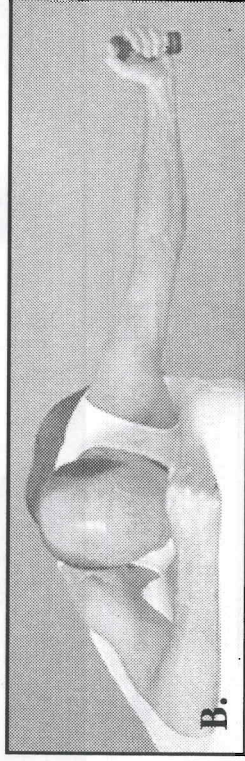
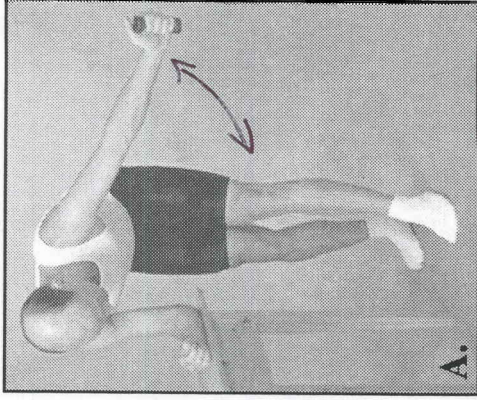


**HORIZONTAL ABDUCTION**



Point thumb up. Squeeze shoulder blade down and back.  
Raise arm out to side.

Perform: A. Standing  
B. Lying on stomach

VARIATIONS: 1. Perform with thumb down.  
2. Perform with palm down.

Perform 2 sets of 20-30 reps

Progress 4x/wk

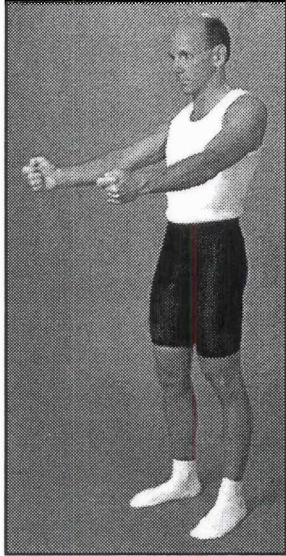
Goal \_\_\_\_\_

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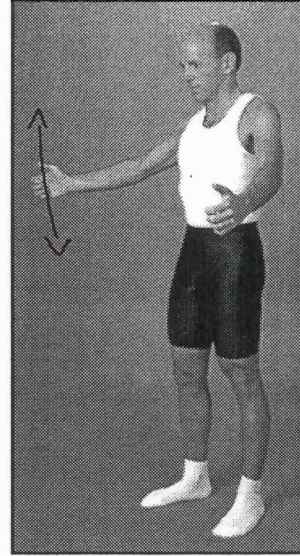
## SHOULDER STRENGTHENING

### FLEXION



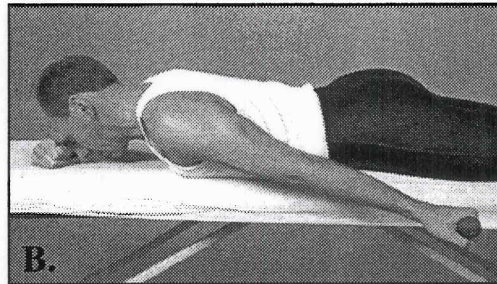
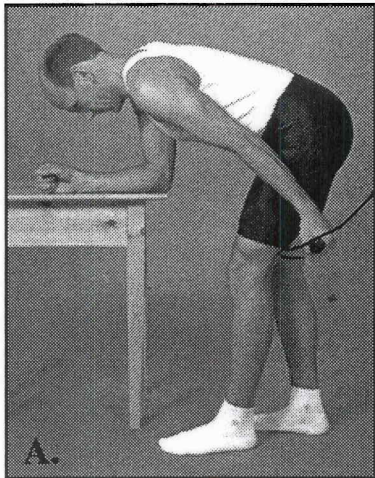
Lead with thumbs. Raise arms forward.  
Do not allow shoulder(s) to hike up toward ear(s).

### SCAPTION



Point thumbs up. Raise arms along 45°  
diagonal. Stay below shoulder level.

