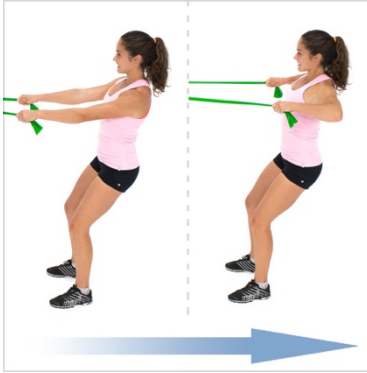




## POSTURAL STRENGTHENING

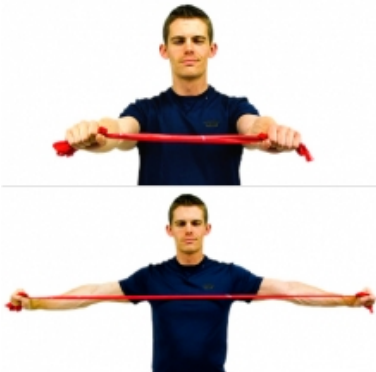
### ELASTIC BAND ROWS



1. Hold elastic band with both hands
2. Draw back the band as you bend your elbow to 90 degrees
3. Keep your elbows close to the side of your body and keep wrist in neutral

**2 sets of 10-15 1x day**

### ELASTIC BAND PULL APARTS



1. Hold elastic bands with your elbows slightly bent in front of your body
2. Pull your arms apart at shoulder height slowly (Unless there is pain/ precautions)

**2 sets of 10-15 1x day**

### ELASTIC BAND PULL DOWNS



1. Hold elastic bands with your elbows slightly bent in front of your body
2. Pull the bands down slowly towards your back
3. Keep your arms close to your body, with your wrist in neutral (Unless there is pain/ precautions)

**2 sets of 10-15 1x day**

**SHOULDER FLEXION, HORIZONTAL FLEXION, & SCAPTION**

1. Step on the Thera-band
  2. Pull up in all three directions (front, side, & diagonal)
  3. Raise your arms up with palm face down for flexion and horizontal flexion and your thumb pointing up\* for the diagonal
- \*Don't stick your thumb out like the picture.

**2 sets 10-25x 1x day**

**ELASTIC BAND SHOULDER EXTERNAL ROTATION- ER**

1. Wrist is in neutral while you hold the elastic band at your side with your elbow bent at 90 degrees
  2. Hold the band towards the middle of your stomach
  3. Then pull the band away from middle of your stomach (Unless there is pain/ precautions)
- \*\*\*Keep your elbow at your side the entire time \*\*\***

**2 sets of 10-15 1x day**

**ELASTIC BAND SHOULDER INTERNAL ROTATION- IR**

1. Wrist is in neutral while you hold the elastic band at your side with your elbow bent at 90 degrees
  2. Hold the band away from stomach
  3. Then pull the band towards the middle of your stomach (Unless there is pain/ precautions)
- \*\*\*Keep your elbow at your side the entire time \*\*\***

**2 sets of 10-15 1x day**

**SERRATUS WRAP**

1. Drape the band around your back
  2. Wrap the band around the arms and hold them
  3. Keeping your elbows slightly bent, push your arms forward and retract back
- \*\*\*Keep your head up and back straight\*\*\***

**2 sets of 10-15 1x day**