

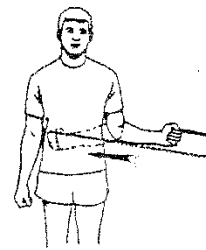
Shoulder Tubing Exercises

Perform 3 sets of 10 repetitions of each exercise. Hold the position for 5 seconds and perform the motions slowly. These exercises should not be painful.

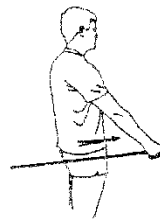
External Rotation



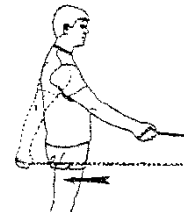
Internal Rotation



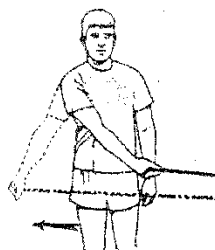
Flexion



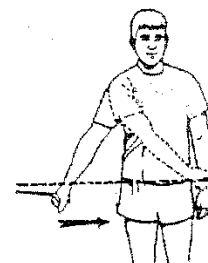
Extension



Abduction



Adduction



Excerpted from the premier patient guide to sports injuries, *100 Questions & Answers About Your Sports Injury*. Howard TM, **Ho GWK**, Lewis J. *100 Questions & Answers About Your Sports Injury*. Sudbury: Jones and Bartlett Publishers 2008.

*If you have any problems or questions,
please call your doctor's office (8am-5pm).*

Answering service for after hours.

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