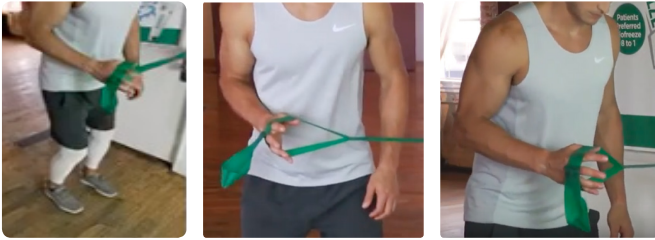


PATIENT NAME _____

DATE _____

Exercise 1 — UE Isometrics with Dynamic Movement



Description: Secure TheraBand® CLX™ and Door Anchor in door. With arm at side, bend elbow 90° and secure end of CLX™ around hand. Open hand as if grasping a baseball. Quickly step and shift weight back and forth (side to side) while maintaining good shoulder position.

#SETS _____ #REPS _____

Exercise 2 — Reverse Throw with CLX™



Description: In a staggered stance, loop TheraBand® CLX™ around dominant hand and loop CLX™ around opposite foot. Raise dominant arm to an overhead throwing position. Shift weight backward and mimic throwing motion while controlling movement. Return to starting position.

#SETS _____ #REPS _____

Exercise 3 — Resisted Wind Up

Description: Secure TheraBand® Tubing with cuffs around both ankles. Place hands inside CLX™ loop, leaving one loop between. While extending arms out to sides, side-step laterally. Bring feet back together and repeat movement.

Progression: Flex hip to at least 90° prior to stepping laterally. Return to starting position.

#SETS _____ #REPS _____



Exercise 4 — Resisted Overhead Throw with Staggered Stance

Description: Secure TheraBand® CLX™ around ankles while in staggered stance leaving one loop between. Wrap CLX™ around back of body and secure end loop around opposite hand. Step up onto two stability trainers in staggered stance. Begin with arm in low position near hip. Raise upper extremity into an overhead throwing position. Return arm to lower position.



#SETS _____ #REPS _____

Exercise 5 — Overhead UE Isometrics with Dynamic Movement

Description: Secure TheraBand® CLX™ and Door Anchor in door. Loop CLX™ around hand. Raise arm into mid-throwing position with elbow at 90°. Shift weight frontward and backward to provide dynamic resistance.



#SETS _____ #REPS _____