

PATIENT NAME \_\_\_\_\_

DATE \_\_\_\_\_

## Exercise 1 — Bilateral Shoulder Extension

**Description:** Secure TheraBand® CLX™ and Door Anchor in door. Loop ends of CLX™ around hands with palms facing forward, away from body. Pull back so arms are at side of body while pulling your shoulder blades towards each other.

#SETS \_\_\_\_\_ #REPS \_\_\_\_\_



## Exercise 2 — Bilateral External Rotation



**Description:** Place hands in consecutive CLX™ loops with palms facing ceiling and elbows at 90 degrees. Rotate both arms outward. Hold and slowly return to starting position.

#SETS \_\_\_\_\_ #REPS \_\_\_\_\_

## Exercise 3 — Resisted External Rotation with FlexBar



**Description:** Secure TheraBand® CLX™ and Door Anchor in door. Place rolled towel under arm. Loop CLX™ around hand with the elbow at 90 degrees. Apply tension to the CLX™. Move FlexBar side to side while maintaining the position.

#SETS \_\_\_\_\_ #REPS \_\_\_\_\_

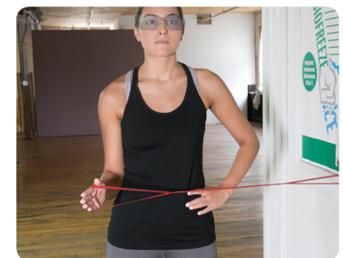
## Exercise 4 — Resisted Scapular Retraction

**Description:** Secure TheraBand® CLX™ and Door Anchor in door. Place end loop of CLX™ around top of shoulder. Pull shoulder blades towards each other and rotate arm so palm is facing away from your body. Take two steps backward while maintaining the position. Slowly return to starting position.



#SETS \_\_\_\_\_ #REPS \_\_\_\_\_

## Exercise 5 — External Rotation in Neutral



**Description:** Secure TheraBand® CLX™ and Door Anchor in door. Loop CLX™ around hand. Slowly rotate outward to slightly beyond neutral. Return to starting position. Towel roll under arm is optional.

#SETS \_\_\_\_\_ #REPS \_\_\_\_\_