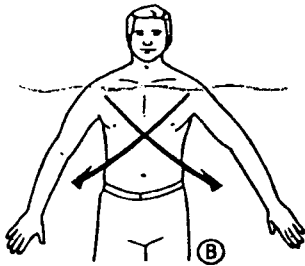
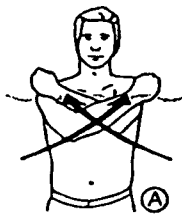


Routine For:
Created By:



OVER THE SHOULDER

Upper Body, Elbow Straight to Bent

Stand, arms at sides, palms facing backwards..

A.Flexion: Move affected arm up and across body. Continue toward opposite shoulder, bending elbows.

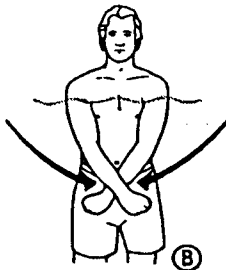
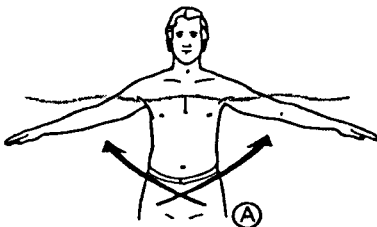
B.Extension: Move affected arm down, across body and out from sides, straightening elbows.

Perform 3 sets of 10 repetitions per session.

Do 3 sessions per week.

DRAW YOUR SWORD

Upper Body, Elbow Straight



Place hand of affected arm on the opposite hip..

A.Flexion: Move affected arm up and across the body, keeping arms underwater.

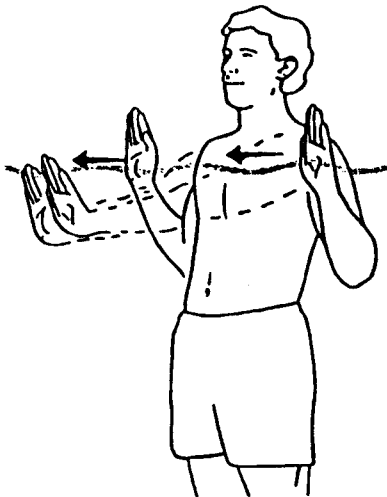
B.Extension: Move affected arm down and across body.

Perform 3 sets of 10 repetitions per session.

Do 3 sessions per week.

BENCH PRESS

Shoulder / Elbow Forward Press

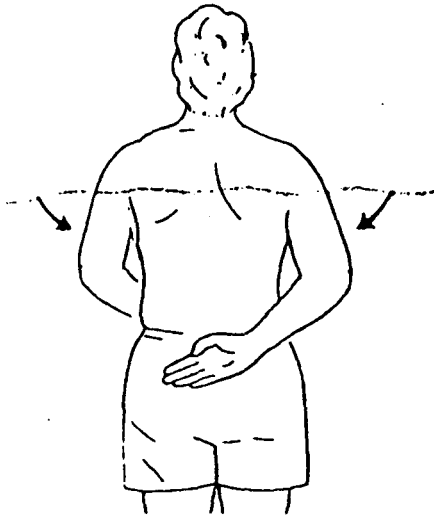


Hold hands up, palms forward, elbows bent. Straighten both elbows, pushing hands forward.

Perform 3 sets of 10 repetitions per session.

Do 3 sessions per week.

BODY WRAPS
Shoulder Internal Rotation

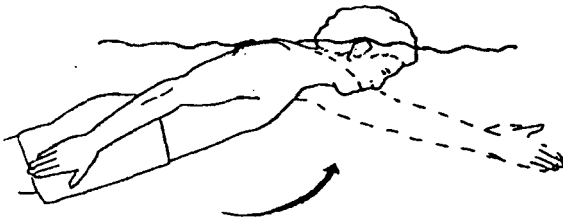


With elbows bent, wrap one arm around the front of your body and the other arm around the back of your body. Switch arms.

Perform 3 sets of 10 repetitions per session.

Do 3 sessions per week.

PRONE FLEXION
Shoulder Forward Flexion past 90°

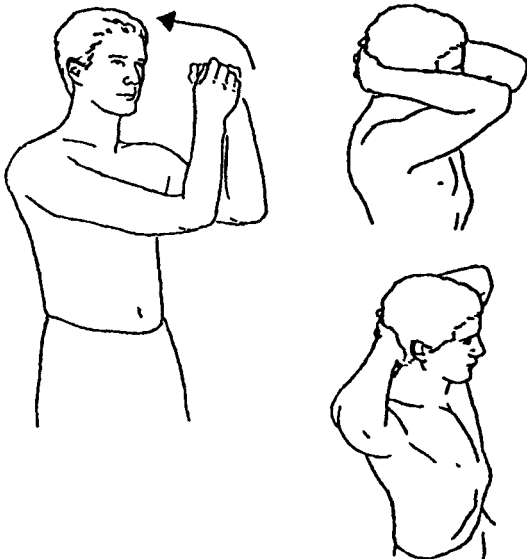


Floating face down in the water, raise arms toward the water's surface..

Perform 3 sets of 10 repetitions per session.

Do 3 sessions per week.