### EXTENSION



Keep palm down and elbow straight.  
Squeeze shoulder blade down and back. Raise arm backward.

Perform \_\_\_\_\_ .

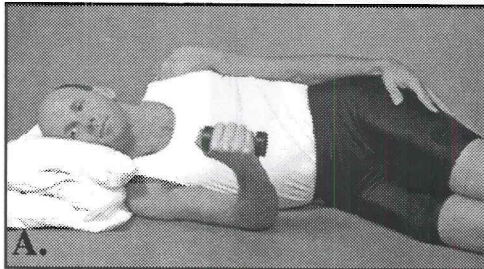
Progress \_\_\_\_\_ .

Goal \_\_\_\_\_ .

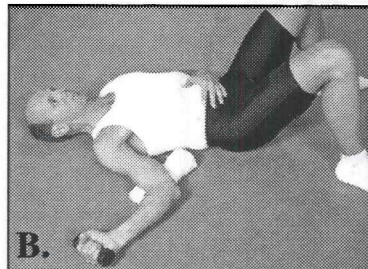


## SHOULDER STRENGTHENING

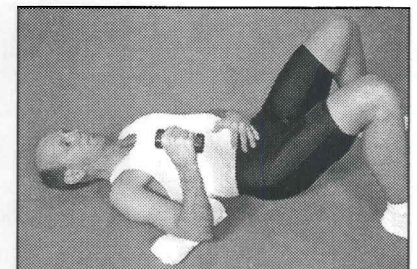
### INTERNAL ROTATION



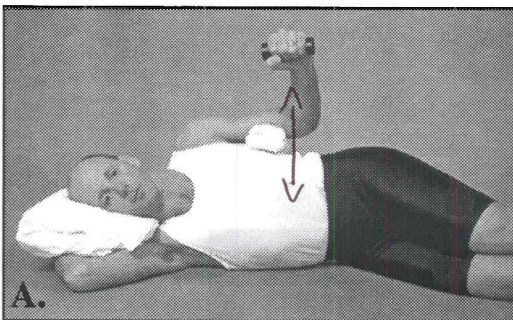
**A.**  
Keep elbow bent 90°.  
Raise hand toward stomach.  
Slowly return.



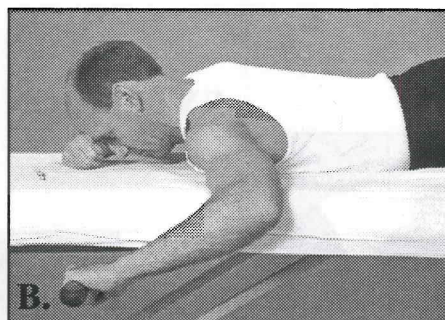
**B.**  
Keep elbow bent 90°. Squeeze shoulder blade down and back.  
Roll arm toward body.



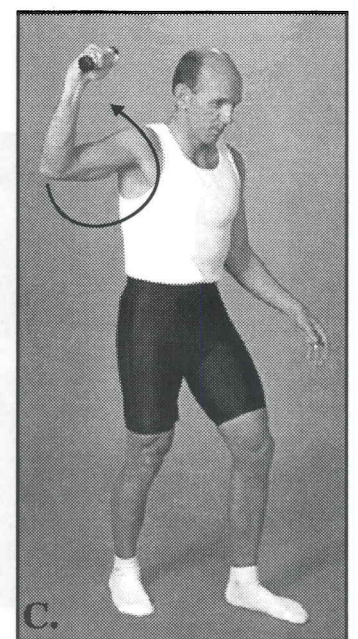
### EXTERNAL ROTATION



**A.**  
Keep elbow bent 90° at side.  
Squeeze shoulder blade down and back.  
Raise hand away from stomach.  
Slowly return.



**B.**  
Keep elbow bent 90° at shoulder level.  
Squeeze shoulder blade down and back.  
Raise hand up. Slowly return.



**C.**  
Keep elbow bent 90° at shoulder level. Keep shoulder blade down and back.  
Raise hand up. Slowly return.

Perform \_\_\_\_\_ .

Progress \_\_\_\_\_ .

Goal \_\_\_\_\_ .