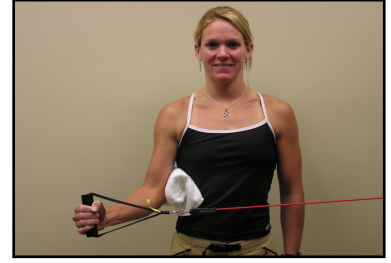
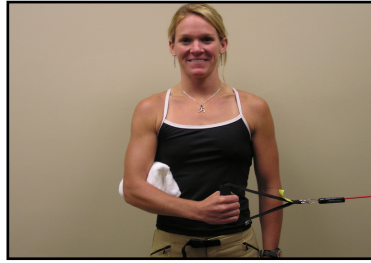


PHASE III: Initial Strengthening Proprioception

External Rotation

Perform 2-3 sets, 10-15 repetitions or to moderate fatigue, 1 time a day, 3-4 times a week

Stand parallel to the cord, your elbow should be bent at 90 degrees with a towel roll tucked between your elbow and side. Slowly rotate your hand away from your body using your elbow as a hinge. Rotate until your arm is in the neutral position.



Internal Rotation

Perform 2-3 sets, 10-15 repetitions or to moderate fatigue, 1 time a day, 3-4 times a week

Stand parallel to the cord, your elbow should be bent to 90 degrees with a towel roll tucked between your elbow and side. Slowly rotate your hand inward towards your body using your elbow as a hinge. Rotate until your arm is at your stomach.



Standing Forward Punch (with an optional Plus)

Perform 2-3 sets, 10-15 repetitions or to moderate fatigue, 1 time a day, 3-4 times a week

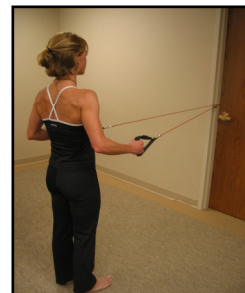
Stand with feet staggered facing away from the cord, holding onto a handle with each hand. Elbows are still tight to your side. Begin by slowly pushing your hands away from your body. Keeping a slight bend at the elbow, punch shoulder blades forward an extra plus. Keep hands below shoulder level.



Standing or Seated Row

Perform 2-3 sets, 10-15 repetitions or to moderate fatigue, 1 time a day, 3-4 times a week

Stand with feet staggered facing the cord. There should be tension on the cord with the arms slightly flexed. Pinch your shoulder blades together and pull the handles just above your stomach. Your elbows should be close to your side.



Bicep Curls

Perform 2-3 sets, 10-15 repetitions or to moderate fatigue, 1 time a day, 3-4 times a week

Stand on the cord so the handles are 8-10 inches above the knee. Curl the elbows up, then slowly lower down. Alternate each arm.



PHASE III: Initial Strengthening Proprioception

Tricep Extension

Perform 2-3 sets, 10-15 repetitions or to moderate fatigue, 1 time a day, 3-4 times a week

Stand with feet staggered or sit facing the cord. With your elbow at your side, start with the elbows flexed, slowly extend the elbow until it is almost straight.



Bear Hug

Perform 2-3 sets, 10-15 repetitions or to moderate fatigue, 1 time a day, 3-4 times a week

Stand with feet staggered facing away from the cord. Keep hands low with cord on outside of arms. Punch arms around and forward like you are hugging a large bear until your hands meet.



Lat Pulls

Perform 2-3 sets, 10-15 repetitions or to moderate fatigue, 1 time a day, 3-4 times a week

Stand with feet staggered or sit facing the cord. There should be tension on the cord with the arms slightly flexed. Slowly pull the handles to your side while trying to pinch your shoulder blades together.

