repetition, once every other day.</b></p> <p>Use 3 Lbs. Rest 1 Minute between sets. Perform 1 repetition every 4 Seconds.</p>	<p><b>Resist shld abd bil w/wt (lat Deltoid)</b></p>  <ul style="list-style-type: none"> <li>• Stand holding weights in hands and palms inward.</li> <li>• Lift arms up and out to sides to shoulder level.</li> <li>• Lower and repeat.</li> </ul> <p><b>Perform 3 sets of 10 Repetitions, once every other day.</b></p> <p>Use 3 Lbs. Rest 1 Minute between sets. Perform 1 repetition every 4 Seconds.</p>

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Signature: \_\_\_\_\_

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Caution: User must wear suitable eye protection such as safety goggles during this exercise to protect against possibility of eye injury as a result of the band or tube snapping towards the face if grip is lost or if the band or tube breaks.

**Resist shld Supraspinatus lift bil w/wt**



- Hold arms out from sides at 45 degrees as shown.
- Hold weights in hands with thumbs down.
- Lower and raise arms.

**Special Instructions:**

Do not raise past shoulder level.

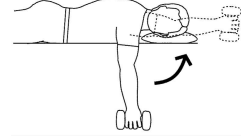
**Perform 3 sets of 10 Repetitions, once every other day.**

Use 3 Lbs.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

**Resist shld flx uni prone w/wt**



- Lie face down, arm at side, thumb pointing down
- Hold weight in hand.
- Slowly raise arm up to head level, keeping elbow straight.
- Return to start and repeat.

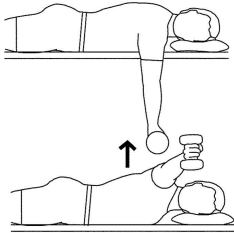
**Perform 3 sets of 10 Repetitions, once every other day.**

Use 3 Lbs.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

**Resist shld horiz abd bil prone thumb up w/wt**



- Hold weights in hands.
- Lie face down on bed, arms down and thumbs down. shoulder height, keeping elbows straight and squeezing shoulder blades together.
- Lower arms to floor and repeat.

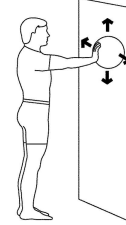
**Perform 3 sets of 10 Repetitions, once every other day.**

Use 3 Lbs.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

**AROM shld circum w/ball**



- Hold a ball against the wall with involved arm.
- Keep elbow straight and push firmly on ball.
- Move ball side to side and up and down.
- Perform counter clockwise and clockwise.

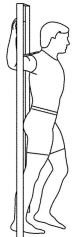
**Special Instructions:**

Keep arm straight.

**Perform 1 set of 3 Minute, once a day.**

Hold exercise for 3 Minutes.

**Stretch Pectoral standing w/shld ER**

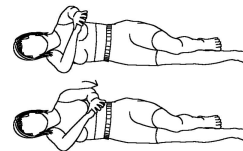


- Stand at doorway with forearms on door frame, elbows bent to 90 degrees.
- Keep back straight and step forward with one leg until a gentle stretch is felt across chest and in front of shoulders.

**Perform 1 set of 4 Repetitions, twice a day.**

Hold exercise for 20 Seconds.

**Stretch shld posterior capsule sidelying**



- Lie on involved side.
- Position involved arm out away from side.
- Use other arm and gently push forearm of involved arm downward.
- Hold and repeat.

**Perform 1 set of 4 Repetitions, twice a day.**

Hold exercise for 20 Seconds.

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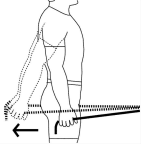
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**Comment:**

General Strengthening

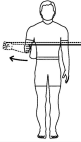
**Resist shld ext bil stand w/elastic**



Perform 3 sets of 10 Repetitions, once every other day.

Use Blue Elastic.  
Rest 1 Minute between sets.  
Perform 1 repetition every 4 Seconds.

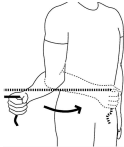
**Resist shld ER uni stand (abd 45) w/elastic**



Perform 3 sets of 10 Repetitions, once every other day.

Use Blue Elastic.  
Rest 1 Minute between sets.  
Perform 1 repetition every 4 Seconds.

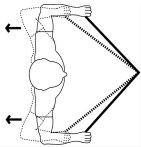
**Resist shld IR uni w/elastic**



Perform 3 sets of 10 Repetitions, once every other day.

Use Blue Elastic.  
Rest 1 Minute between sets.  
Perform 1 repetition every 4 Seconds.

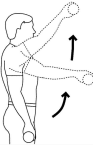
**Resist shld retract bil stand w/elastic**



Perform 3 sets of 10 Repetitions, once every other day.

Use Blue Elastic.  
Rest 1 Minute between sets.  
Perform 1 repetition every 4 Seconds.

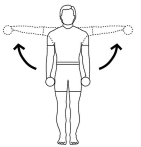
**Resist shld flx uni w/wt**



Perform 3 sets of 10 Repetition, once every other day.

Use 3 Lbs.  
Rest 1 Minute between sets.  
Perform 1 repetition every 4 Seconds.

**Resist shld abd bil w/wt (lat Deltoid)**



Perform 3 sets of 10 Repetitions, once every other day.

Use 3 Lbs.  
Rest 1 Minute between sets.  
Perform 1 repetition every 4 Seconds.

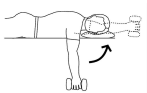
**Resist shld Supraspinatus lift bil w/wt**



Perform 3 sets of 10 Repetitions, once every other day.

Use 3 Lbs.  
Rest 1 Minute between sets.  
Perform 1 repetition every 4 Seconds.

**Resist shld flx uni prone w/wt**



Perform 3 sets of 10 Repetitions, once every other day.

Use 3 Lbs.  
Rest 1 Minute between sets.  
Perform 1 repetition every 4 Seconds.

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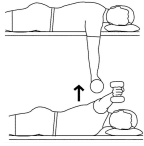
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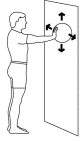
**Resist shld horiz abd bil prone thumb up w/wt**



Perform 3 sets of 10 Repetitions, once every other day.

Use 3 Lbs.  
Rest 1 Minute between sets.  
Perform 1 repetition every 4 Seconds.

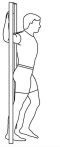
**AROM shld circum w/ball**



Perform 1 set of 3 Minute, once a day.

Hold exercise for 3 Minutes.

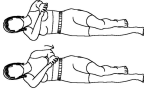
**Stretch Pectoral standing w/shld ER**



Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

**Stretch shld posterior capsule sidelying**



Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

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