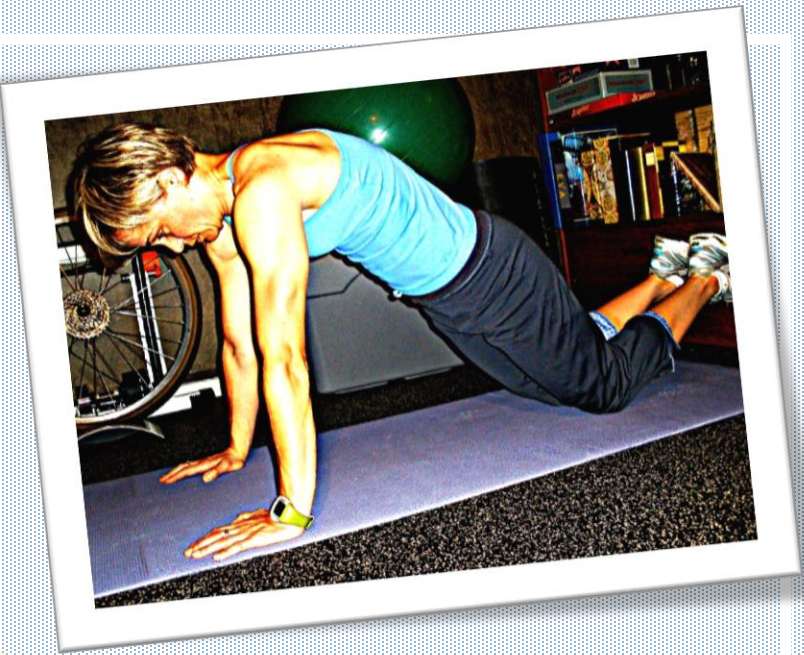
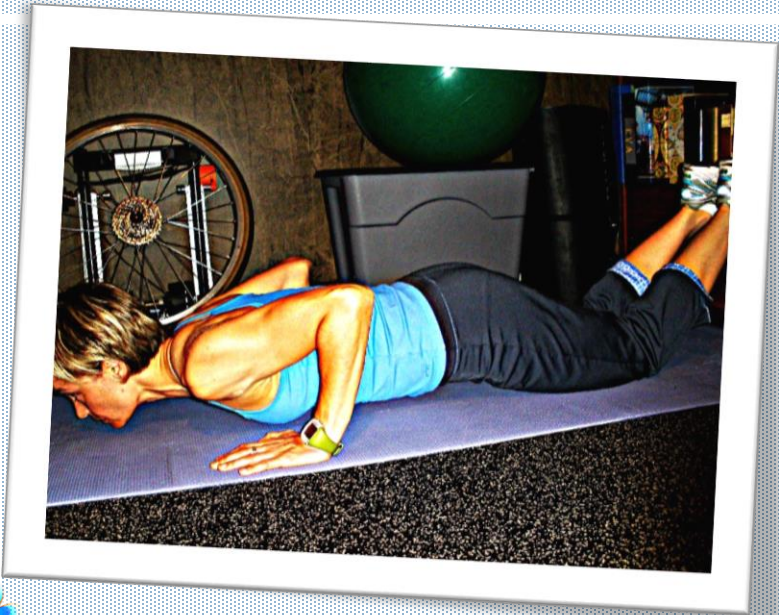


# SHOULDER REHAB CONDITIONING

STRENGTH – STABILITY - MOBILITY

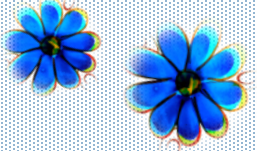






(Above)  
Push Up & Scapular  
Pro/Retraction 1-3x10

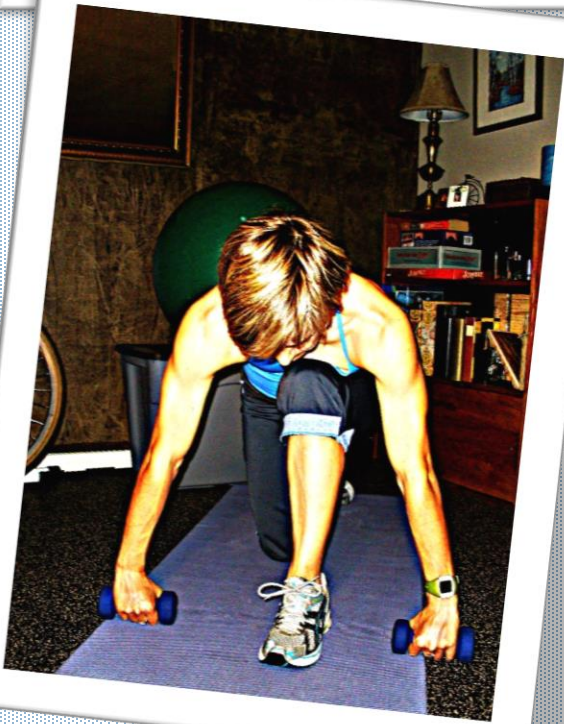
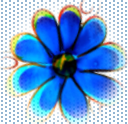
(On left)  
Bird Dog 1-3x20 (total)



