



BENT OVER ROWS

While standing, bend over and support your self with your uninjured arm. With your affected arm starting at your side, draw up your arm as you bend your elbow.

Repeat 8 Times
Complete 4 Sets

Hold 1 Second
Perform 3 Times a Week



PRONE W

Lying face down with your elbows bent and palms facing downward, slowly raise your arms up towards the ceiling as you squeeze your shoulder blades downward and towards your spine.

Repeat 8 Times
Complete 4 Sets

Hold 1 Second
Perform 3 Times a Week



PUSH UP

Lying face down, use your arms and push yourself up as shown.

Keep your toes in contact with the floor and maintain a straight back the entire time.

Repeat 8 Times
Complete 4 Sets

Hold 1 Second
Perform 3 Times a Week



PRONE T - PALM DOWN

Lie face down with your elbow straight and arm dangling down towards the floor. Next, set your scapula by retracting it towards your spine and downward towards your feet. Then, slowly raise your arm keeping your elbow straight the entire time as shown.

Your palm should be directed downward as your arm raises.

Repeat 8 Times

Complete 4 Sets

Hold 1 Second

Perform 3 Times a Week