

**1 Internal Rotation:** Using a resistance band, secure band at waist level (such as around a door handle). Stand with elastic at right side, elbow at 90°, as shown. Pull hand inward across body, keeping the elbow by your side, slowly return to start position. Repeat on the left side.



**2 Double External Rotation:** Hold resistance band in both hands at waist level with elbows bent to 90°. Pull hands away from each other, keeping elbows tucked at sides. Slowly return to start position.



**3 Row:** Standing or seated, hold resistance band in each hand, as shown. Pull hands towards your body, squeezing both shoulder blades together. Return to start position.



**4 Knee Push Ups:** Start on stomach, knees bent, and place your hands under the chest, shoulder width apart. Push up, keeping your core tight and back flat, as shown.

- **Advanced:** Raise up onto toes for a full push up.



**5 Shoulder Stretch:** Using the left hand, hold the right arm across your chest, stretching the back of the shoulder. Hold and repeat with left shoulder.



**6 Chest Stretch:** Standing or seated, hold arms at shoulder level and bend the elbows to 90°, palms facing forward. Your arms should look like field goal posts. Slowly pull both arms back until a stretch is felt in your chest and hold the stretch.



### Exercise Guidelines:

1. Perform 10-15 repetitions of each exercise.
2. Use slow and controlled movements.
3. Exhale during exertion, inhale during release.
4. Maintain good posture and technique.
5. Perform exercises in an area with adequate space.
6. Discontinue exercise if you experience pain.
7. Use a support for balance as needed.

### Stretching Guidelines:

1. Hold each stretch for 20-30 seconds.
2. Hold stretch in a pain free range of motion.
3. Do not bounce, use controlled movements.
4. Do not hold your breath, breathe slowly.

**PRECAUTIONS:** This information is not intended as a substitute for the advice of a personal healthcare provider. If you have medical conditions requiring attention or which may be aggravated by physical activity, consult your healthcare provider regarding the type of activity that is safe and appropriate for you.

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