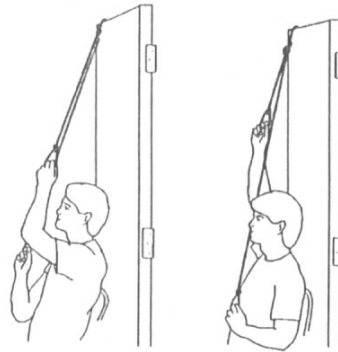


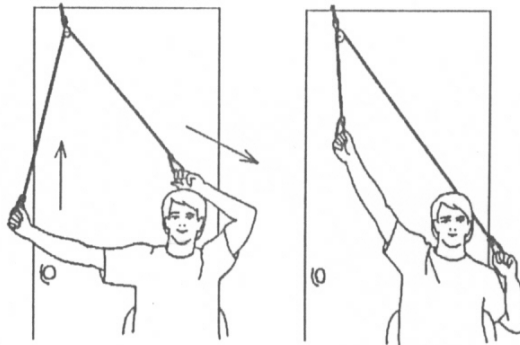
Patient: ANY Patient

Start Date: 08-15-05



1. Flexion, Pulley, AAROM - 20 reps

Position the pulley set-up over a door. Sit with your back to the door, holding the pulley with both hands. With your uninvolved arm, pull down, raising your other arm forward as high as you can. Try to keep your involved shoulder as relaxed as possible. Hold for 5 seconds, then relax. Repeat 20 times.



2. Abduction, Pulley, AAROM - 20 reps

Position the pulley set-up over a door. Sit with your back to the door, holding the pulley with both hands with your palms facing outward. With your uninvolved arm, pull down, raising your other arm out to the side as high as you can. Try to keep your involved shoulder as relaxed as possible. Hold for 5 seconds, then relax. Repeat 20 times.

Please check when you have completed your exercises:

| 08/15 | 08/16 | 08/17 | 08/18 | 08/19 | 08/20 | 08/21 |
|-------|-------|-------|-------|-------|-------|-------|
| | | | | | | |

Company Name

Street Address

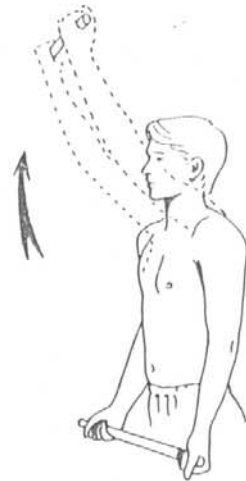
City, State ZIP

-- Your telephone number --

SHOULDER - 1
Range of Motion Exercises
(Wand activities): Flexion

Bring wand directly overhead, leading with uninvolvement side. Reach back until you feel a stretch.

Hold 5 seconds.
Repeat 10 times.
Do 1 sessions per day.

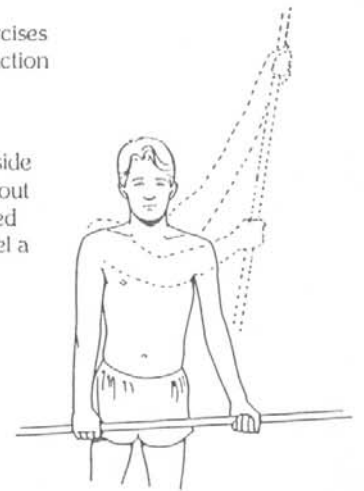


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SHOULDER - 2
Range of Motion Exercises
(Wand activities): Abduction

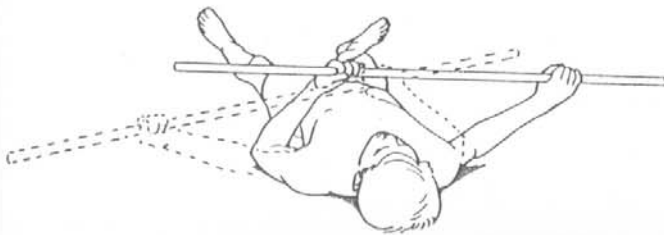
Holding wand with involved side palm up, push wand directly out from your side with uninvolvement side (palm down) until you feel a stretch.

Hold 5 seconds.
Repeat 10 times.
Do 1 sessions per day.



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SHOULDER - 3 Range of Motion Exercises
(Wand activities): External/Internal Rotation

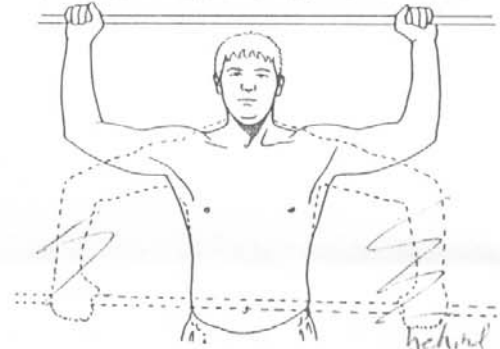


Hold wand with involved side palm up, push with uninvolvement side (palm down) out from body while keeping elbow at side until you feel a stretch. Then pull back across body leading with uninvolvement side. Be sure to keep elbows bent.

