

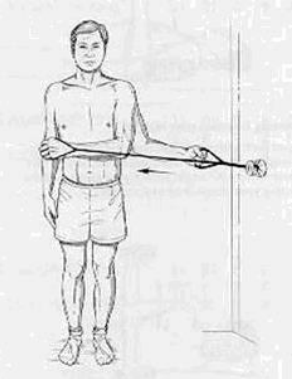
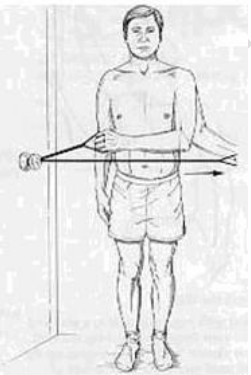
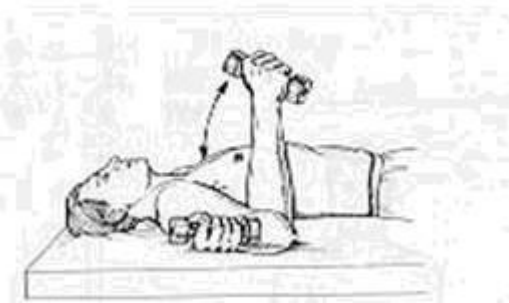


Shoulder Strengthening exercises	Descriptions
<p data-bbox="164 212 618 243">Isometric shoulder external rotation</p> 	<p data-bbox="824 268 1446 411">Standing in a doorway with your elbow bent 90° and the back of your wrist pressing against the door frame, try to press your hand outward into the door frame.</p> <p data-bbox="824 415 1073 447">Hold for 10 counts.</p>
<p data-bbox="164 598 618 630">Isometric shoulder internal rotation</p> 	<p data-bbox="824 699 1455 842">Standing in a doorway with your elbow bent 90° and the front of your wrist pressing against the door frame; try to press your palm into the door frame. Hold for 10 counts.</p>
	<p data-bbox="824 1098 1471 1276">Stand next to closed door with a door knob. Loop the exercise band around the doorknob. With your hand that is closest to the door, bend your arm at a 90 degree angle and grab the loop of the band. Pull the band across your abdomen.</p>
	<p data-bbox="824 1539 1471 1791">Stand next to a closed door with a doorknob. Loop the exercise band around the doorknob. With your band that is on the side of our body farthest from the door, grab the loop of the exercise band and pull the band across your abdomen and out to the far side. Keep your elbow bent at 90 degree angle throughout the entire motion.</p>



Stand with your feet slightly apart and the exercise band under your foot. With your arm straight and your thumb pointed down, grab the loop and pull upward to shoulder level. Keep your thumb pointed down during the entire exercise.



Lie on your back with your right arm next to your side. With a weight in your right hand, bend your arm so that your elbow forms a 90-degree angle. Lower your forearm to the side, keeping your elbow close to your side.



Lie on your right side with your left arm at your side. With a weight in your left hand and your forearm across your abdomen, raise your forearm. Be sure to keep your elbow near your side.



Sit upright and hold both arms out beside your body. Hold your arms a little lower than shoulder level. With weights in both hands, raise your arms until your hands are at shoulder level. Keep your thumbs pointed down.

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