SIESTA ARMS
Shoulder External Rotation



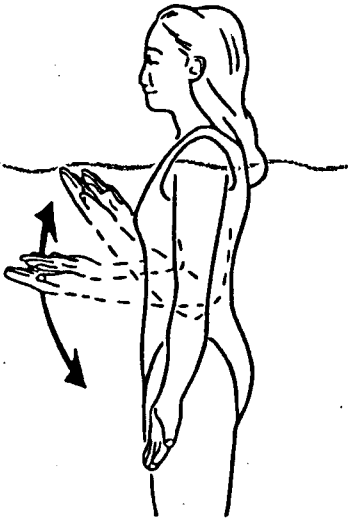
Using the unaffected arm, lift the unaffected arm and move hand out and up, placing palms on back of head. From this position, open and close the elbows.

Perform 3 sets of 10 repetitions per session.

Do 3 sessions per week.

Outline For:
Created By:

BICEP CURLS Elbow Flexion / Extension

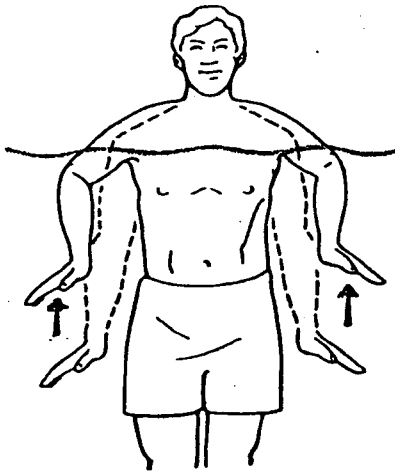


Hold arms at sides, palms forward. Bend **both** elbows, bringing hands toward shoulders. Then straighten to start position.

Perform 3 sets of 10 repetitions per session.

Do 3 sessions per week.

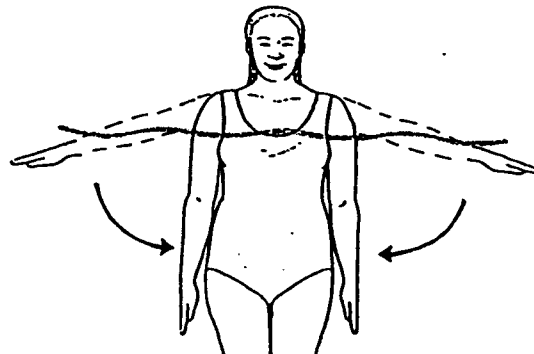
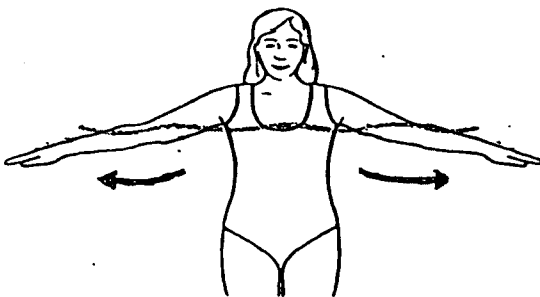
STANDING ELEMENTARY BACK STROKE

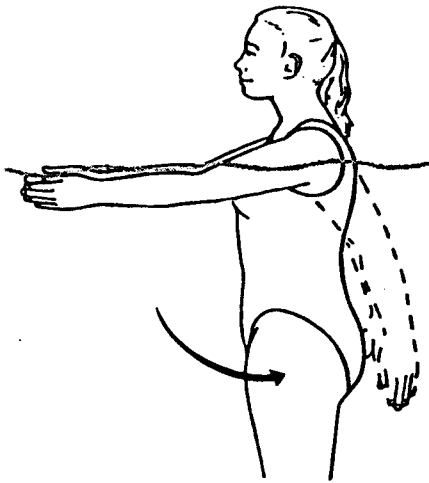


Raise arms up along sides, palms towards body. Extend arms to the sides, then push down.

Perform 3 sets of 10 repetitions per session.

Do 3 sessions per week.



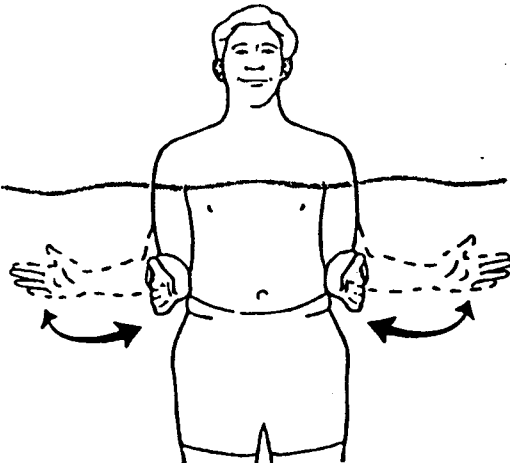


TIN SOLDIERS
Shoulder Flexion/Extension

Slowly raise arms up to the surface, then pull them gently back down to your sides. Bring them behind the midline as far as is comfortable.

Perform 3 sets of 10 repetitions per session.

Do 3 sessions per week.



LITTLE DOORS
Shoulder External / Internal Rotation, Elbows Bent

With elbows bent at 90° and close to body, thumbs up, move hands out, rotating at shoulders. Then move hands back to start, keeping elbows tucked.

Perform 3 sets of 10 repetitions per session.

Do 3 sessions per week.