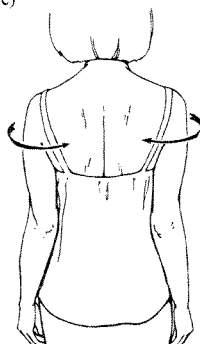


SCAPULA - 8 Adduction (Active)

Maintaining erect posture, draw shoulders back while bringing elbows back and inward.



Repeat 10 times.
Do 2 sessions per day.

SCAPULA - 9 Composite Rotation (Active)

Roll shoulder up and back, then down and forward to complete a circle.

Repeat 10 times.

 Reverse direction.
Repeat 10 times.

Do 2 sessions per day.

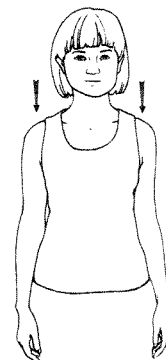


SCAPULA - 4 Depression (Active)

Start with erect posture. Lower shoulders.

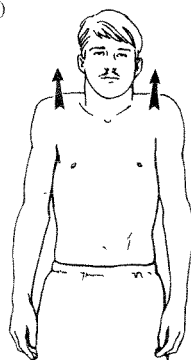
Hold 5 seconds.

Repeat 10 times.
Do 2 sessions per day.



SCAPULA - 2 Elevation (Active)

Shrug shoulders up, breathing in. Relax, breathing out.



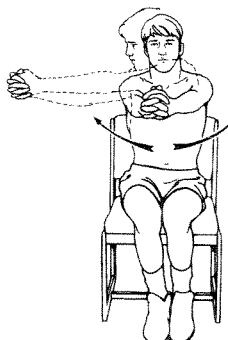
Repeat 10 times.
Do 2 sessions per day.

SCAPULA - 7 Protraction/Retraction (Active With Trunk Rotation)

Stand or sit with erect posture on a firm surface. Clasp hands together with arms at shoulder level and rotate to the right as far as possible. Return to center. Rotate to left.

Repeat 10 times.
Do 2 sessions per day.

Activity: Reach for object on either side.

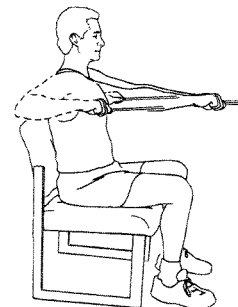


REHAB: UPPER EXTREMITY - 18 Shoulder Row: Sitting

Face anchor. Palms down, pull elbows back, squeezing shoulder blades together.

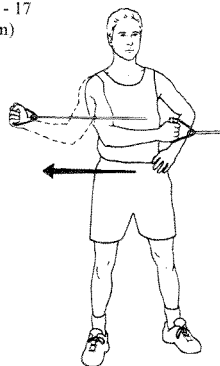
Repeat 10 times per set.
Do 2 sets per session.
Do sessions per week.

Anchor Height: Chest



SHOULDER / UPPER BACK - 17 Rotation: External (Single Arm)

Side toward anchor in shoulder width stance with elbow bent to 90°, arm across mid-section. Thumb up, pull arm away from body, keeping elbow bent.



Repeat 10 times per set.
Repeat with other arm.
Do 2 sets per session.
Do sessions per week.

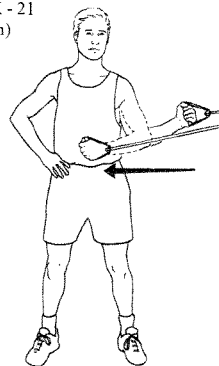
Anchor Height: Waist

SHOULDER / UPPER BACK - 21 Rotation: Internal (Single Arm)

Side toward anchor in shoulder width stance with elbow bent to 90°, forearm away from body. Thumb up, pull arm across body keeping elbow bent.

Repeat 10 times per set.
Repeat with other arm.
Do 2 sets per session.
Do sessions per week.

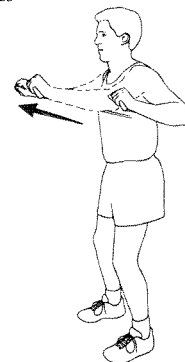
Anchor Height: Waist



TUBING LOOP - 1 Chest Press

In shoulder width stance with tubing behind back and hands in punch position, press arms straight ahead.

Repeat 10 times per set.
Do 2 sets per session.
Do sessions per week.

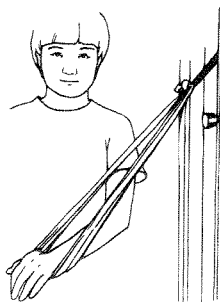


SCAPULA - 15 Downward Diagonal (Resistive Band)

Using loop device anchored in door, pull band toward opposite knee with palm facing down.

Hold 5 seconds.

Repeat 10 times.
Do 2 sessions per day.

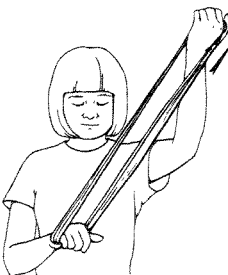


SCAPULA - 14 Upward Diagonal (Resistive Band)

Using other hand as anchor, pull band up and out to side with palm facing up.

Hold 5 seconds.

