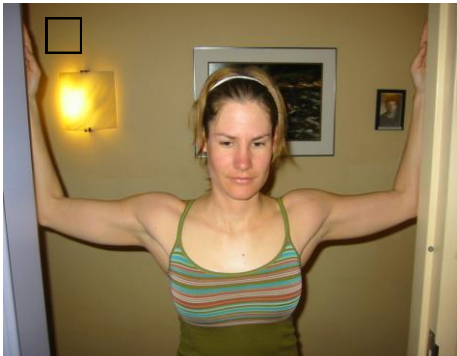
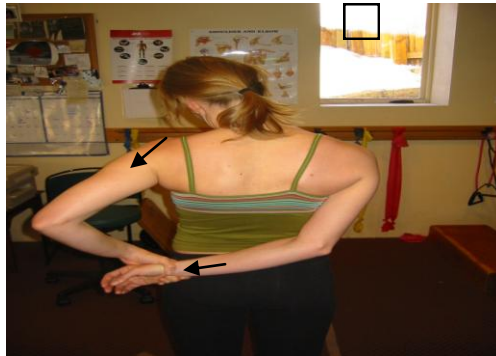


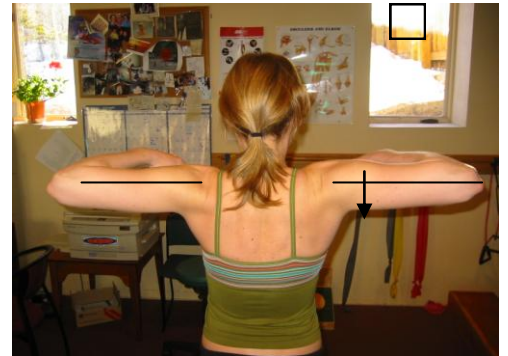
**Doorway or Corner Stretch:** Elbows up and hold for 30 secs.-1min. /2-3X's/day



**Trap. Stretch:** Grab your wrist and pull Down/away; & drop head down and away 30 sec.-1 min /2-3X's/day



**Upper Back Strengthening:** Elbows at SHOULDER height, pull back between shoulder blades, 3 Sets of 3 seconds, 2-3X's/day



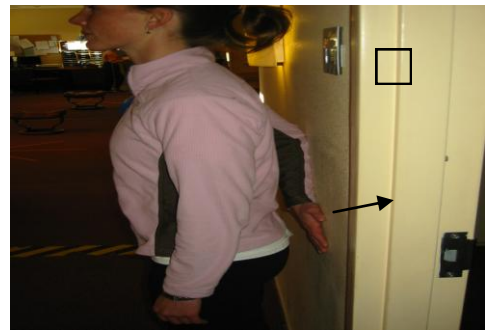
**Side lying L-curls:** Elbows must stay tight to your side, 3 sets of 15 /1-2X's/day



**Finishing Position for side lying L-curls** 3 sets of 15 /1-2X's/day, 2lbs weight/soup can



**SubScap. Exercise:** Hand behind back & push into wall 3 sets of 5sec /1-2X's/day



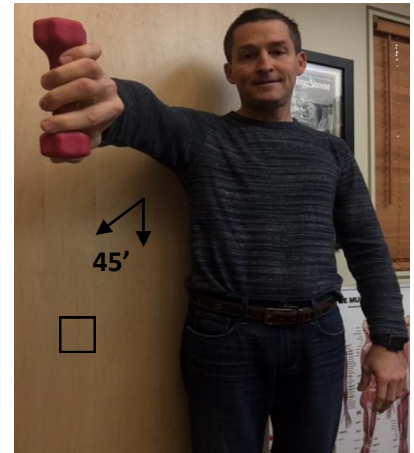
**Side lying Curls:** Elbow slightly bent, bring 2lb weight behind body, 3 sets of 15 /1-2X's/day



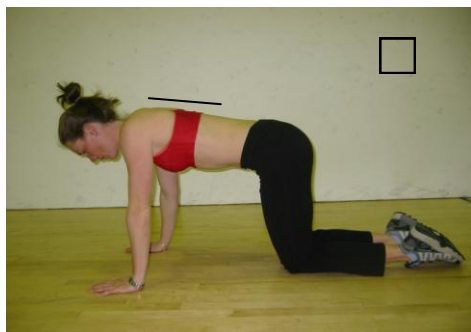
**Side lying Curls:** end range of curl, slow and controlled, 3 sets of 15 /1-2X's/day



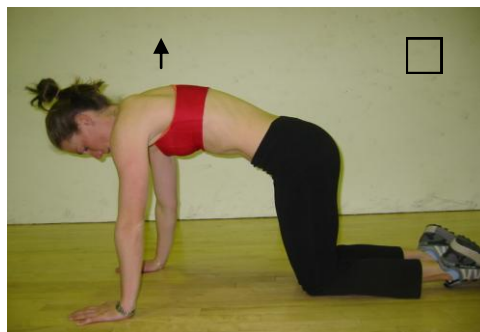
**Supraspinatus Exercise:** 3 sets of 15 /1-2X's/day



**SubScap. Partial push-ups:** Starting position, open up back between shoulder blades



**SubScap. Partial Push-up end position,** 3 sets of 10 /1-2X's/day



**Advanced shoulder exercise:** elbow and shoulder at 90° each, raise and lower arm to ceiling

