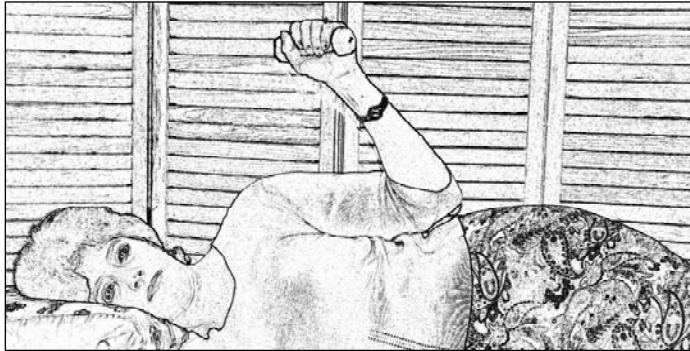
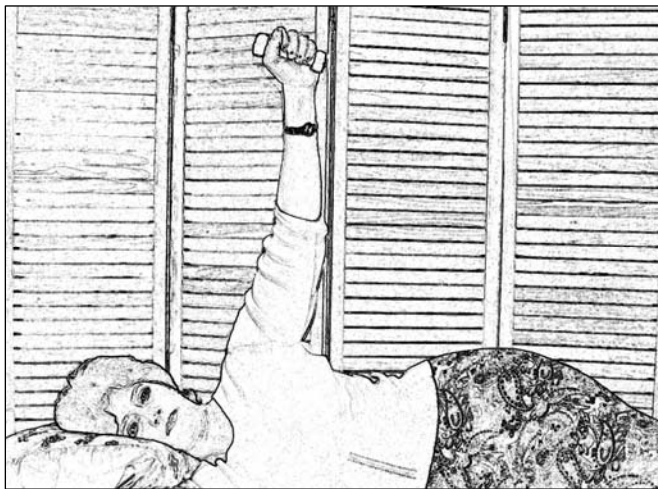


MID-RANGE DELTOID, ROTATOR CUFF & UPPER EXTREMITY BONE STRENGTHENING

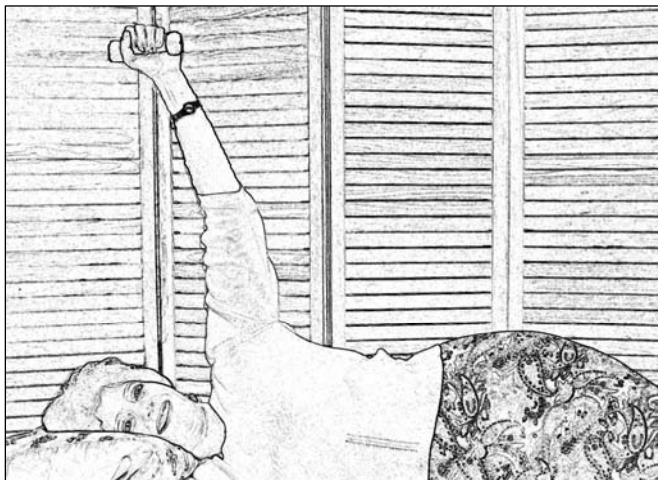


1. Lie on ___ side for lateral deltoid, or on back for anterior deltoid strengthening.
2. Start with ___ pound weight with elbow bent.
3. Reach toward ceiling, then return to starting position ___ times for ___ sets ___ times per week.
SIDE ___ BACK ___

VISUALIZE A MEDIUM-SIZED CLOCK ABOVE YOU ON THE CEILING FOR EXERCISES 4-7.



4. Move from 12 o'clock to 6 o'clock using ___ pound weight ___ times for ___ sets ___ times per week.
SIDE ___ BACK ___
5. Move from 3 o'clock to 9 o'clock using ___ pound weight ___ times for ___ sets ___ times per week.
SIDE ___ BACK ___



6. Make small clockwise circles using ___ pound weight ___ times for ___ sets ___ times per week. SIDE ___ BACK ___
7. Make small counter-clockwise circles using ___ pound weight ___ times for ___ sets ___ times per week.
SIDE ___ BACK ___

- * Start with no weight, and progress in ½ pound increments according to your therapist or Dr.
- * **ALWAYS START AND END WITH ELBOW BENT AND ARM AT SIDE!**
- * **ALWAYS KEEP ABDOMINALS AND BACK MUSCLE CONTRACTED SO YOUR BODY IS STRAIGHT!**