



6

backhand

With feet perpendicular to the tubing and arm across the body toward tubing attachment, pull tubing across the front of the body. This motion is the same as a tennis backhand motion.

of Repetitions _____



7

forehand

From position shown, pull hand across the front of body while pushing out with arm. This motion is identical to tennis forehand.

of Repetitions _____



8

serving and/or throwing

With tubing behind you, pull the tubing across the body as though you were serving a tennis ball or throwing an object.

of Repetitions _____

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shoulder tubing

prepared for: _____

date: _____

note.

If there is pain during or immediately after exercise, discontinue and report your symptoms to your doctor.

- 1) **THESE EXERCISES SHOULD BE DONE ONLY UNDER THE SUPERVISION OF YOUR DOCTOR.**
- 2) Initially you may not be able to move the joint through a full range of motion without pain. Do not exercise the full range of motion if it is painful. Slowly increase the range of motion as it feels comfortable to do so.
- 3) Study each picture carefully before beginning each exercise.
- 4) Start each exercise slowly, deliberately and with good motion. You should maintain good control throughout each exercise.
- 5) Once the motion is developed, increase the speed of each repetition.
- 6) When performing the exercises quickly, the initial motion is done rapidly, then hold two seconds at maximum resistance and return to starting position slowly.
- 7) When you can perform an exercise 30 times rapidly, increase the resistance by making the tubing shorter. **CHECK WITH YOUR DOCTOR FIRST.**
- 8) You should feel moderate fatigue in the muscle after completing the repetitions. The injured area should not hurt.
- 9) If you feel any pain in the injured area while performing these exercise, stop immediately and check with your doctor and/or therapist.

**Tie tubing securely around the doorknob and then close the door on the tubing.
The height may be adjusted by moving tubing up or down.**



1 posterior deltoid (extension)

Starting in neutral position with tubing at elbow height, pull tubing back toward body as shown. Hold two seconds. Return slowly. Keep body straight.

of Repetitions _____

2 anterior deltoid (flexion)

Starting in dotted position with tubing at elbow height, move arm forward while keeping body straight. Hold two seconds. Return slowly.

of Repetitions _____



3 middle deltoid (abduction)

Starting in neutral position with elbow bent at 90 degrees, move hand and elbow together away from body. Hold two seconds. Return slowly.

of Repetitions _____



4 internal rotation

Beginning with upper arm against the side of the body and hand rotated away from stomach, pull the hand toward the stomach. Hold two seconds. Return slowly, keeping upper arm against side.

of Repetitions _____



5 external rotation

With upper arm against side, elbow bent 90 degrees, and hand across midsection of stomach, pull tubing by moving hand away from stomach. Hold two seconds. Return slowly.

of Repetitions _____

