

Rehabilitation of the Shoulder

Do not perform any of these if pain increases!



Hold the tubing like you are holding two cups of water. Place the tubing under one foot. Use your little fingers to push the tubing away from you. Lifting the elbows as if pouring water onto your shoes.



Put your hands together and push forward.



Do some shoulder shrugs.



Place the tubing under one foot, elbow up and press. Push the elbow up in back and



let the elbow press against the tube.



Place the tubing around the door knob and work all directions, up, out, down.



Flip one arm over your head and press, upper, middle and lower.



Lean forward and press upper, middle and lower.