Hold 5 seconds. Repeat 10 times.
Do 1 sessions per day.

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SHOULDER - 4 Range of Motion Exercises
(Wand activities): External/Internal Rotation



Move wand upward toward head, then down toward waistline. Hold 5 seconds. Repeat 10 times.
Do 1 sessions per day.

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SHOULDER - 73 Towel Stretch for Internal Rotation

Pull involved arm up behind back by pulling towel upward with uninvolvement arm.

Hold 15-20 seconds.
Repeat 3-5 repetitions/set.
Do 1 sets/session.
Do 1 sessions/day.



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SHOULDER - 68

Progressive Resistive Exercises
External Rotation (sidelying)



Raise arm up toward ceiling. Keep elbow bent and in at side.
Repeat 10-20 times with 2-3 pounds.
Do 1 sessions per day.

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SHOULDER - 58

Scapular Exercises
Stabilization in Prone



Raise both arms off of floor with 2-3 lbs. Keep elbows straight.

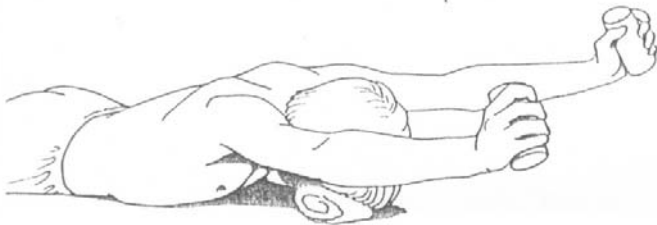
Hold 3-5 seconds. Repeat 10-20 times.

Do 1 sessions per day.

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SHOULDER - 59

Scapular Exercises
Flexion in Prone "4"

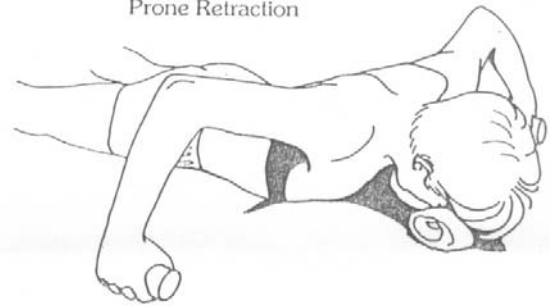


Raise arms from floor with 2-3 lbs.
Hold 3-5 seconds. Repeat 10-20 times.
Do 1 sessions per day.

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SHOULDER - 60

Scapular Exercises
Prone Retraction



Keep arms out from sides and elbows bent as you pinch shoulder blades together.

Hold 3-5 seconds. Repeat 10-20 times.

Do 1 sessions per day with 2-3 lbs.

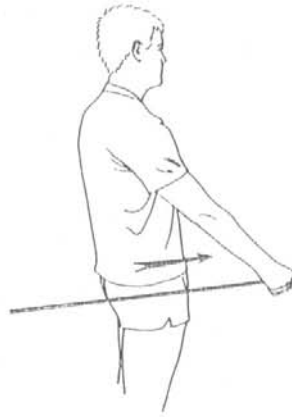
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With arms out to the side and
elbows bent. Rotate shoulders
so hands come up level
ears. Do 10-20x

SHOULDER - 41 Strengthening Activities
Active Resistive Flexion

Using tubing, start with arm at side and pull arm outward and upward. Move shoulder through pain free range of motion.

Repeat 10-20 times.
Do 1 sessions per day.

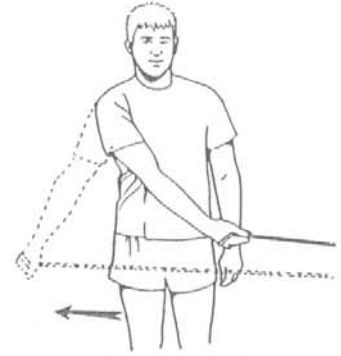


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SHOULDER - 42 Strengthening Activities
Active Resistive Abduction

Using tubing, start with arm across body and pull away from side. Move through pain free range of motion.

Repeat 10-20 times.
Do 1 sessions per day.

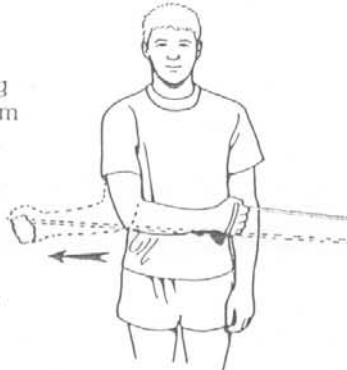


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SHOULDER - 43 Strengthening Activities
Active Resistive External Rotation

Using tubing, and keeping elbow in at side, rotate arm outward away from body. Be sure to keep forearm parallel to floor.

