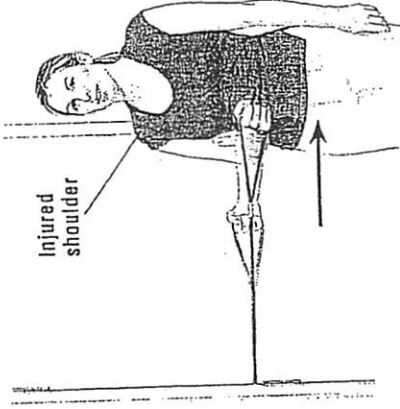


RESTORING SHOULDER STRENGTH

INTERNAL ROTATION

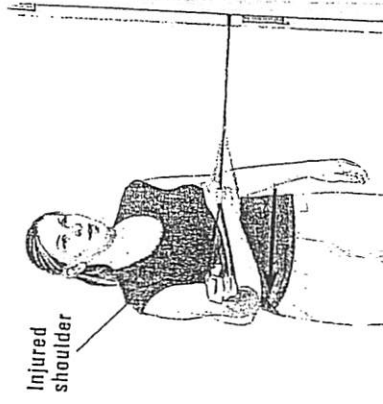
- Attach rubber tubing to a door jamb or stationary object
- Stand with your injured arm toward the door ; far enough away that the tubing is just starting to stretch



- Keep your elbow against your side. Place your arm in an "L" shape and slowly pull tubing across your body.
- Slowly return to starting position
- Repeat 5-15 times

EXTERNAL ROTATION

- Attach rubber tubing to a door jamb or stationary object
- Stand with your injured arm away from the door; far enough that the tubing is just starting to stretch.
- Keep your elbow against your side and your arm in an "L" shape. Slowly pull away from your body
- Slowly return to starting position
- Repeat 5-15 times



SCAPULAR STABILIZATION

- Support your good arm on a table and lean over. Relax the arm on the injured side. Let it hang straight down and form your hand into a loose fist.
- Keep your shoulder down and your arm straight. Lift your arm straight up and away from your body.
- Hold for 5 seconds then slowly return your arm to starting position. Repeat 10 times.
- Note if your elbow starts to feel sore or tired gently flex your elbow inward.

