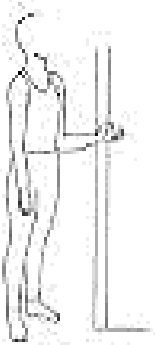


Shoulder Isometrics Exercises



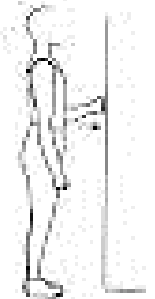
Shoulder External Rotation

- Standing tall with your belly button drawn in towards your spine, bend your elbow and keep it tucked close to the side of your body and move to the inside of the doorframe.
- Place the back of your hand against the doorframe keeping the elbow bent and give appropriate resistance (25%, 50%, 75%, or 100%) into the doorframe without any movement from your starting bent elbow position.
- Hold for 5-10 seconds and repeat 3-5 times for the appropriate shoulder.



Shoulder Internal Rotation

- Standing tall with your belly button drawn in towards your spine, bend your elbow and keep it tucked close to the side of your body and move to the inside of the doorframe.
- Place your palm against the doorframe keeping the elbow bent and give appropriate resistance (25%, 50%, 75%, or 100%) into the doorframe without any movement from your starting bent elbow position.
- Hold for 5-10 seconds and repeat 3-5 times for the appropriate shoulder.



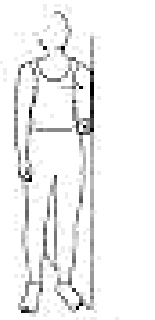
Shoulder Flexion

- Standing tall with your belly button drawn in towards your spine, bend your elbow and keep it tucked close to the side of your body and move towards the wall.
- Place your fist against the wall keeping the elbow bent and give appropriate resistance (25%, 50%, 75%, or 100%) straight into the wall without any movement from your starting bent elbow position.
- Hold for 5-10 seconds and repeat 3-5 times for the appropriate shoulder.



Shoulder Extension

- Standing tall with your belly button drawn in towards your spine, bend your elbow and keep it tucked close to the side of your body and back up towards the wall.
- Place your elbow against the wall keeping the elbow bent and give appropriate resistance (25%, 50%, 75%, or 100%) straight into the wall without any movement from your starting bent elbow position.
- Hold for 5-10 seconds and repeat 3-5 times for the appropriate shoulder.



Shoulder Abduction

- Standing tall with your belly button drawn in towards your spine, bend your elbow and keep it tucked close to the side of your body, turn sideways and move towards the wall.
- Place your shoulder and elbow against the wall keeping the elbow bent and give appropriate resistance (25%, 50%, 75%, or 100%) straight into the wall without any movement from your starting bent elbow position.
- Hold for 5-10 seconds and repeat 3-5 times for the appropriate shoulder.