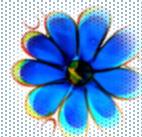




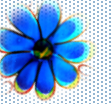
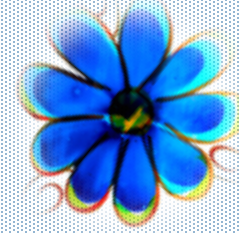
(Above)  
Intermittent Plank 1-3x10



(On left)  
Back Row 1-3x20



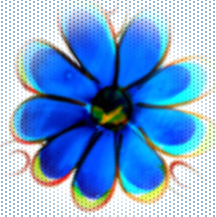
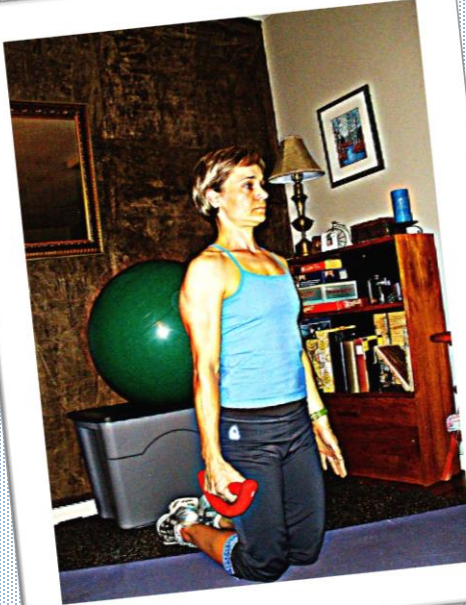




