

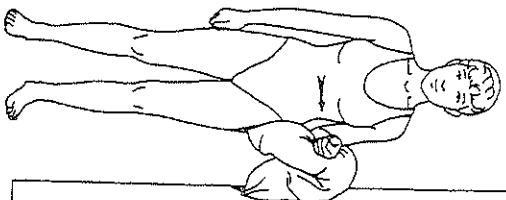
Isometric Shoulder Strengthening

SHOULDER - 32 Strengthening Activities

Isometric Abduction

Using wall to provide resistance, press into pillow with arm as shown, using **light moderate maximal** pressure.

Hold _____ seconds.
 Repeat _____ times.
 Do _____ sessions per day.



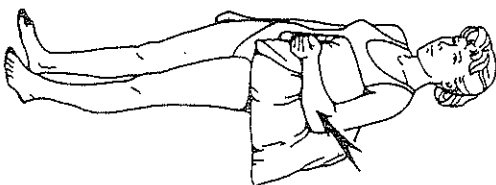
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SHOULDER - 34 Strengthening Activities

Isometric Adduction

Gently squeeze pillow using **light moderate maximal** resistance.

Hold _____ seconds.
 Repeat _____ times.
 Do _____ sessions per day.



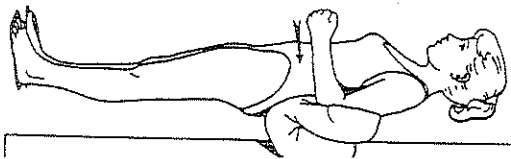
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SHOULDER - 31 Strengthening Activities

Isometric Extension

Using wall to provide resistance, press back of arm into pillow using **light moderate maximal** pressure.

Hold _____ seconds.
 Repeat _____ times.
 Do _____ sessions per day.



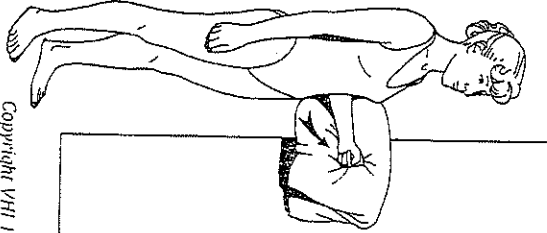
SHOULDER - 36

Strengthening Activities

Isometric External Rotation

Keeping arm tucked in at side, press back of hand into wall using **light moderate maximal** pressure.

Hold _____ seconds.
 Repeat _____ times.
 Do _____ sessions per day.



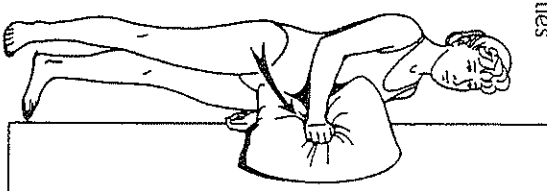
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SHOULDER - 37 Strengthening Activities

Isometric Internal Rotation

Using door frame to provide resistance, press palm of hand into door frame as shown using **light moderate maximal** resistance. Be sure to keep elbow in at your side.

Hold _____ seconds.
 Repeat _____ times.
 Do _____ sessions per day.



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