



While holding an elastic band in front of you with your elbows straight, pull the band down and back towards your side.

Repeat 30 times                      Once a day

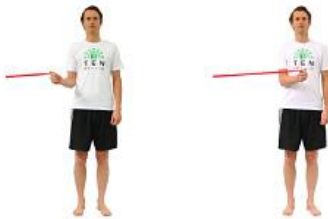
**TB Shoulder Extension**



While holding an elastic band away from your side, pull the band towards your side. Keep your elbow straight.

Repeat 30 times                      Once a day

**TB Shoulder Adduction**



While holding an elastic band at your side with your elbow bent, start with your hand away from your stomach, then pull the band towards your stomach, creating a twisting action at the shoulder. Keep your elbow near your side the entire time.

Repeat 30 times                      Once a day

**TB Internal Rotation**



While holding an elastic band at your side with your elbow bent, start with your hand close to your stomach, then pull the band away from your body, creating a twisting action at the shoulder. Keep your elbow near your side the entire time.

Repeat 30 times                      Once a day

**TB External Rotation**



**Dumbbell Flexion and abduction**

Lift arms forward 30 times and out 30 times keeping hands below shoulder level.

Once a day

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