Repeat 10-20 times.
Do 1 sessions per day.

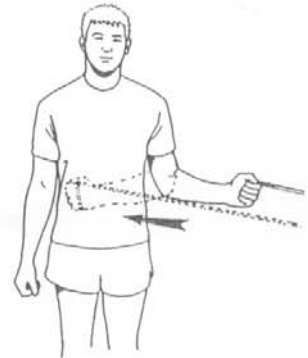


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SHOULDER - 44 Strengthening Activities
Active Resistive Internal Rotation

Using tubing, and keeping elbow in at side, rotate arm inward across body. Be sure to keep forearm parallel to floor.

Repeat 10-20 times.
Do 1 sessions per day.

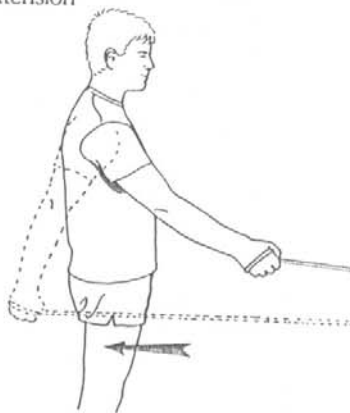


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SHOULDER - 45 Strengthening Activities
Active Resistive Extension

Using tubing, pull arm back. Be sure to keep elbow straight.

Repeat 10-20 times.
Do 1 sessions per day.

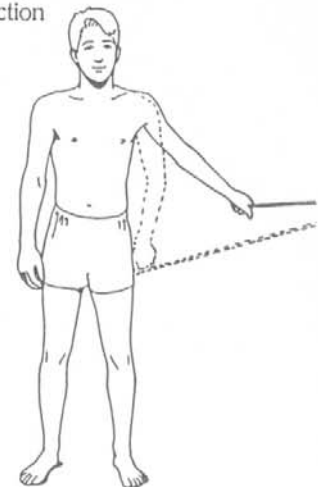


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SHOULDER - 46 Strengthening Activities
Active Resistive Adduction

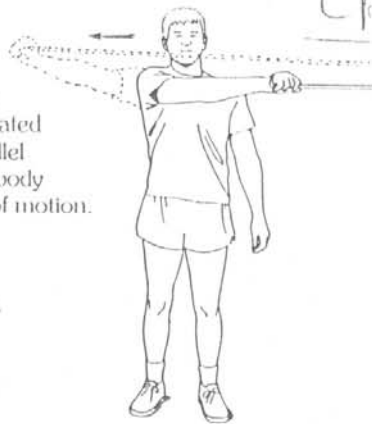
Using tubing, pull arm in toward buttock. Do not twist or rotate trunk.

Repeat 10-20 times.
Do 1 sessions per day.



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SHOULDER - 47 Strengthening Activities
Active Resistive | Horizontal Abduction

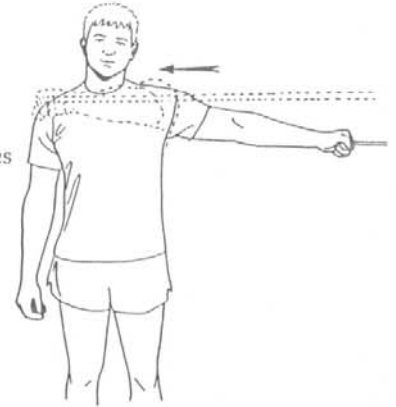


Using tubing, keep elbow straight and shoulder elevated so that upper arm is parallel to floor. Pull arm across body through pain free range of motion.

Repeat 10-20 times.
Do 1 sessions per day.

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SHOULDER - 48 Strengthening Activities
Active Resistive | Horizontal Adduction



Using tubing, start with arm elevated, parallel to floor. Bend to 90 degrees and pull arm across body through pain free range of motion.

Repeat 10-20 times.
Do 1 sessions per day.

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SHOULDER - 11
Range of Motion Exercises
(Self-stretching activities):
External Rotation(alternate)



Keep palm of hand against door frame and elbow bent at 90 degrees. Turn body from fixed hand until a stretch is felt.

Hold 15-20 seconds.
Repeat 3-5 times.
Do 1 sessions per day.

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SHOULDER - 8
Range of Motion Exercises
(Self-stretching activities):
Flexion(alternate)



Slide arm up wall with palm toward you by moving closer to wall.

Hold 15-20 seconds.
Repeat 3-5 times.
Do 1 sessions per day.

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Both arms up on door frame
with elbows bent. Stretch forward
through doorway.
Hold 15-20 sec
Do 3-5x