

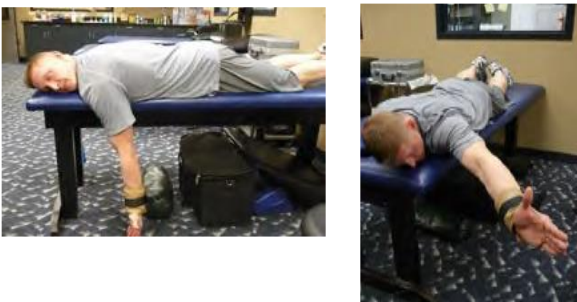
PROGRAM 2: SHOULDER

Prone Thumb Up Abduction at 90 Degrees



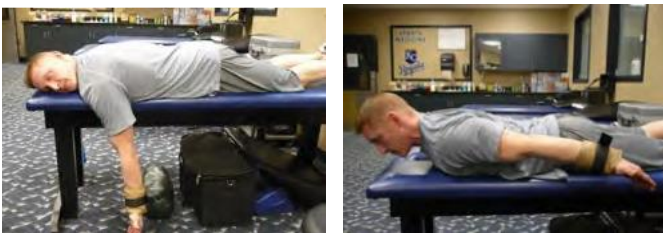
Begin the exercise with the arm hanging down at your side, elbow straight, and the thumb facing out. Pull your scap down and back (set your scap). Raise your arm slightly above the height of the table in the position that is pictured and pull your scap down and back again. Hold for 2 seconds and slowly return to the start position. Begin with 0-1 lbs and progress up to 5 lbs. Perform until you get a medium to heavy burn in the muscle.

Prone Thumb at 120 degrees



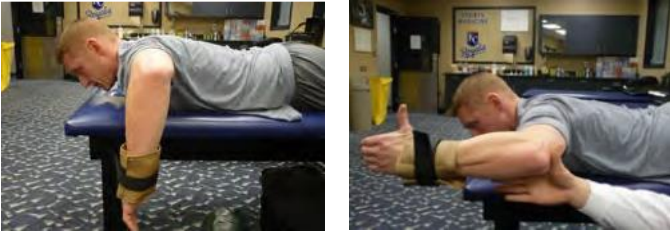
Begin the exercise with the arm hanging down at your side and the elbow straight. Pull your scap down and back (set your scap). With the thumb up, raise your arm slightly above the table in the position that is pictured and pull your scap down and back again. Hold for 2 seconds and slowly return to the start position. Begin with 0-1 lbs and progress up to 5 lbs. Perform until you get a medium to heavy burn in the muscle.

Prone Extension with the Thumb Out



Begin the exercise with the arm hanging down at your side, elbow straight, and the thumb facing out. Pull your scap down and back (set your scap). Raise your arm slightly above the height of the table in the position that is pictured and pull your scap down and back again. Hold for 2 seconds and slowly return to the start position. Begin with 0-1 lbs and progress up to 5 lbs. Perform until you get a medium to heavy burn in the muscle.

Prone Row with External Rotation



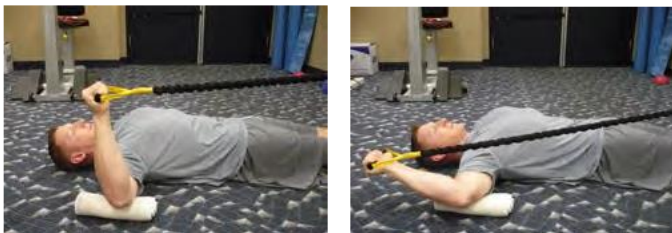
Begin the exercise with the arm hanging down at your side. Pull your scap down and back (set your scap). Row arm as shown and hold for 1 second. From this position, externally rotate your arm toward the ceiling with your thumb pointed up while someone is supporting your elbow. Pull your scap down and back again. Hold for 2 seconds and slowly return to the start position. Begin with 0-1 lbs and progress up to 5 lbs. Perform until you get a medium to heavy burn in the muscle.

Cross Body Pull with Thera-Band



Stand with your body at a 45 degree angle to the band (as pictured). Grasp band with hand as shown and pull arm across your body keeping the thumb up and the elbow straight. Pull your scap down and back and hold this position for 2 seconds. Slowly return to the start position. Begin with red Thera-Band and progress to green and then blue. Perform until you get a medium to heavy burn in the muscle.

Supine External Rotation



Attach band to foot or to a hook on one of the lowest rungs. Lie on your back as shown with your elbow on a towel roll. Start with your arm straight up and down as shown. Pull your scap down and back (set your scap). Slowly externally rotate your shoulder until it touches the ground. Pull your scap down and back again and hold this position for 2 seconds. Slowly return to the start position. Begin with red Thera-Band and progress to green and then blue. Perform until you get a medium to heavy burn in the muscle.