



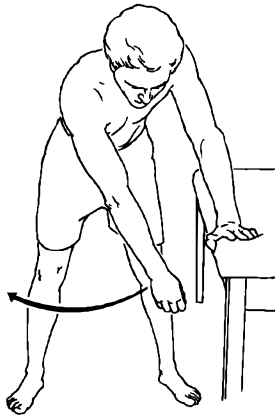
Routine For:
Created By: LEAH PELTIER, LAT

12-30-2008
PHASE I: SHOULDER ROM/STRETCHING

SHOULDER - 25 ROM: Pendulum (Side-to-Side)

Let right arm swing freely from side to side by rocking body weight from side to side.

Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.



SHOULDER - 97 ROM: Pendulum (Flexion / Extension)

Let right arm hang and use momentum from body to swing arm forward and back. Progress from small to larger swings.

Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.



SHOULDER - 26 ROM: Pendulum (Circular)

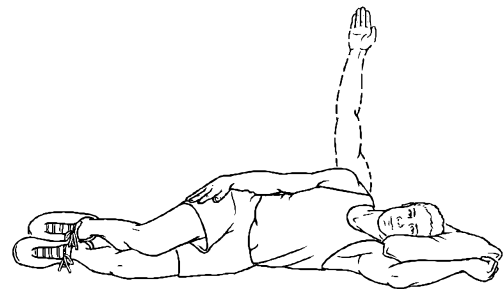
Let right arm move in circle clockwise, then counterclockwise, by rocking body weight in circular pattern.

Circle _____ times each direction per set.
Do _____ sets per session.
Do _____ sessions per day.



SHOULDER - 96 Abduction (Side-Lying)

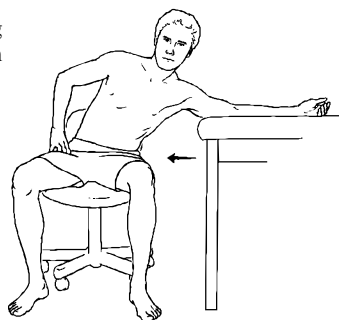
Lie on left side. Raise arm above head. Keep palm forward.
Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.



SHOULDER - 9 ROM: Abduction

With left arm resting on table, palm up, bring head down toward arm and simultaneously move trunk away from table.
Hold _____ seconds.

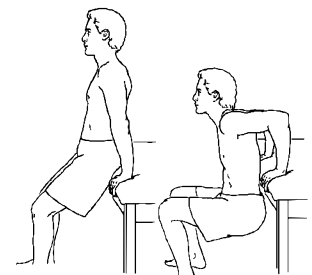
Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.



SHOULDER - 12 ROM: Extension

Feet shoulder width apart, holding onto table, gently lower body by bending knees until stretch is felt.
Hold _____ seconds.

Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.



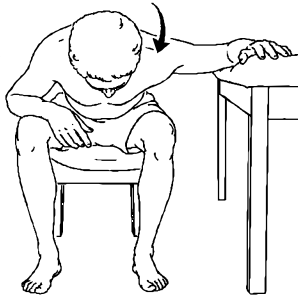


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PHASE I: SHOULDER ROM/STRETCHING

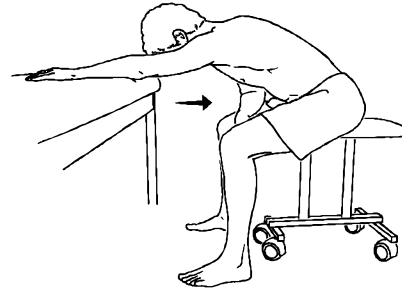
SHOULDER - 10 ROM: External Rotation

Keeping left forearm palm
down on table, bend
forward at waist until
stretch is felt.
Hold ____ seconds.



Repeat ____ times per set.
Do ____ sets per session.
Do ____ sessions per day.

SHOULDER - 7 ROM: Flexion

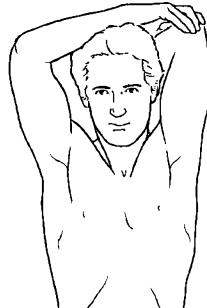


Keeping left arm on table, slide body away until stretch is
felt. Hold ____ seconds.

Repeat ____ times per set. Do ____ sets per session.
Do ____ sessions per day.

SHOULDER - 71 ROM: Inferior Capsule Stretch

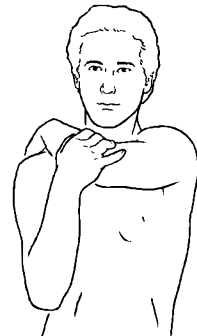
Gently pull on left raised
elbow with other hand until
stretch is felt
in shoulder.
Hold ____ seconds.



Repeat ____ times per set.
Do ____ sets per session.
Do ____ sessions per day.

SHOULDER - 72 ROM: Posterior Capsule Stretch

Gently pull on left forward
elbow with other hand until
stretch is felt in shoulder.
Hold ____ seconds.



Repeat ____ times per set.
Do ____ sets per session.
Do ____ sessions per day.