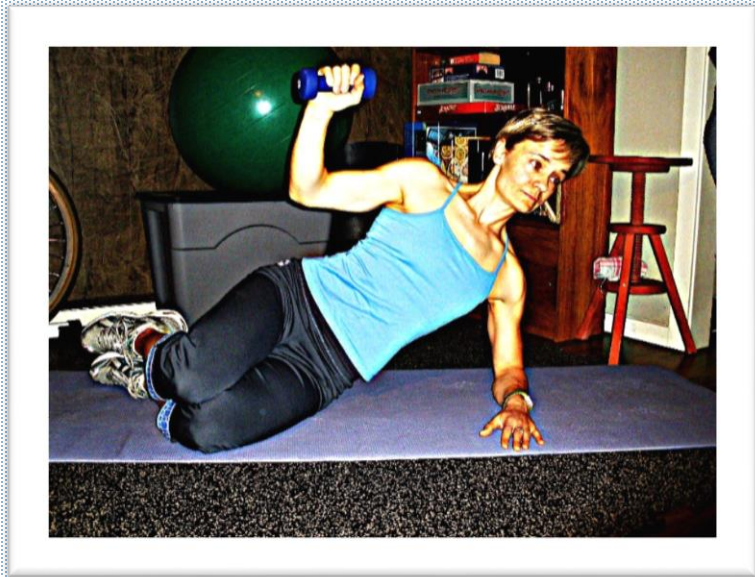
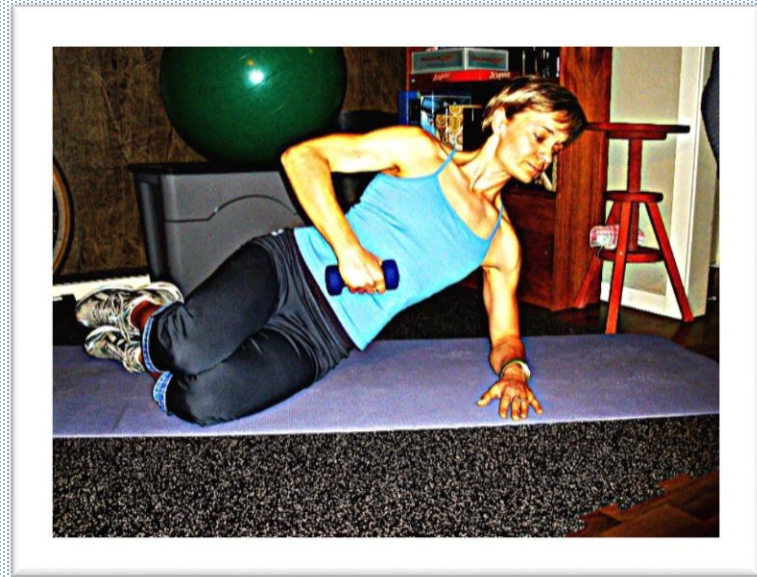
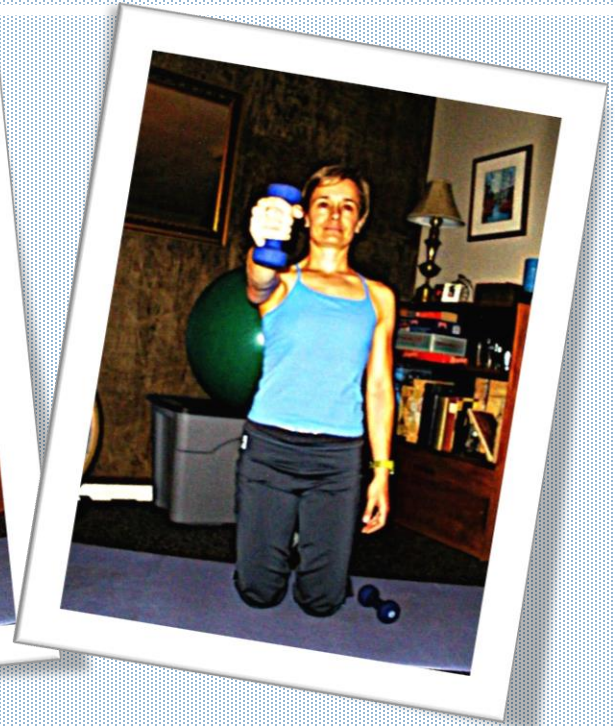
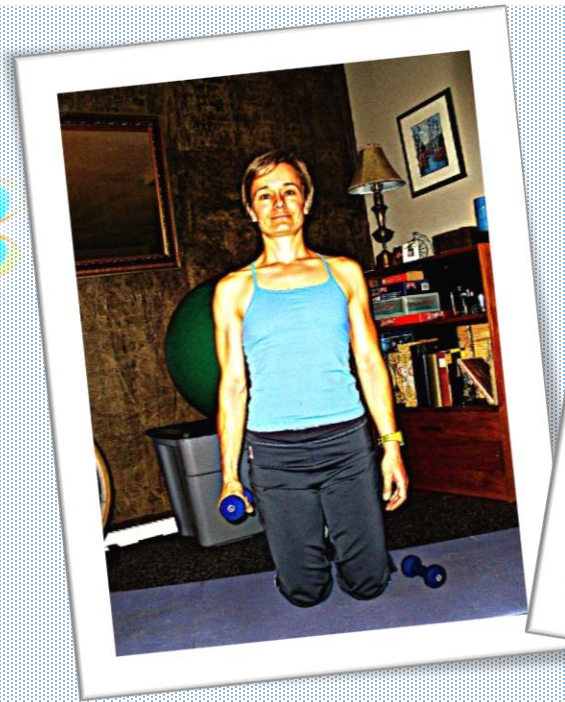
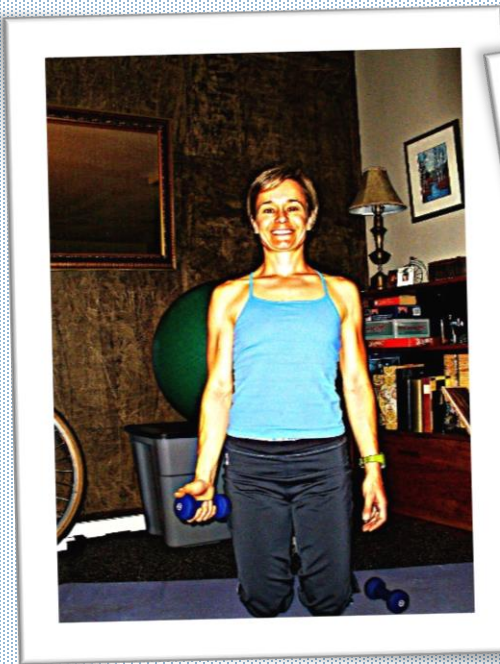
(On left)  
Triceps Pull & Kick 1-2x20



