

Shoulder Strengthening Exercises (ISOMETRICS)

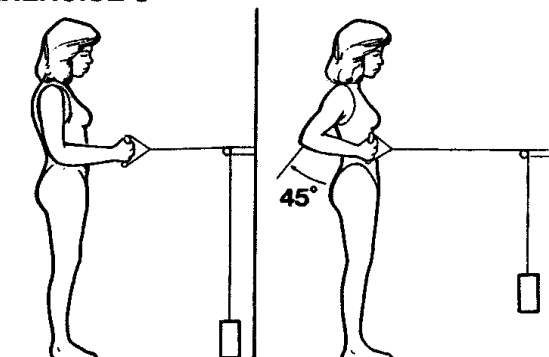
- Do these every other day (3-4 times/week).
- Do each exercise 10-20 times in each direction.
- Hold each contraction for five counts (count slowly).
- Do exercise program 2 to 3 times per day.

Begin with _____ Theraband for _____ weeks.

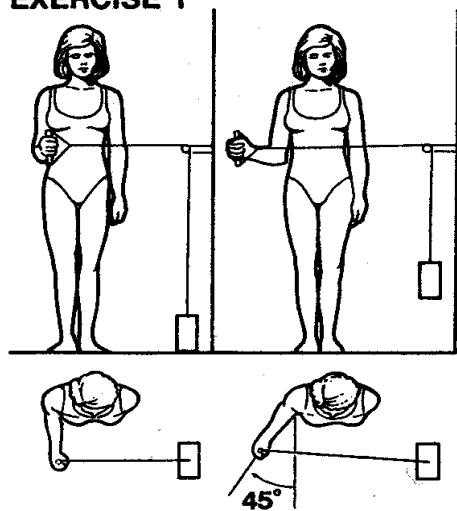
Then use _____ Theraband for _____ weeks.

Then use _____ Theraband for _____ weeks.

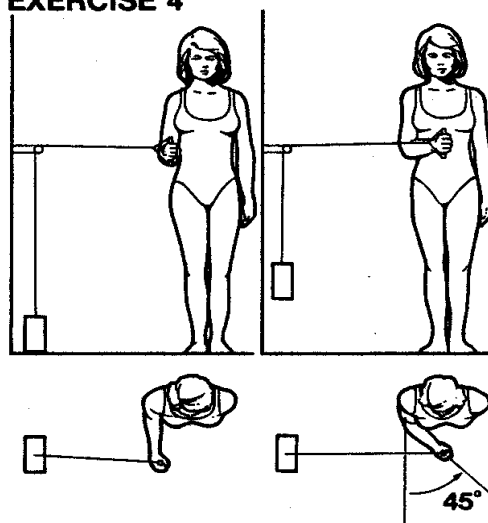
EXERCISE 3



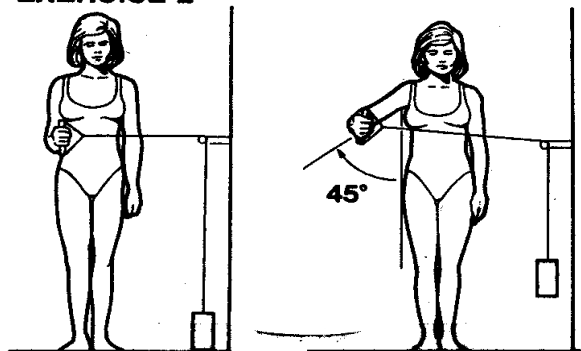
EXERCISE 1



EXERCISE 4



EXERCISE 2



EXERCISE 5

