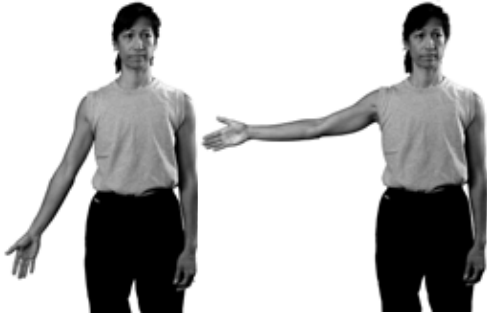


The following is your personalized exercise program prescribed by your physical therapist. Please review the instructions and perform the exercises as prescribed (frequency, number of repetitions). If your symptoms feel worse with any exercise, stop doing the exercise until you check with your physical therapist or your doctor.



1. Lateral Raise

Stand with your arm at side and palm facing forward. Set your shoulder blade. Keeping your elbow straight, raise your arm out to the side of your body. Hold for 2 seconds. Lower slowly.

Weight # _____ Frequency _____

2. Corner Raise (Scaption – Thumbs up)

Stand with your arm at side and thumb facing corner. Set your shoulder blade. Keeping your elbow straight, raise your arm toward the corner. Stop when hand reaches shoulder level. Hold for 2 seconds. Lower slowly.

Weight # _____ Frequency _____



3. Outward Rotation – Unsupported 45 degrees

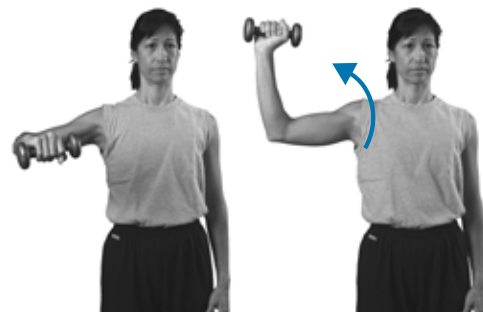
Stand with your arm raised 45 degrees away from body. Keep your elbow bent and forearm parallel to the floor. Keep your arm held away from your body while rotating forearm outward (lift hand towards ceiling). Hold for 2 seconds. Lower forearm slowly.

Weight # _____ Frequency _____

4. Outward Rotation – Unsupported 90 degrees

Stand with your arm raised 90 degrees away from body. Keep your elbow bent and forearm parallel to the floor. Keep your arm held away from your body while rotating forearm outward (lift hand towards ceiling). Hold for 2 seconds. Lower forearm slowly.

Weight # _____ Frequency _____



Additional Instructions:



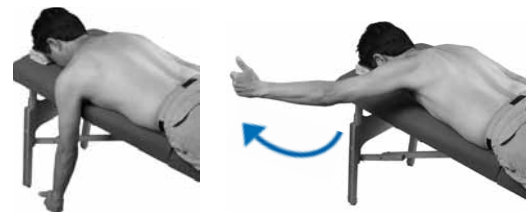
□ 5. Diagonal Raise (Flexion, Abduction, External Rotation)

Stand with your palm resting on opposite thigh. Raise your arm up and out while rotating thumb back. Hold for 2 seconds. Return slowly to start position.

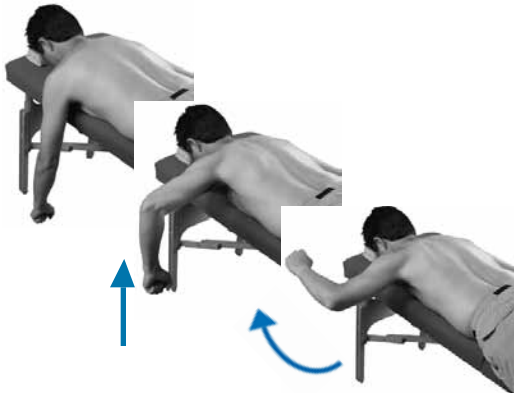
Weight # _____ Frequency _____

□ 6. Prone Scaption

Lie on your stomach (prone position) with forehead resting on towel or head turned toward the side. Let your affected arm hang off edge of bed. Make a fist, palm facing bed. Squeeze the shoulder blade while raising arm toward corner ending parallel to the floor. Hold for 2 seconds. Slowly return to start position.



Weight # _____ Frequency _____



□ 7. Prone Abduction with External Rotation

Lie on your stomach (prone position) with forehead resting on towel or head turned toward the side. Let your affected arm hang off edge of bed. Make a fist, palm facing backward. Squeeze the shoulder blade while raising elbow to level of shoulder. Rotate shoulder until forearm is parallel to floor. Hold for 2 seconds. Slowly return to start position.

Weight # _____ Frequency _____

Additional Instructions: