

SHOULDER

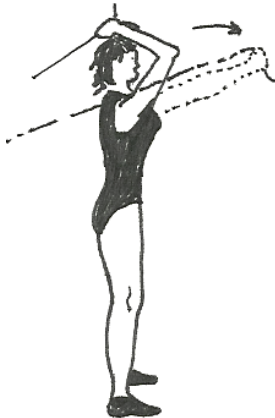
Elastic Tubing Resistive Kinetic Activities

Name _____ Date _____

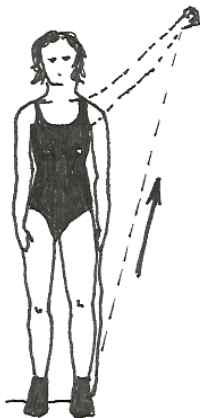
Flexion: Stand with tube under foot of affected side. Grip tube with hand of affected side. Raise arm forward and up leading with thumb. Repeat.



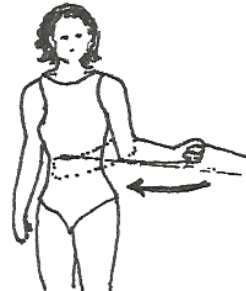
Extension: Grip tubing as shown. Raise arm backwards. Hold 5 seconds and slowly lower. Be sure to keep elbow locked. Repeat.



Abduction: Stand with tube under foot on affected side. Grip tube in hand of affected side. Raise affected arm up and out to the side. As arm is raising, turn palm upward. Palm should be facing upward at shoulder level. Repeat.



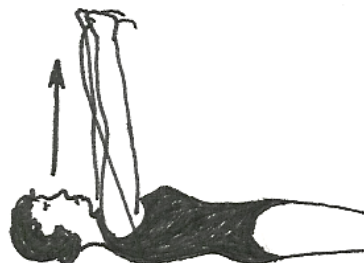
Internal Rotation: Grip tubing. Keeping elbow in at side, rotate arm inward across body. Be sure to keep forearm parallel to floor. Repeat.



External Rotation: Grip tubing. Keeping elbow in at side, rotate arm outward away from body. Be sure to keep forearm parallel to floor. Repeat.



Protraction: Lie on back with tube under shoulder blades. Grip tube in both hands. Reach toward ceiling with both arms. Keep elbows straight and push both arms toward ceiling. Repeat.



EXERCISE GUIDELINES:

Be sure that the door and door frame are in good condition before inserting the knot in the tubing. Close the door securely and be sure it is locked. Be sure that the door isn't accidentally opened. Periodically check the tubing for stress and the knot for slipping. **Stop immediately if you experience pain,**