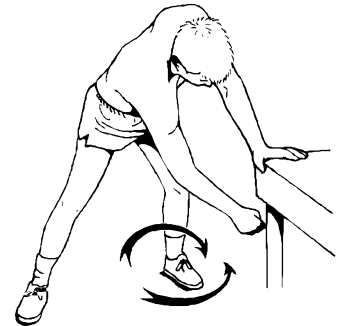


ENERGY F/X FITNESS CONSULTANTS
13428 Maxella Ave. #717
Marina Del Rey, CA 90292
E-Mail: kurt@energyfxfitness.com

<http://www.energyfxfitness.com>

SHOULDER - 26
Range of Motion Exercises: Pendulum (Circular)

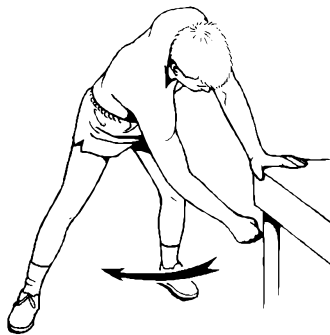
Let arm move in a circle clockwise, then counter-clockwise, by rocking body weight in a circular pattern.



Repeat 7-10 times. Do 3 sessions per week.

SHOULDER - 25
Range of Motion Exercises: Pendulum (Side-to-Side)

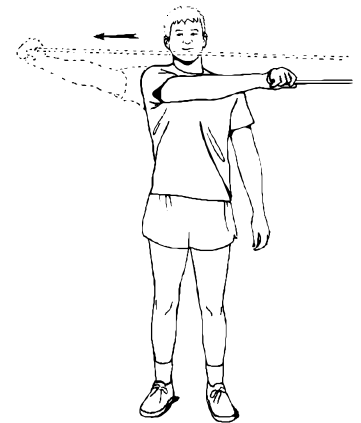
Let arm swing freely from side to side by rocking body weight from side to side.



Repeat 7-10 times. Do 3 sessions per week.

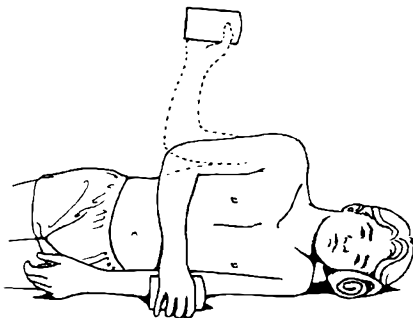
SHOULDER - 47
Strengthening Activities: Active Resisted Horizontal Abduction

Using tubing, start with elbow straight and arm elevated parallel to floor. Pull arm across body through pain-free range of motion, rotating thumb to the ceiling as you move across body. Be sure to keep shoulder down.



Repeat 7-12 times. Do 3 sessions per week.

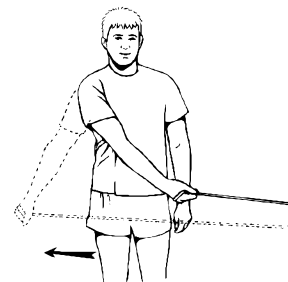
SHOULDER - 68
Progressive Resisted Exercises: External Rotation (side-lying)



Holding 1-2 lb weight, raise arm toward ceiling. Keep elbow bent and in at side.

Repeat 7-12 times. Do 3 sessions per week.

SHOULDER - 42
Strengthening Activities: Active Resisted Abduction



Using tubing, start with arm across body and pull away from side. Move through pain-free range of motion. Be sure to rotate thumb away from body as you move across body. Keep shoulder pulled down towards floor.

Repeat 7-12 times. Do 3 sessions per week.