



SHOULDER ROLLS

Move your shoulders in a circular pattern as shown so that you are moving in an up, back and down direction. Perform small circles if needed for comfort. Video # VV9BWMBMJ

Repeat 10 Times

Hold 1 Second

Complete 5 Sets

Perform 1 Times a Day



ELASTIC BAND ROWS

Holding elastic band with both hands, draw back the band as you bend your elbows. Keep your elbows near the side of your body. Video # VVPJEVESW

Repeat 20 Times

Hold 1 Second

Complete 3 Sets

Perform 1 Times a Day



ELASTIC BAND EXTENSION BILATERAL SHOULDER

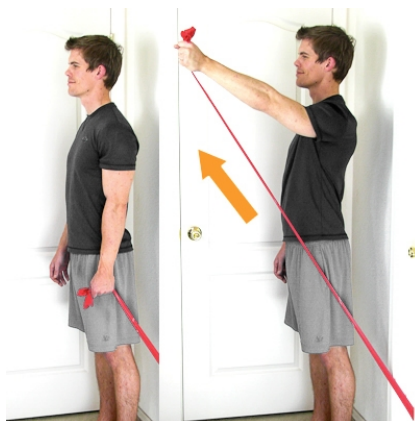
While holding an elastic band with both arms in front of you with your elbows straight, pull the band downwards and back towards your side. Video # VVSUDMA93

Repeat 20 Times

Hold 1 Second

Complete 3 Sets

Perform 1 Times a Day



ELASTIC BAND SHOULDER FLEXION

While holding an elastic band at your side, draw up your arm up in front of you keeping your elbow straight. Video # VV59PW4K2

Repeat 20 Times

Hold 1 Second

Complete 3 Sets

Perform 1 Times a Day



ELASTIC BAND SHOULDER EXTERNAL ROTATION - ER

While holding an elastic band at your side with your elbow bent, start with your hand near your stomach and then pull the band away. Keep your elbow at your side the entire time. Video # VVFXGN8KJ

Repeat 20 Times

Hold 1 Second

Complete 3 Sets

Perform 1 Times a Day



ELASTIC BAND SHOULDER INTERNAL ROTATION - IR

While holding an elastic band at your side with your elbow bent, start with your hand away from your stomach, then pull the band towards your stomach. Keep your elbow near your side the entire time. Video # VVLPTLVFQ

Repeat 20 Times

Hold 1 Second

Complete 3 Sets

Perform 1 Times a Day

ELASTIC BAND BILATERAL HORIZONTAL ABDUCTION

While holding an elastic band with your elbows straight and in front of your body, pull your arms apart and towards the side. Video # VVPZZBUNZ



Repeat 20 Times
Complete 3 Sets

Hold 1 Second
Perform 1 Times a Day