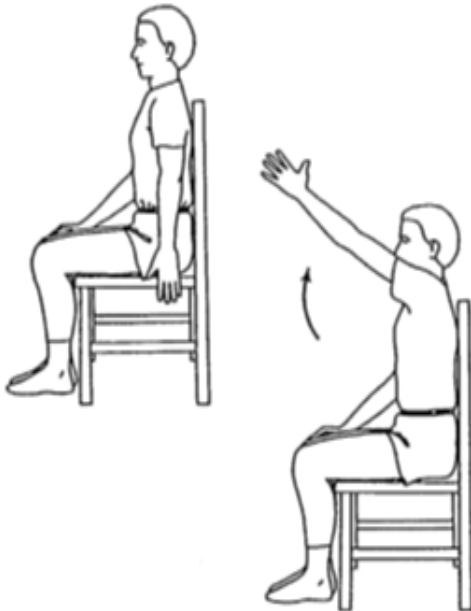


# Progressive Resistive Exercises for the Shoulder and Elbow

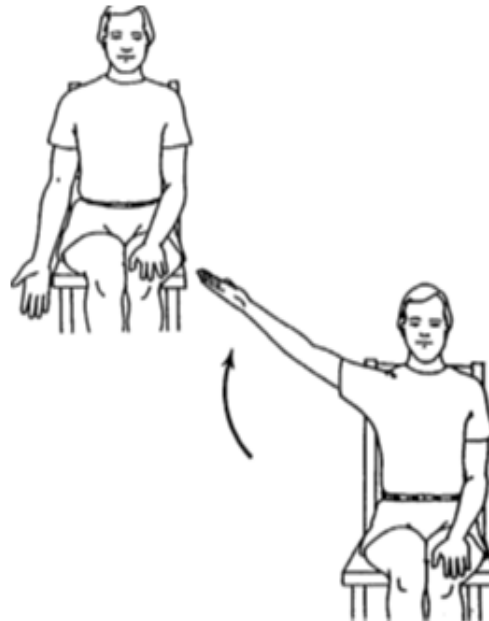
## 1. Shoulder Flexion

Lift \_\_\_\_ arm over head with thumb up and elbow straight.  
Hold \_\_\_\_ counts.  
Repeat \_\_\_\_ times.  
Progress to \_\_\_\_ lbs. at wrist/hand.



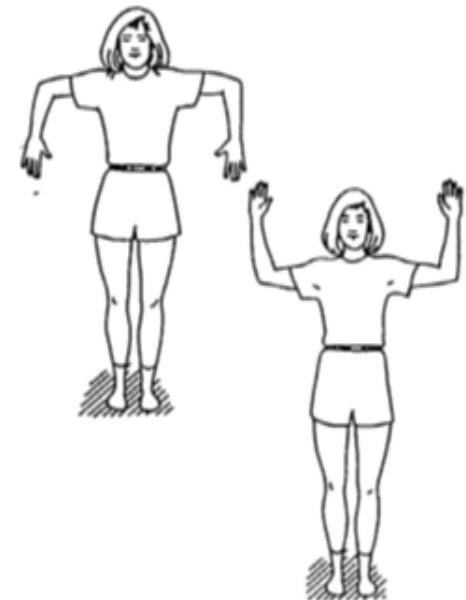
## 2. Shoulder Abduction

Lift \_\_\_\_ arm out to side with palm up.  
Keep elbow straight. Do not lean to opposite side.  
Hold \_\_\_\_ counts.  
Repeat \_\_\_\_ times.  
Progress to \_\_\_\_ lbs. at wrist/hand.



## 3. Shoulder Medial and Lateral rotation

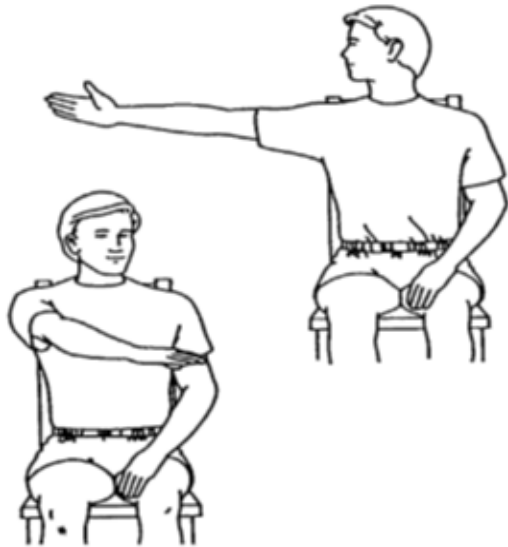
Arms out to side, elbows bent. Move palms down.  
Hold \_\_\_\_ counts.  
Move palms up and hold.  
Repeat \_\_\_\_ times.  
Progress to \_\_\_\_ lbs. at wrist/hand.



# Progressive Resistive Exercises for the Shoulder and Elbow

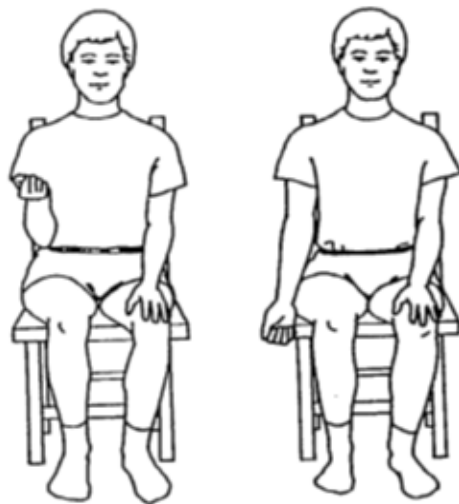
## 4. Horizontal Shoulder Abduction

\_\_\_\_\_ arm out to side at shoulder height. Reach hand to opposite shoulder. Keep elbow straight. Hold \_\_\_\_\_ counts. Repeat \_\_\_\_\_ times. Progress to \_\_\_\_\_ lbs. at wrist/hand.



## 5. Elbow Flexion

Bend \_\_\_\_\_ elbow. Hold \_\_\_\_\_ counts. Straighten elbow and hold. Repeat \_\_\_\_\_ times. Progress to \_\_\_\_\_ lbs. at wrist/hand.



## 6. Elbow Extension

\_\_\_\_\_ arm above head elbow pointing to ceiling. Straighten elbow. Hold \_\_\_\_\_ counts. Repeat \_\_\_\_\_ times. Progress to \_\_\_\_\_ lbs. at wrist/hand.

