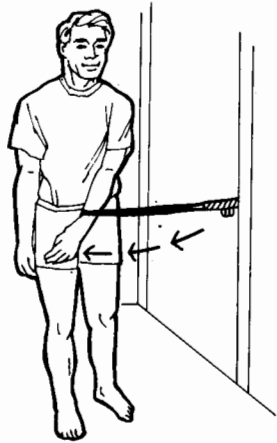


Shoulder Abduction

- Stand or sit on firm surface, the exerciser held at hip or waist height.
- Point thumb toward ceiling.
- With elbow straight, raise arm up, from side of body.
- Hold.
- Return to start position.

Repetitions: _____ Sets: _____

Color: _____



Shoulder Adduction*

- Tie the exerciser at arm's length height.
- Keep elbow straight.
- Pull the exerciser toward the midline of body using a sweeping motion.
- Hold.
- Return to start position.

Repetitions: _____ Sets: _____

Color: _____

Shoulder Horizontal Abduction*

- Sit with side of body to door.
- Fasten the exerciser to door knob, using attachment device; make sure door is tightly closed.
- Using arm farthest away from the door, pull the exerciser across chest out to side.
- Hold.
- Return to start position.

Repetitions: _____ Sets: _____

Color: _____

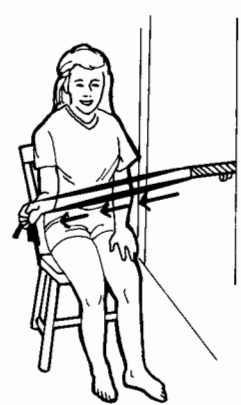
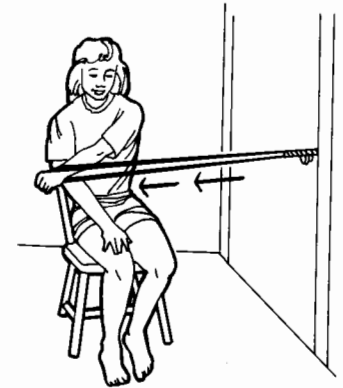


Shoulder Horizontal Adduction*

- Sit with side of body to door.
- Fasten the exerciser to door knob, using attachment device; make sure door is tightly closed.
- Using arm closest to the door, pull the exerciser across chest to opposite shoulder.
- Hold.
- Return to start position.

Repetitions: _____ Sets: _____

Color: _____



Shoulder Lateral Rotation*

- Sit with side of body to door.
- Fasten the exerciser to door knob, using attachment device; make sure door is tightly closed.
- Using arm farthest away from the door, with elbow bent and at side, pull the exerciser across body and out to side.
- Hold.
- Return to start position.

Repetitions: _____ Sets: _____

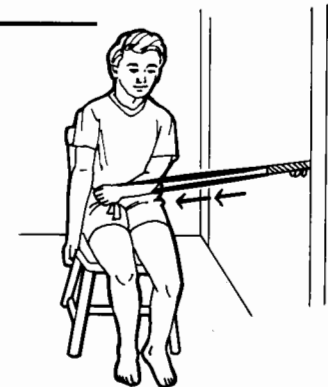
Color: _____

Shoulder Medial Rotation*

- Sit with side of body to door.
- Fasten the exerciser to door knob, using attachment device; make sure door is tightly closed.
- Using arm closest to the door, with elbow bent and at side, pull the exerciser across body to stomach.
- Hold.
- Return to start position.

Repetitions: _____ Sets: _____

Color: _____



*The use of Thera-Band® ASSIST™ Attachment device is recommended for this exercise.