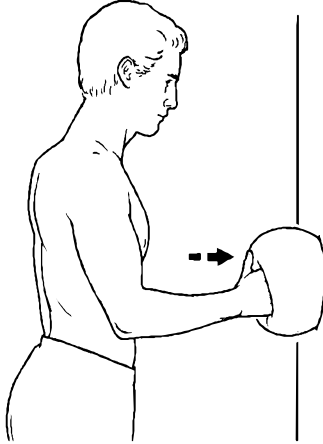




SHOULDER - 29 Strengthening: Isometric Flexion

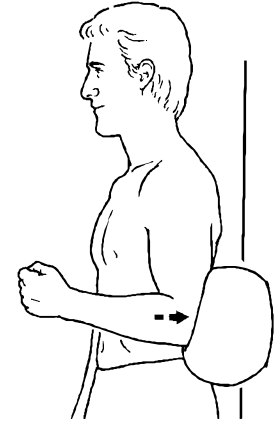
Using wall for resistance, press fist into ball using light pressure. Hold 5 seconds.



Repeat 15 times per set.  
Do 3 sets per session.  
Do 2-3 sessions per day.

SHOULDER - 31 Strengthening: Isometric Extension

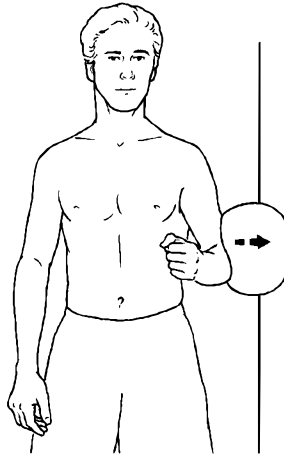
Using wall for resistance, press back of arm into ball using moderate pressure. Hold 5 seconds.



Repeat 15 times per set.  
Do 3 sets per session.  
Do 2-3 sessions per day.

SHOULDER - 32 Strengthening: Isometric Abduction

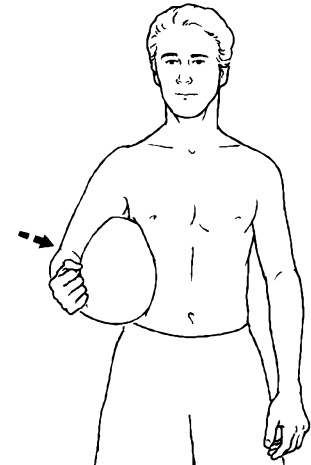
Using wall for resistance, press arm into ball using moderate pressure. Hold 5 seconds.



Repeat 15 times per set.  
Do 3 sets per session.  
Do 2-3 sessions per day.

SHOULDER - 34 Strengthening: Isometric Adduction

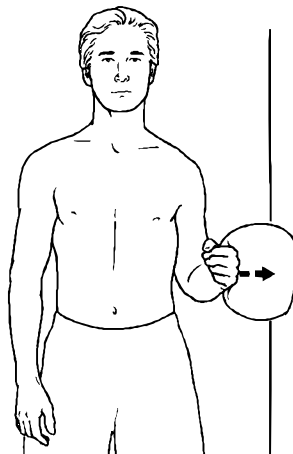
Using body for resistance, gently press arm into ball using moderate pressure. Hold 5 seconds.



Repeat 15 times per set.  
Do 3 sets per session.  
Do 2-3 sessions per day.

SHOULDER - 36 Strengthening:  
Isometric External Rotation

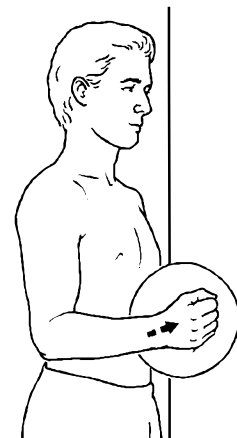
Using wall to provide resistance, and keeping arm at side, press back of hand into ball using moderate pressure. Hold 5 seconds.



Repeat 15 times per set.  
Do 3 sets per session.  
Do 2-3 sessions per day.

SHOULDER - 37 Strengthening:  
Isometric Internal Rotation

Using door frame for resistance, press palm of hand into ball using moderate pressure. Keep elbow in at side. Hold 5 seconds.



Repeat 15 times per set.  
Do 3 sets per session.  
Do 2-3 sessions per day.