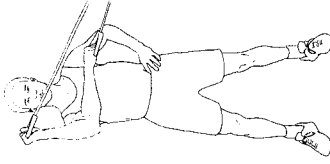


West County Sports Fitness & Rehabilitation  
555 North New Ballas Rd. Suite 225  
St. Louis, MO 63141

Created By: Ted Y.  
Hours:  
Phone: 314-997-8700

**SHOULDER / UPPER BACK - 18** Rotation: External in Flexion (Single Arm)

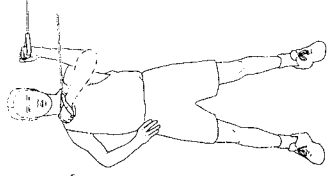


Side toward anchor in shoulder width stance with elbow bent at 90°. Palm down, pull forearm up, keeping elbow bent.

Repeat 15 times per set.  
Repeat with other arm.  
Do 1-2 sets per session.  
Do 1 sessions per day.

*Anchor Height: Waist*

**SHOULDER / UPPER BACK - 22** Rotation: Internal in Flexion (Single Arm)

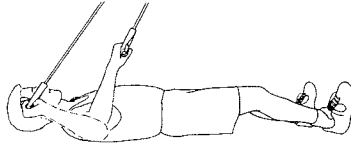


Side toward anchor in shoulder width stance, bend elbow to 90°, forearm up, arm in front. Palm in, pull forearm down, keeping elbow bent.

Repeat 15 times per set.  
Repeat with other arm.  
Do 1-2 sets per session.  
Do 1 sessions per day.

*Anchor Height: Head*

**SHOULDER / UPPER BACK - 19** Rotation: External in Abduction (Single Arm)

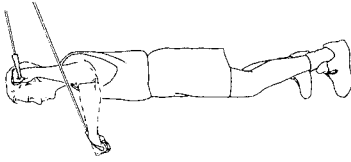


Face anchor in shoulder width stance with elbow bent at 90°. forearm in front. Palm down, pull forearm up.

Repeat 15 times per set.  
Repeat with other arm.  
Do 1-2 sets per session.  
Do 1 sessions per day.

*Anchor Height: Waist*

**SHOULDER / UPPER BACK - 23** Rotation: Internal in Abduction (Single Arm)

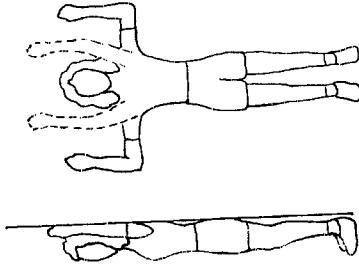


Face away from anchor in shoulder width stance. Bend elbow to 90°, forearm up, arm out to side. Palm forward, pull forearm down, keeping elbow bent.

Repeat 15 times per set.  
Repeat with other arm.  
Do 1-2 sets per session.  
Do 1 sessions per day.

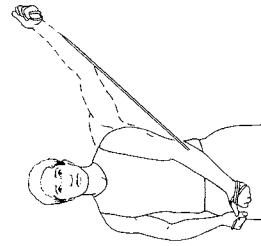
*Anchor Height: Over Head*

**Cervical - Reverse T**



Stand with low back, head, shoulders, elbows, and wrists against wall as shown. Slowly slide arms overhead, maintaining these positions against wall. Hold 2 seconds. Repeat 10-20 times. Do 1 sessions per day.

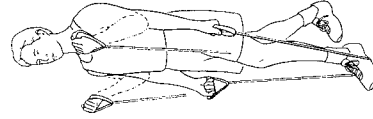
**REHAB: UPPER EXTREMITY - 8** Shoulder Flexion: Standing - Diagonal 2 (Single Arm)



In shoulder width stance, anchor tubing at hip opposite exercising arm. Thumb in, arm across body, pull forward and up, rotating to thumb back.

Repeat 15 times per set.  
Repeat with other arm.  
Do 1-2 sets per session.  
Do 1 sessions per day.

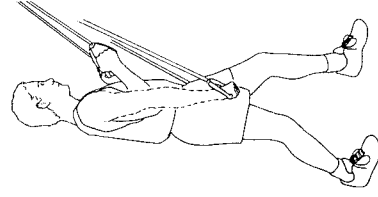
**BICEPS - 1** Curl: Standing



Anchor tubing under front foot in stride stance. Palms forward, curl arms.

