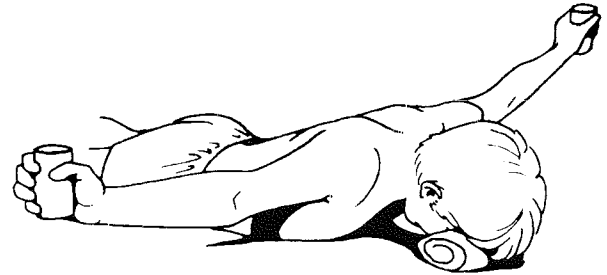


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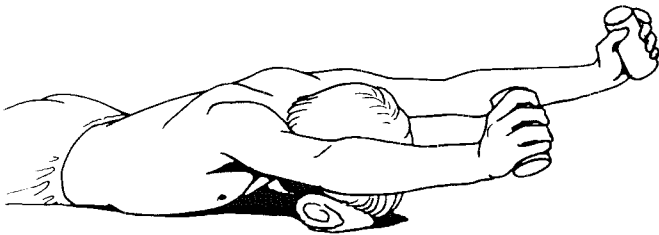
SHOULDER - 58
Scapular Exercises: Stabilization in Prone



Holding 1-3 lb weights, raise both arms from floor. Keep elbows straight. Hold 2-3 seconds.

Repeat 10-20 times. Do 1 sessions per day.

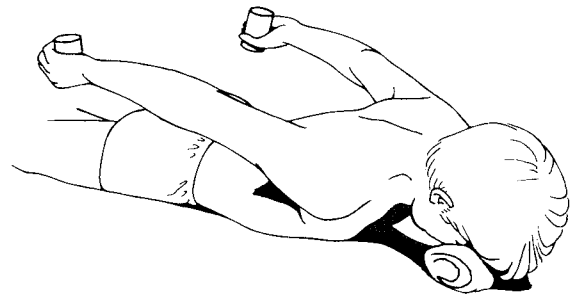
SHOULDER - 59
Scapular Exercises: Flexion in Prone



Holding 1-3 lb weights, raise both arms from floor. Keep elbows straight. Hold 2-3 seconds.

Repeat 10-20 times. Do 1 sessions per day.

SHOULDER - 65
Progressive Resisted Exercises: Extension (prone)

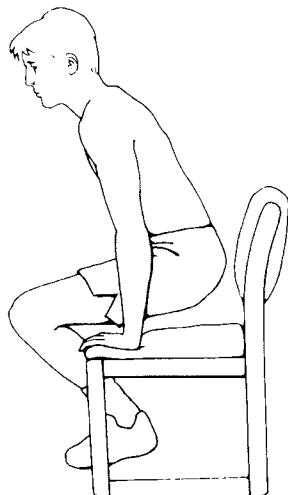


Holding 1-3 lb weights, raise arms from floor, keeping elbows straight.

Repeat 10-20 times. Do 1 sessions per day.

UPPER EXTREMITY - 12
Sitting Press-Up

Sitting on chair with palms flat on seat, slump forward a bit. Push up so bottom comes off chair.



Repeat 10-20 times
or for _____ minutes.
Do 1 sessions per day.

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 2-3 seconds. Repeat 10-20 times. Do 1 sessions per day.

