



ORTHOPAEDIC & SPINE CENTER OF THE ROCKIES

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Upper Extremity Strengthening

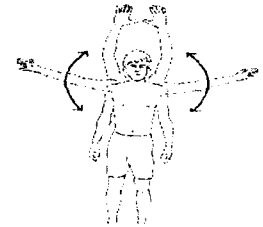
Standing Shoulder Flexion

While holding a weight, bring arms straight out in front and raise as high as possible without pain. Keep palms facing inward. Repeat ____ times per set. Do ____ sets per session. Do ____ sessions per day. Thumbs up. Arms straight forward.



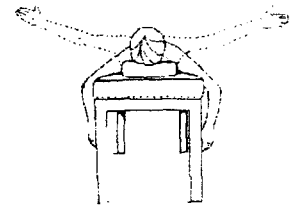
Standing Shoulder Abduction

While holding a weight, bring arms straight out to sides and raise as high as possible without pain. Repeat ____ times per set. Do ____ sets per session. Do ____ sessions per day. Thumbs up. Arms at a 45° angle to the side.



Shoulder Prone Horizontal Abduction with External Rotation

While holding a weight, raise arms straight out to sides, bringing shoulder blades closer together. Keep elbows straight and thumbs up. Repeat ____ times per set. Do ____ sets per session. Do ____ sessions per day. Lean on the table.



External Rotation (side-lying)

Holding ____ lb weight, raise arm toward ceiling. Keep elbow bent and in at side. Repeat ____ times. Do ____ sessions per day. Towel roll under the upper arm.