Repeat 15 times per set.  
Do 1-2 sets per session.  
Do 1 sessions per day.

**TRICEPS - 1** Press: Standing



Face anchor in stride stance. Thumbs up, straighten arms, rotating to palms down.

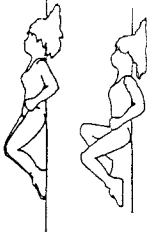
Repeat 15 times per set.  
Do 1-2 sets per session.  
Do 1 sessions per day.

*Anchor Height: Over Head*

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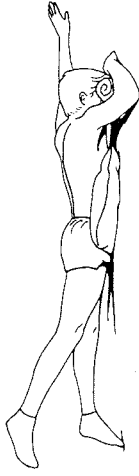
Lumbar- Lower Abdominal Level I



Lie on back with knees bent. Begin by flattening back and tightening stomach muscles, maintain this position throughout exercise. Lift one leg at a time so knee is straight up, then lift the other leg to same position. Return first leg to table then other.

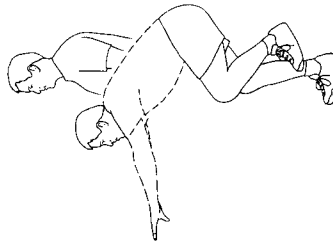
Hold 2 seconds. Repeat 15-30 times.  
Do 1 sessions per day.

TRUNK STABILITY - 18  
Prone Opposite Arm and Leg Lift



With pillow supporting abdomen, and forehead resting on towel roll, keep knee locked and raise leg and opposite arm 6-8 inches from floor. Hold 2 seconds.  
Repeat 15-30 times each side. Do 1 sessions per day.

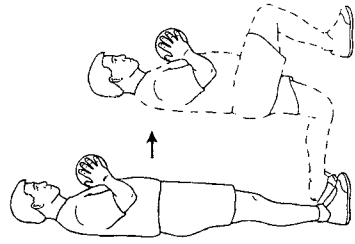
LOWER EXTREMITY - 4 Mini Squat: Single Leg



Stand on right foot. Reach forward for balance and do a mini squat.  
Keep knees in line with second toe.  
Knees do not go past toes.

Repeat 15 times.  
Do 1-2 sets per session. Do 1 sessions per day.

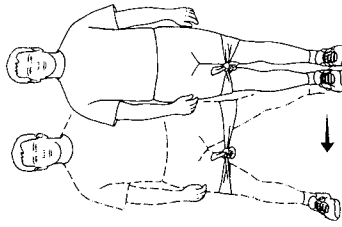
MEDICINE BALL - 6 Lower Extremity: Lunge (Forward)



Hold 4-6 pound ball in front of chest.  
Lunge forward.

Repeat 15 times.  
Repeat with other leg for set.  
Do 1-2 sets per session.  
Do 1 session per day.

LOWER EXTREMITY - 8 Band Walk: Side Stepping

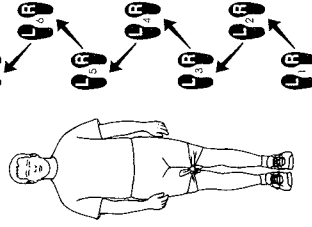


Tie band around legs, just above ankles.  
Step 40 feet to one side, then step back to start.

Repeat 1-2 minutes per session. Do 2 sessions per day.

Note: Small towel between band and skin eases rubbing.

LOWER EXTREMITY - 12 Band Walk: Zig Zag

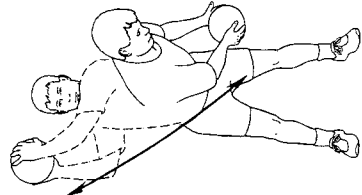


Tie band around legs, just above knees.  
Walk forward 40 feet in a zig zag pattern.  
Without turning walk backward to start for one zig zag.

Repeat 1-2 minutes per session.

Note: Small towel between band and skin eases rubbing.

MEDICINE BALL - 43 Trunk: Knee Chop



Hold a 2-6 pound ball outside of knee. Quickly move ball from knee to above opposite shoulder and return quickly.

Repeat 15 times.  
Repeat from other side for set.  
Do 1-2 sets per session.  
Do 1 session per day.

NOTE: Allow hips to rotate.