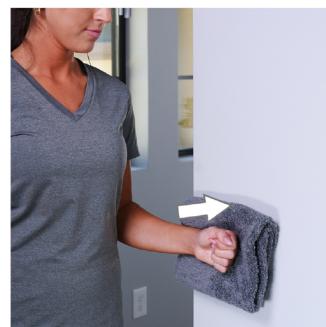




### SHOULDER - ISOMETRIC ABDUCTION

Place a small folded towel between your elbow and a wall. With your elbow bent to 90 degrees, gently push your elbow out to the side into the towel/wall. Hold, relax and repeat.



### SHOULDER - ISOMETRIC EXTERNAL ROTATION

Gently press your hand into a wall using the back side of your hand. Maintain a bent elbow the entire time. Hold, relax and repeat.



### SHOULDER - ISOMETRIC EXTENSION

Place a small folded towel between your elbow and a wall behind you. Gently press your elbow back against the wall/towel. Hold, relax and repeat.



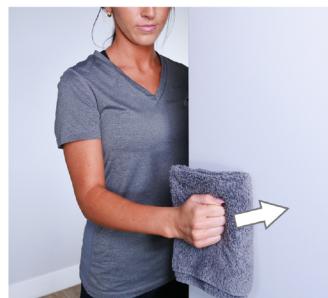
### SHOULDER - ISOMETRIC FLEXION

Place a small folded towel between your hand and a wall. Gently push your fist forward into a wall with your elbow bent. Hold, relax and repeat.



### SHOULDER - ISOMETRIC ADDUCTION

Place a small folded towel between your elbow and the side of your body. Gently squeeze the towel. Hold relax and repeat.



### SHOULDER - ISOMETRIC INTERNAL ROTATION

Place a small folded towel between your hand and a wall. Gently press the palm side of your hand towards a wall. Maintain a bent elbow the entire time. Hold, relax and repeat.