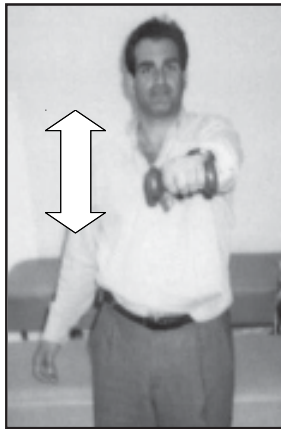


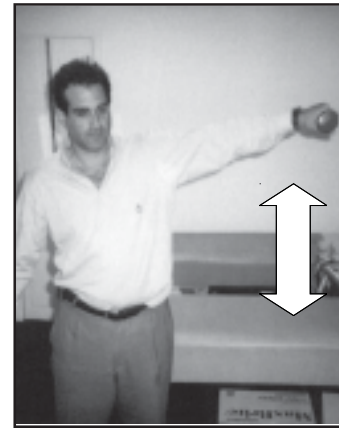
Individual Shoulder Muscle Exercises with Free Weights

All exercises are to be done in one set. Begin with a hand weight of _____ lbs. Begin with 10 repetitions and work toward 50 - 60 in one set. Once you have completed your goal, you may either increase the weight or begin working muscle groups..

☐ Anterior Deltoid

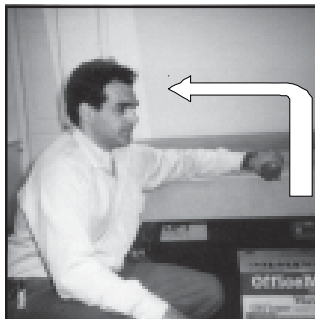


☐ Posterior Deltoid



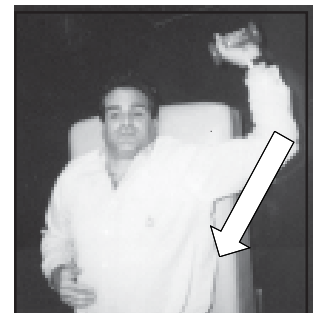
The Deltoids should be exercised by starting in the 90 degree position, going up about 10 - 15 degrees and by going down by the same amount. These are the active ranges of motion of these muscles

☐ Infrapinatis



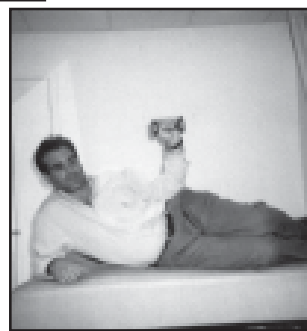
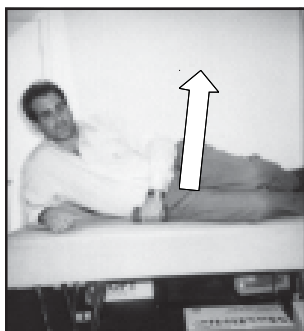
☐ Subscapularis

The subscapularis is exercised by resting your shoulder so it sits off the bed. The arm is held at 90 degrees as shown. The exercise is performed by rotation of the arm forward 90 degrees at the forearm until it reaches the second position as shown.



The infrapinatis is exercised by resting your elbow on a table and lifting the arm holding the weight to 90 degrees as shown

☐ Teres Minor



The Teres Minor is exercised by resting your elbow on your side. Lift the weight straight up into the air with the elbow held to your side as shown.



☐ Supraspinatis

The supraspinatis is exercised by laying on your side, placing the arm as shown with your wrist against the table and lifting your arm straight up until it is about 30 degrees above your shoulder as shown.

