

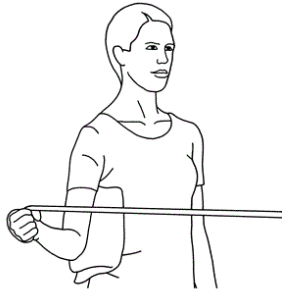


Home Exercise Program

Coastal Orthopedics and Sports Medicine
14 Thomas Point Road. Brunswick, ME 04011



Training start date 3/16/2020

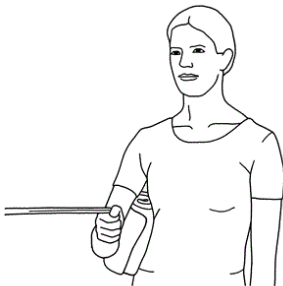


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Stand or sit. Place a rolled towel between your upper arm and side. Your upper arm should be slightly forward and your elbow at a right angle. Hold an exercise band.

Pull the band taking your forearm out 45 degrees.

Repeat 10 times 3 sets

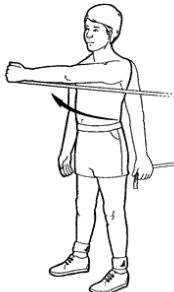


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Stand or sit. Place a rolled towel between your upper arm and side. Your upper arm should be slightly forward and your elbow at a right angle. Hold an exercise band.

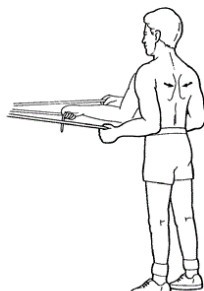
Pull the band bringing your forearm in 45 degrees.

Repeat 10 times. 3 sets



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1. Anchor rubber tubing to a solid object
2. Stand holding rubber tubing in _____ hand
3. Raise arm out in front of your body as shown
4. Hold 2 seconds and slowly lower
5. 10 repetitions, 3 sets 1 times per day



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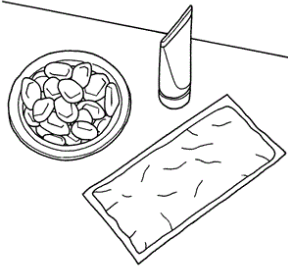
1. Anchor rubber tubing to a solid object
2. Hold rubber tubing in both hands, elbows bent
3. Squeeze shoulder blades together
4. Pull arms backward as shown
5. Hold 2 seconds
6. 10 repetitions, 3 sets 1 times per day



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Ice shoulder for 15 minutes every 2 hours

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If you have any pain with these exercise and your symptoms do not improve call our office at 442-0325

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