(On right)  
Biceps curl & Shoulder Press 1-2x20





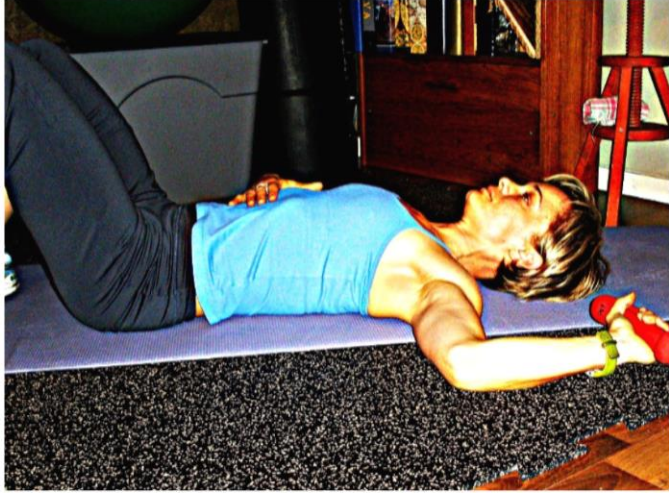


(On top left)  
Diagonal Shoulder Raise 1-2x15

(On top right)  
Front Shoulder Raise 1-2x15

(On bottom left)  
External Shoulder Rotation  
1-2x15





(On left)  
Shoulder Internal Rotation  
1-2x20



(On right)  
Pectoral Fly 1-3x20







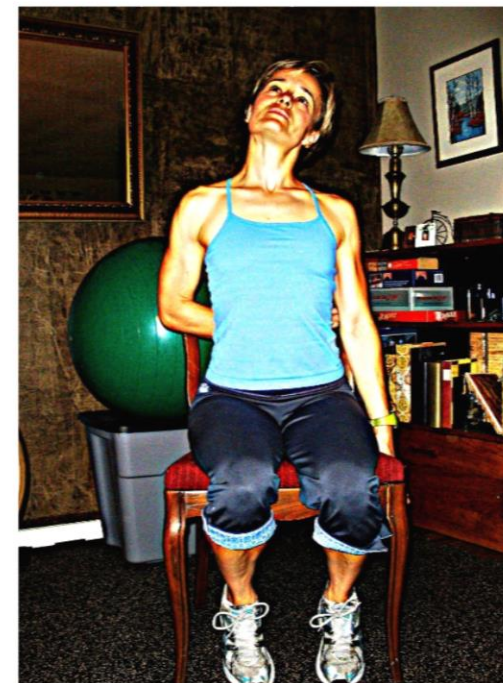
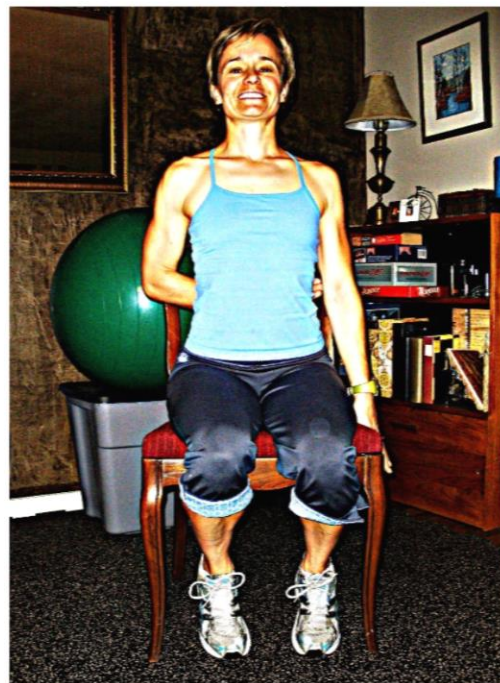
(On left)  
Scapular Elevation &  
Depression 1-3x10



(Below)  
Neck Lateral Flexion AIS  
1x4-8 (3 sec hold)



