

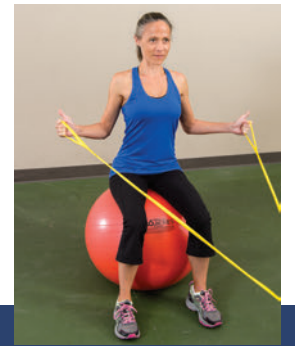
Rows at 90° Abduction, Seated on Stability Ball: Sit on stability ball with both arms straight ahead, grasping tubing. Keeping arms at shoulder height, bend elbows and pull tubing toward the body until elbows are at shoulder level and directly out to both sides (90° abduction). Hold position for 2 seconds, then slowly return to starting position. Perform ____ sets of ____ repetitions ____ times daily.



Rows Into ER at 90° Abduction, Seated on Stability Ball: Sit on stability ball with both arms straight ahead, grasping tubing. Keeping arms at shoulder height, bend elbows and pull tubing toward the body until elbows are at shoulder level and directly out to both sides (90° abduction). Hold for 1 second, then rotate shoulder upward until arm is at 90° of ER and abduction. Hold at top for 2 seconds, then return slowly to starting position. Perform ____ sets of ____ repetitions ____ times daily.



Lower Trap, Seated on Stability Ball: Sit on stability ball with both arms fixed at side and elbows bent to 90°, thumbs facing upward. Grasp tubing with both hands and rotate both shoulders outward (ER), rotating thumbs until parallel with floor. Hold for 2 seconds, then return to starting position. Perform ____ sets of ____ repetitions ____ times daily.



Elbow Flexion: Standing with arm against side and palm facing inward, bend elbow upward, turning palm up as you progress. Hold 2 seconds and lower slowly. Perform ____ sets of ____ repetitions ____ times daily.

