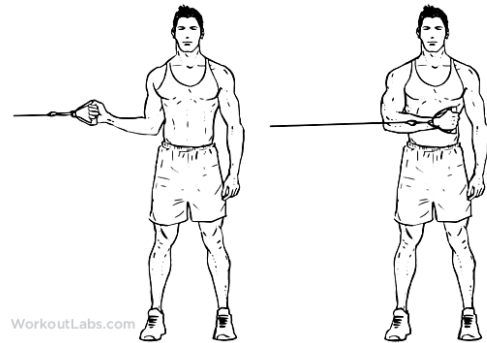


Arm Care Program

IR Neutral:

Stand with elbow at your side, and band away from body. Keeping elbow in place rotate hand towards your stomach.

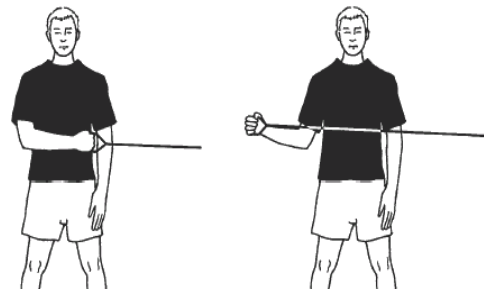
Sets ____ Reps ____



ER Neutral:

Stand with elbow at your side, and band in front of body. Keeping elbow in place rotate hand away from stomach.

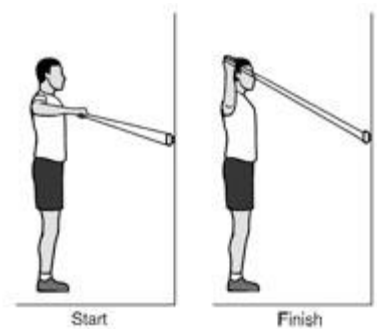
Sets ____ Reps ____



90/90 ER:

Stand with band in front at chin level. With 90-degree angle at shoulder and elbow, rotate shoulder back.

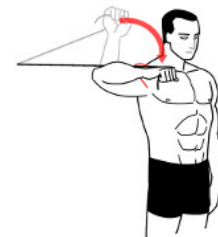
Sets ____ Reps ____



90/90 IR:

Stand with band behind you even with head. With 90-degree angle at shoulder and elbow, rotate shoulder forward.

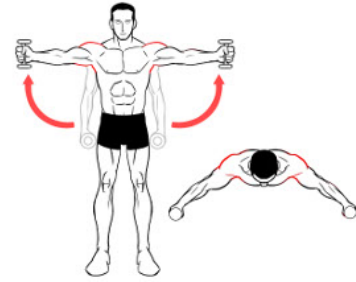
Sets ____ Reps ____



Full Can:

With elbow straight, raise arm to shoulder level. Be sure to complete motion in a 45-degree plane with body.

Sets ____ Reps ____



Banded T's:

Stand with band in front at chest level. Squeeze shoulder blades down and back.

Sets ____ Reps ____



Banded Y's:

Stand with band in front at chin level. Raise arm until you make a "Y". Keep shoulder blades down and back.

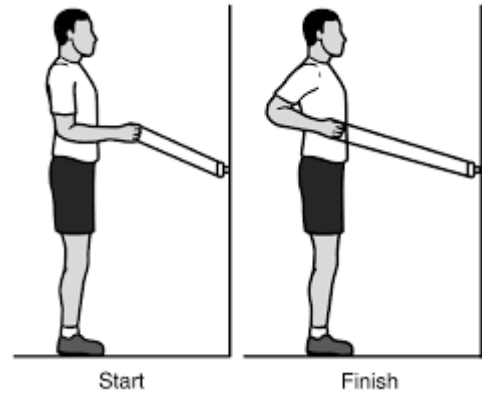
Sets ____ Reps ____



Rows:

Stand with band in front at chest level.
Pull shoulder blades down and back.

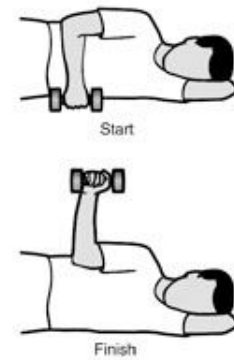
Sets ____ Reps ____



Sidelying ER:

Laying on your side, rotate hand towards the sky.

Sets ____ Reps ____



D2 Flexion:

Stand with band behind you above head level. Bring thumb towards your opposite pocket.

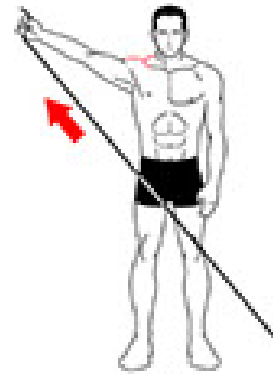
Sets ____ Reps ____



D2 Extension:

Start with band in front at shin level and thumb pointed towards ground. Pull arm back, while rotating arm so palm is forward.

Sets ____ Reps ____



Prone ER:

Lying on stomach. Pull shoulder blade towards spine and rotate back of hand towards sky.

Sets ____ Reps ____



Wrist Flex/Ext:

With palm towards sky, flex wrist towards face.

With palm towards ground, pull wrist towards face.

Sets ____ Reps ____



Wrist Pron/Sup:

Holding base of weight, slowly rotate palm up then down.

Sets ____ Reps ____

