



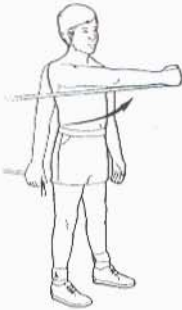
HARRISON PHYSICAL THERAPY, P.C.

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Provided for : John Smith

Home Exercise Program

Provided by : Matthew Harrison, MS, PT



Anchor rubber tubing to a solid object.

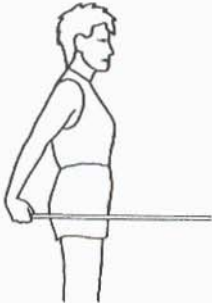
Stand holding rubber tubing in your right hand.

Raise arm out in front of your body, as shown.

Hold 1-2 seconds and slowly lower.

Perform 3 sets of 10 repetitions, 2 times per day.

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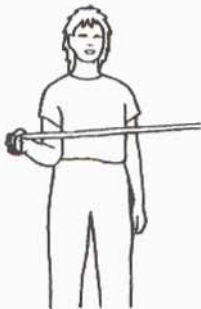
Stand facing a rubber exercise band.

Bring the arm straight backward, pulling the band.

Hold 1-2 seconds and slowly lower.

Perform 3 sets of 10 repetitions, 2 times per day.

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Hold a rubber exercise band, keeping your upper arm close to your side and your elbow at a right angle.

Pull the band by turning your forearm outwards.

Hold 1-2 seconds and slowly return to starting position.

Perform 3 sets of 10 repetitions, 2 times per day.

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Hold a rubber exercise band, keeping your upper arm close to your side and your elbow at a right angle.

Pull the band toward your stomach.

Hold 1-2 seconds and slowly return to starting position.

Perform 3 sets of 10 repetitions, 2 times per day.

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