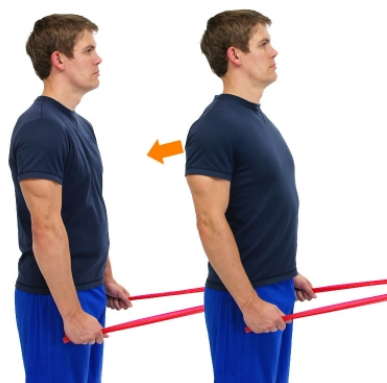


Total 6



## ELASTIC BAND SCAPULAR RETRACTIONS WITH MINI SHOULDER EXTENSIONS

While holding an elastic band with both arms in front of you with your elbows straight, squeeze your shoulder blades together as you pull the band back. Be sure your shoulders do not raise up.

Repeat 15 Times  
Hold 5 Seconds  
Complete 2 Sets  
Perform 1 Time(s) a Day



## ELASTIC BAND SHOULDER EXTERNAL ROTATION - ER

While holding an elastic band at your side with your elbow bent, start with your hand near your stomach and then pull the band away. Keep your elbow at your side the entire time.

Repeat 10 Times  
Hold 1 Second  
Complete 2 Sets  
Perform 1 Time(s) a Day



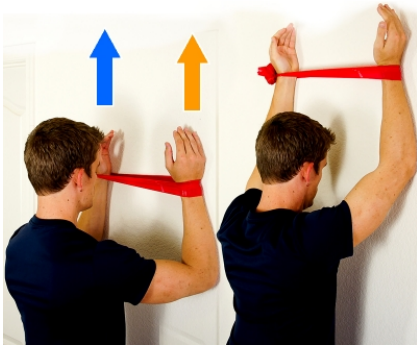
## ELASTIC BAND W's - ER

Holding elastic band with both hands, draw back the band as you bend your elbows and retract your shoulder blades as shown.

Repeat 10 Times  
Hold 1 Second  
Complete 2 Sets  
Perform 1 Time(s) a Day

---

### SERRATUS WALL SLIDE - ELASTIC BAND



Place an elastic band around your arms at the level of your wrists as shown. Next, place your forearms and hands along a wall so that your elbows are bent and your arms point towards the ceiling.

Then, protract your shoulder blades forward and then slide your arms up the wall as shown.

Return to the original position and repeat.

Repeat 10 Times  
Hold 1 Second  
Complete 2 Sets  
Perform 1 Time(s) a Day

---

### SUPINE ELASTIC BAND HORIZONTAL ABDUCTION



Lie on your back holding an elastic band up towards the ceiling. Next, pull your arms apart and towards the floor as shown.

Repeat 10 Times  
Hold 2 Seconds  
Complete 2 Sets  
Perform 1 Time(s) a Day

---

### ELASTIC BAND ABDUCTION - SELF FIXED



Fixate the end of an elastic band in front of you and on your leg with your unaffected arm.

Next, pull the band upward and to the side with your affected arm while keeping your elbow straight the entire time.

Keep arm at a 45 deg angle to protect shoulder.  
Resistance should be light/ minimal with this exercise.

Repeat 10 Times  
Hold 1 Second  
Complete 2 Sets  
Perform 1 Time(s) a Day