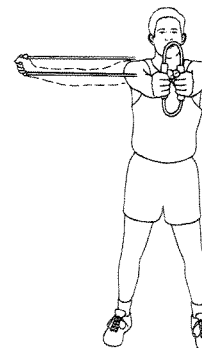
Repeat 10 times.
Do 2 sessions per day.

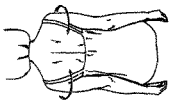
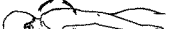
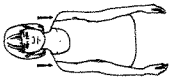
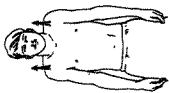
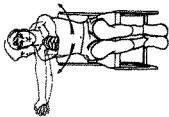
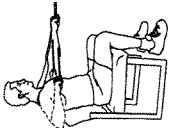


TUBING LOOP - 13 Fly: Reverse / Chest Pull (Single Arm)

In shoulder width stance, anchor tubing out front, thumbs up, arms straight. Pull out from side, elbow straight, squeezing shoulder blades together.

Repeat 10 times per set.
Repeat with other arm.
Do 2 sets per session.
Do sessions per week.



	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Mon	Tues	Wed	Thur	Fri	Sat	Sun
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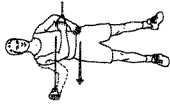
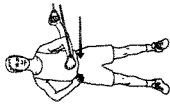
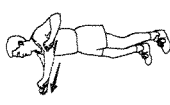
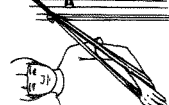

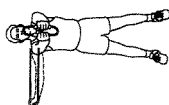
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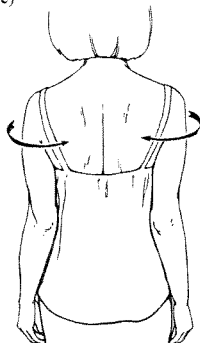
CHART COPY

Routine For:
Created By: Alyce Duhon

Oct 31, 2013
David

SCAPULA - 8 Adduction (Active)

Maintaining erect posture, draw shoulders back while bringing elbows back and inward.



Repeat 10 times.
Do 2 sessions per day.

SCAPULA - 9 Composite Rotation (Active)

Roll shoulder up and back, then down and forward to complete a circle.

Repeat 10 times.

 Reverse direction.
Repeat 10 times.

Do 2 sessions per day.

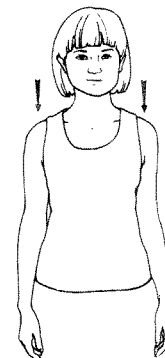


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Start with erect posture. Lower shoulders.

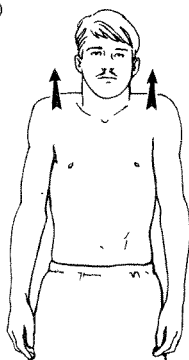
Hold 5 seconds.

Repeat 10 times.
Do 2 sessions per day.



SCAPULA - 2 Elevation (Active)

Shrug shoulders up, breathing in. Relax, breathing out.



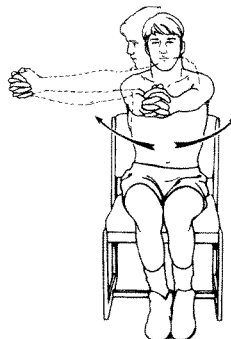
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Activity: Reach for object on either side.

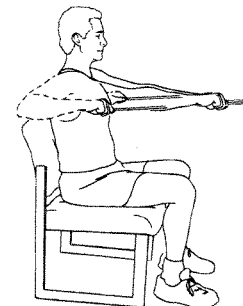


REHAB: UPPER EXTREMITY - 18 Shoulder Row: Sitting

Face anchor. Palms down, pull elbows back, squeezing shoulder blades together.

Repeat 10 times per set.
Do 2 sets per session.
Do sessions per week.

Anchor Height: Chest

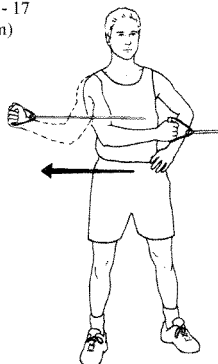


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Repeat with other arm.
Do 2 sets per session.
Do sessions per week.

Anchor Height: Waist

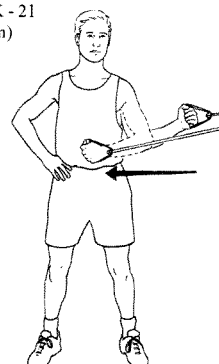


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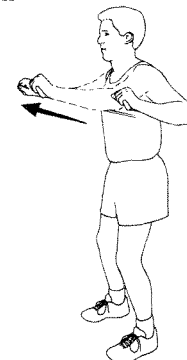
Anchor Height: Waist



TUBING LOOP - 1 Chest Press

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Repeat 10 times per set.
Do 2 sets per session.
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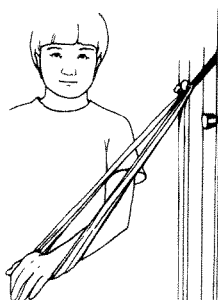


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Hold 5 seconds.

Repeat 10 times.
Do 2 sessions per day.



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Using other hand as anchor, pull band up and out to side with palm facing up.

Hold 5 seconds.

Repeat 10 times.
Do 2 sessions per day.



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