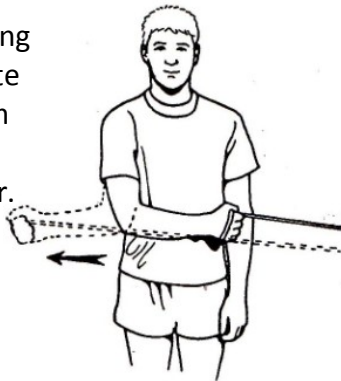


# Shoulder Muscle Strengthening Exercises

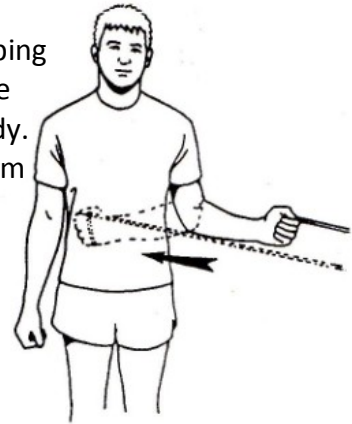
## Active Resistive External Rotation

Using tubing, and keeping elbow at one side, rotate arm outward away from body. Be sure to keep forearm parallel to floor.



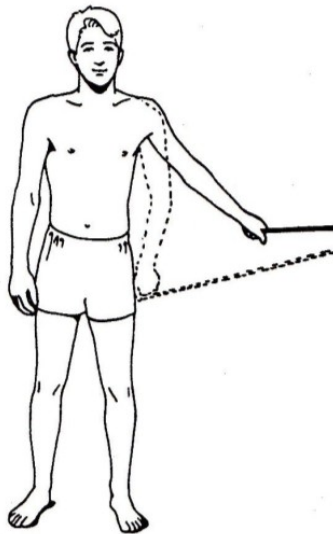
## Active Resistive Internal Rotation

Using tubing, and keeping elbow in at side, rotate arm inward across body. Be sure to keep forearm parallel to floor.



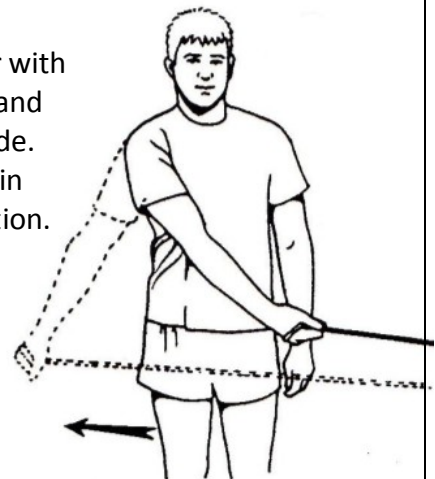
## Active Resistive Adduction

Using tubing, pull arm in toward buttock. Do not twist or rotate trunk.



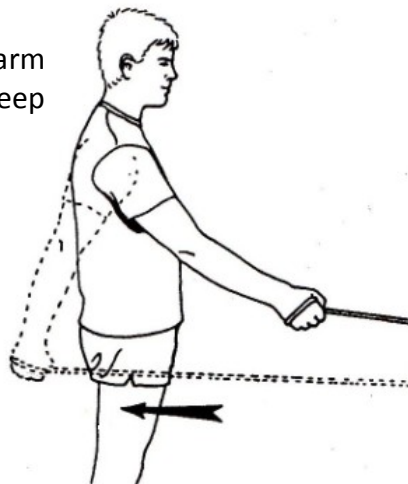
## Active Resistive Abduction

Using tubing, start with arm across body and pull away from side. Move through pain free range of motion.



## Active Resistive Extension

Using tubing, pull arm back. Be sure to keep elbow straight.



## Active Resistive Flexion

Using tubing, start with arm at side and pull arm outward and upward. Move shoulder through pain free range of motion.

