

**scap clocks**

Tie a loop with a theraband and place around your wrists. Stand with a wall in front of you. Picture a clock in front of you. Place both palms on the wall, arms straight. While keeping the left hand planted, use the right hand to pull away and tap each number (1, 3, 5), coming back to center each time. Repeat with the left hand (tapping at 11, 9, and 7).



**Face Pull**

Attach a looped band to a door at the height of your nose. Hold the band so it is in the shape of a small triangle. Pull the band towards you making the triangle larger on all 3 sides. Try to touch it to your nose. Keep your elbows up. Pull your shoulder blades together. Don't lean your head forward. Repeat.

**Repeat** 10 Times  
**Complete** 3 Sets  
**Perform** 2 Times a Day



**High Face Pull**

attach elastic band at shoulder level

1) pull band out and back, rotating through your shoulders as you pull your shoulder blades back and together 2) bring hands back to starting position \*\*do not let your head move forward, keep eyes looking straight ahead

**Repeat** 12 Times  
**Complete** 4 Sets  
**Perform** 1 Times a Day



### face pull to overhead press

attach elastic band at shoulder level

1) pull band out and back, rotating through your shoulders as you pull your shoulder blades back and together 2) raise hands up toward the ceiling, maintaining shoulder blades back \*\*do not let your head move forward, keep eyes looking straight ahead

**Repeat** 12 Times  
**Complete** 4 Sets  
**Perform** 1 Times a Day



### ELASTIC BAND OVERHEAD ADDUCTION

While holding an elastic band overhead and elbows straight, pull the band downward towards your side as shown.

Video # VVQA23NUE

**Repeat** 15 Times  
**Hold** 1 Second  
**Complete** 3 Sets  
**Perform** 1 Times a Day



### ELASTIC BAND SHOULDER DEPRESSION

Start by holding an elastic band with your hand and with your shoulder shrugged upward with your elbow straight.

Next, push your hand downward to move the band downward towards the floor. Slowly return to starting position and repeat.

Video # VVXZ8T35E

**Repeat** 10 Times  
**Hold** 2 Seconds  
**Complete** 3 Sets  
**Perform** 1 Times a Day



### ELASTIC BAND - HORIZONTAL ABDUCTION

Start by holding an elastic band or tubing with your arm out-stretched in front of you and across your body towards the opposite side.

Next, pull the elastic band or cord horizontally and outward as shown.

Your elbow should be straight or slightly bent the entire time.

Video # VVR3QR4HA

**Repeat** 8 Times  
**Hold** 2 Seconds  
**Complete** 3 Sets  
**Perform** 1 Times a Day



### ELASTIC BAND - HORIZONTAL ADDUCTION

Start by holding an elastic band or tubing with your arm out-stretched to the side.

Next, pull the elastic band or cord horizontally and across your body as shown.

Your elbow should be straight or slightly bent the entire time.

Video # VVCBCAXNS

**Repeat** 8 Times  
**Hold** 2 Seconds  
**Complete** 3 Sets  
**Perform** 1 Times a Day



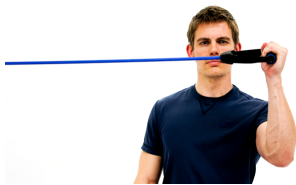
### ELASTIC BAND EXTERNAL ROTATION WITH FLEXION - ER 90 90

Start by holding an elastic band or sports cord with your arm up at 90 degrees flexed forward and elbow bent at 90 degrees. Your forearm should be directed towards the side in the beginning position as shown. Next, bring your forearm upward so that it points towards the ceiling as shown.

Maintain your shoulder blade in a retracted and downward position the entire time.

Video # VVVX6SHR8

**Repeat** 8 Times  
**Hold** 2 Seconds  
**Complete** 3 Sets  
**Perform** 1 Times a Day



## REVERSE PENDULUMS



Lying on your back, straighten your arm towards the ceiling. Next, move your arm in small circles in a clock-wise motion. After a few seconds, reverse the direction to a counter-clockwise motion. Change directions every few seconds.

Video # VVWTMGQTR

**Complete** 3 Sets  
**Perform** 1 Times a Day

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## FREE WEIGHT - FLY'S



Start by lying on your back with your arms horizontally out to the side. Next, bring your arms up and forward towards the ceiling as shown. Next, lower your arms back down to the original position. Your elbows should be partially bent the entire time.

Video # VVKV98TCX

**Repeat** 8 Times  
**Hold** 1 Second  
**Complete** 2 Sets  
**Perform** 1 Times a Day

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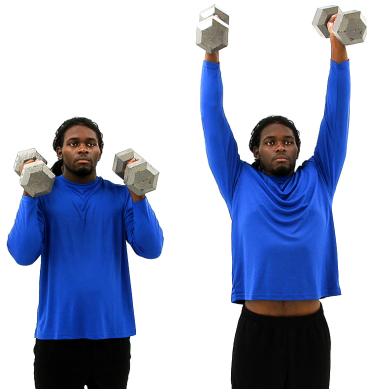
## Shoulder Scaption



Raise your arms upward at a 45 degree angle, as if asking for a hug (shape of a "V"). Keep thumbs up and shoulder blades down.

**Repeat** 10 Times  
**Hold** 2 Seconds  
**Complete** 2 Sets  
**Perform** 3 Times a Week

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### DUMBBELLS - OVERHEAD PRESS

Stand holding a dumbbell in both hands near the upper part of your shoulders with bent elbows as shown. Next, push the weight up and over head extending your elbows. Lower back down to near the upper part of your shoulders and repeat.

Video # VVCZ5GG4H

**Repeat** 6 Times  
**Hold** 1 Second  
**Complete** 3 Sets  
**Perform** 1 Times a Day

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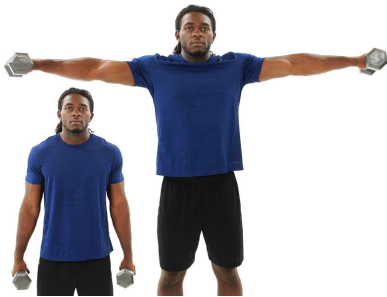
### DUMBBELLS - FRONT RAISE

Start by standing with a dumbbell in each hand with arms down in front of your hips. Next, raise up both arms forward until approximately 90 degrees shoulder flexion. Then, lower to starting position and repeat.

Video # VVY8F2FJZ

**Repeat** 6 Times  
**Hold** 1 Second  
**Complete** 2 Sets  
**Perform** 1 Times a Day

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### DUMBBELLS - LATERAL RAISE

While holding a dumbbell in both hands and with your elbows straight, raise your arms up from your side with the palms facing downward. Lower and repeat.

Video # VV4YHZWDB

**Repeat** 6 Times  
**Hold** 1 Second  
**Complete** 2 Sets  
**Perform** 1 Times a Day



**FREE WEIGHT - EMPTY CAN - BILATERAL**

While holding a weight with both hands with the top of your fist pointed downward, bring up your arms up from your side.

Do not let your shoulder shrug upwards and do not go over shoulder level height.

Keep your elbow straight for this exercise.

Video # VVUH57E39

**Repeat** 6 Times  
**Hold** 1 Second  
**Complete** 2 Sets  
**Perform** 1 Times a Day