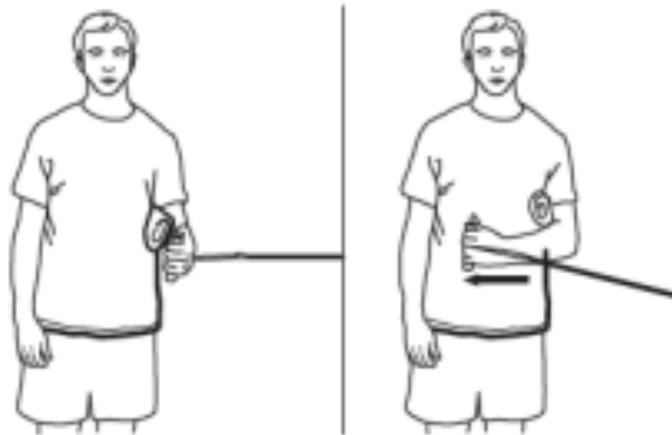


Shoulder Strengthening Program

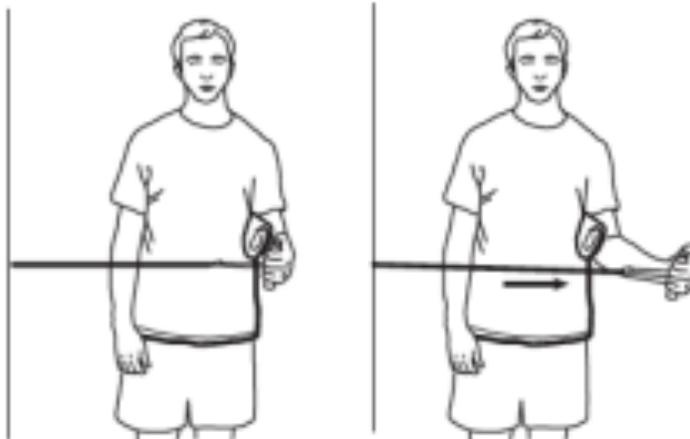
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- Perform 2 sets of each exercise, 10-20 repetitions each, 3 times per week.
- Inward and outward rotation exercises should be done with a rolled towel between your elbow and chest as shown below.
- For the first 3 exercises, attach one end of the thera-band to a doorknob or other static structure.
- Total program can be done in less than 10 minutes.
- The goal is to fatigue the muscles without causing pain.

Inward rotation



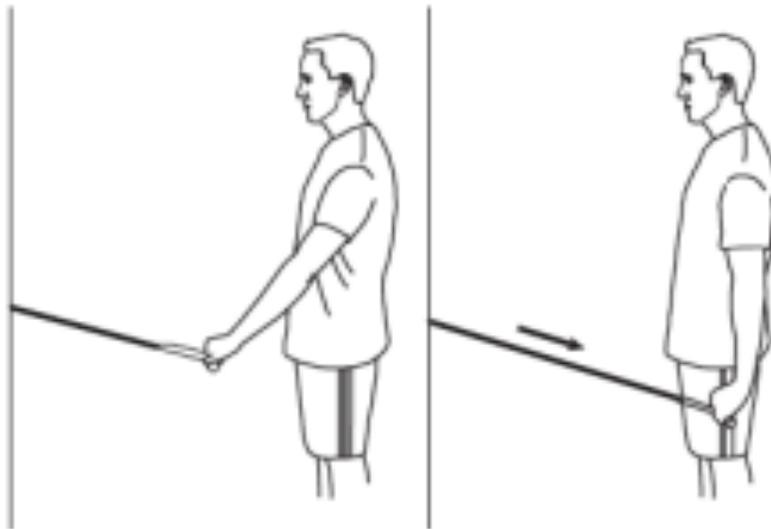
Outward rotation



Shoulder Strengthening Program

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Low row



Biceps Curl