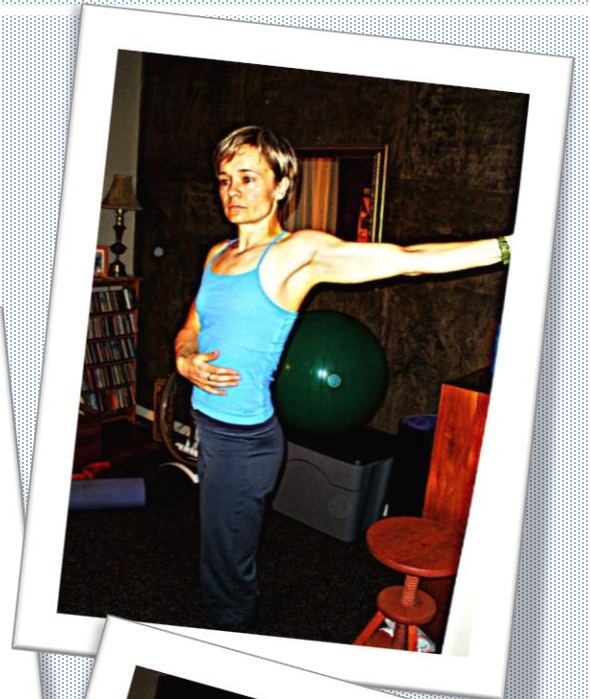
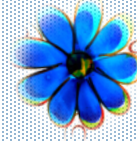
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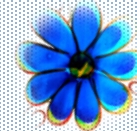




(Above)  
Neck Diagonal Flexion AIS  
1x4-8 (3 sec hold)



(Above)  
Shoulder Slow Fan Motion  
1x4-8







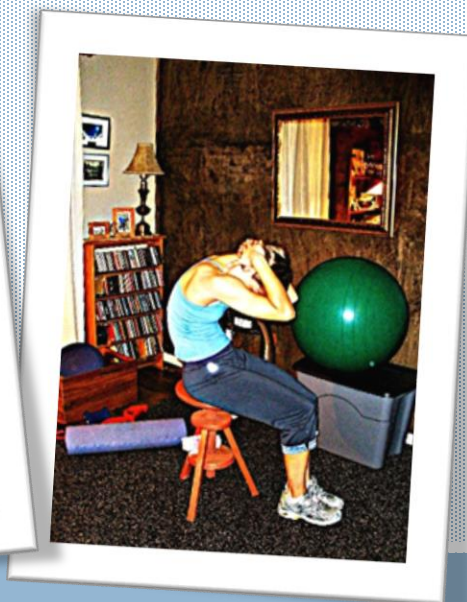
(Left)  
Straight Windmill  
1x20 (total)



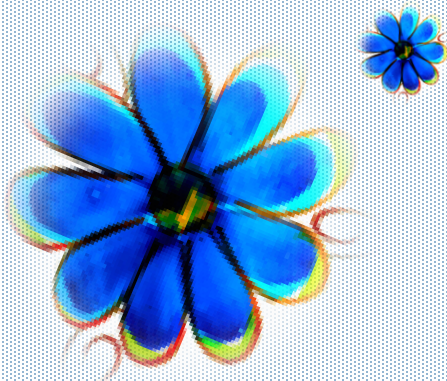
(Left)  
Diagonal Windmill  
1x20 (total)



(Left)  
Doorway Rotator Cuff Stretch  
4-6 slow & deep breaths



(Left)  
T-Spine Flexion &  
Extension AIS  
1x8-12 (3 sec hold)



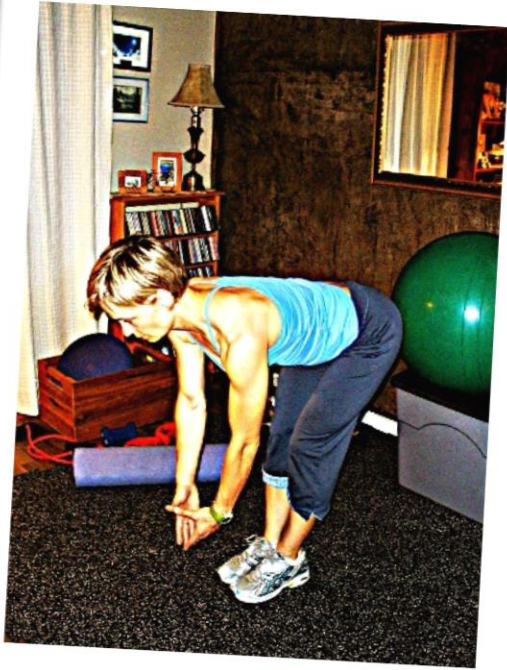
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(Left)  
Arm Butterfly AIS  
1x8-12 (3 sec  
hold)



(Right)  
Trunk Rotation AIS  
1x8-12 (3 sec hold)

