

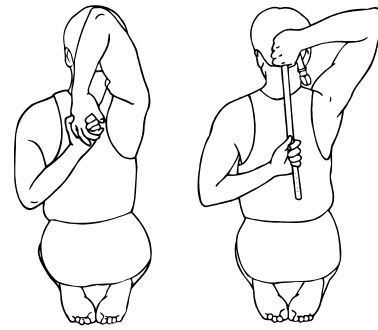
SHOULDERS - 1 Rotator Cuff

Pull right arm down with left hand until stretch is felt. Hold \_\_\_\_ seconds. Repeat with other side.



Repeat \_\_\_\_ times.  
Do \_\_\_\_ sessions per day.

SHOULDERS - 2 Rotator Cuff / Extensors



Bring right hand behind head and down as far as possible. Reach up with left hand, palm facing out, and grasp right hand. Hold \_\_\_\_ seconds. May use belt as a beginner aid to help work hands closer together. Repeat with other side.

Repeat \_\_\_\_ times. Do \_\_\_\_ sessions per day.

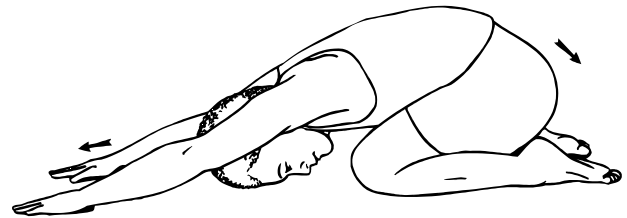
SHOULDERS - 3 Posterior Deltoids / Rhomboids

Pull arm across chest until stretch is felt. Turn head away from pull. Hold \_\_\_\_ seconds. Repeat with other arm.



Repeat \_\_\_\_ times.  
Do \_\_\_\_ sessions per day.

SHOULDERS - 4 Extensors

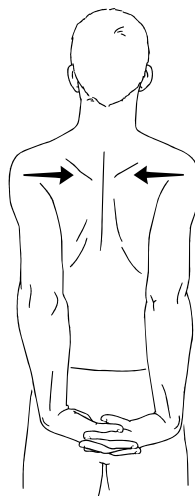


From kneeling position, slide arms forward while pushing buttocks toward floor. Hold \_\_\_\_ seconds.

Repeat \_\_\_\_ times. Do \_\_\_\_ sessions per day.

SHOULDERS - 5 Deltoids

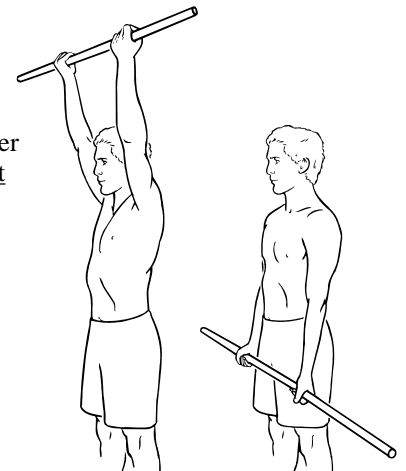
With fingers interlaced behind back, straighten arms and turn elbows in until stretch is felt. Hold \_\_\_\_ seconds.



Repeat \_\_\_\_ times.  
Do \_\_\_\_ sessions per day.

SHOULDERS - 6 ROM: Flexion – Wand

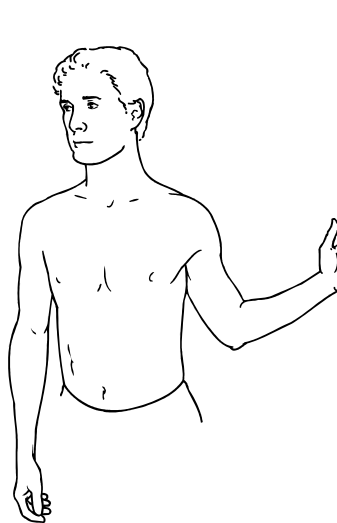
Bring wand directly over head, leading with right side. Reach back until stretch is felt. Hold \_\_\_\_ seconds.



Repeat \_\_\_\_ times per set.  
Do \_\_\_\_ sessions per day.

SHOULDERS - 7 ROM: External Rotation (Alternate)

Keep palm of right hand  
against door frame and  
elbow bent at 90°. Turn  
body from fixed hand  
until stretch is felt.  
Hold \_\_\_\_\_ seconds.



Repeat \_\_\_\_\_ times per set.  
Do \_\_\_\_\_ sessions per day.