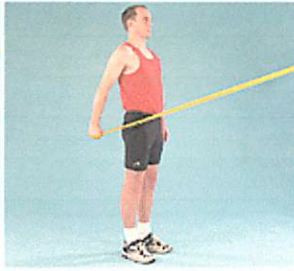
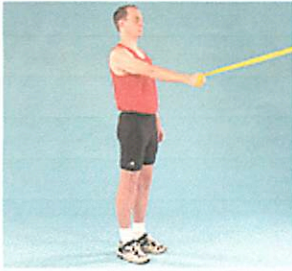




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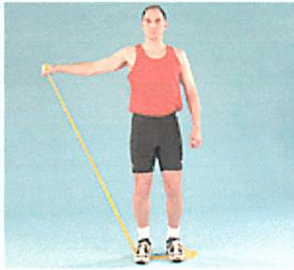
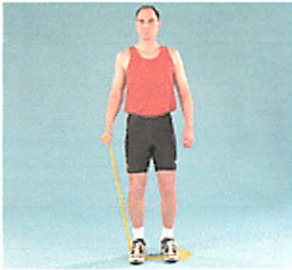


**Shoulder Extension**

Standing in readiness position.  
 Attach tubing above shoulder level.  
 Hold tubing straight out in front of body keeping elbow slightly bent and palm facing inward.  
 Slowly pull tubing straight down past side of body.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60sec
4 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

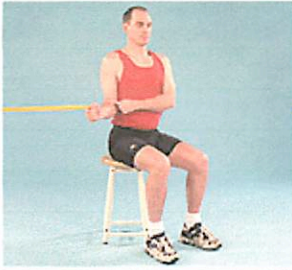


**Lateral Raise / Shoulder Abduction**

Standing in readiness position.  
 Step on tubing and hold tubing down at side keeping elbow slightly bent.  
 Raise arm up and away from side toward shoulder level.  
 Avoid shrugging shoulder.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60sec
4 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

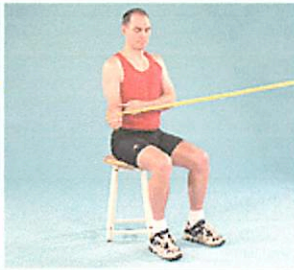
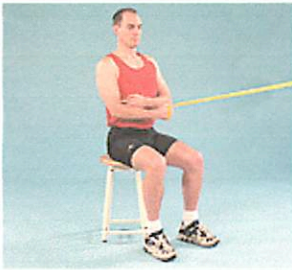


**Rotator Cuff Internal Rotation**

Standing or sitting in readiness position.  
 Attach tubing at elbow level from same side of body.  
 Hold tubing out away from body, keeping elbow bent to 90° and tight to the side.  
 Pull tubing in toward stomach keeping elbow against side.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60sec
4 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Rotator Cuff External Rotation**

Standing or sitting in readiness position.  
 Attach tubing at elbow level from opposite side of body.  
 Hold tubing against stomach keeping elbow bent to 90° and tight to side of body.  
 Pull tubing out away from body keeping elbow tight to side.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60sec
4 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

