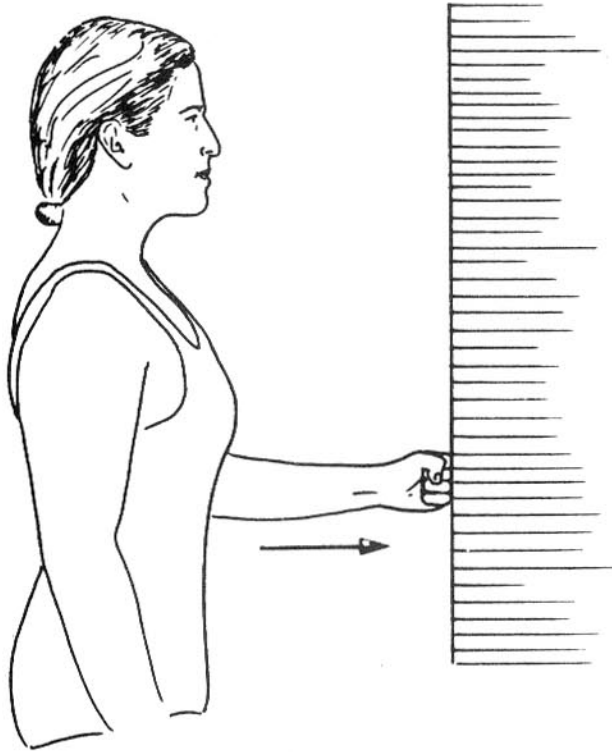


Shoulder Isometrics

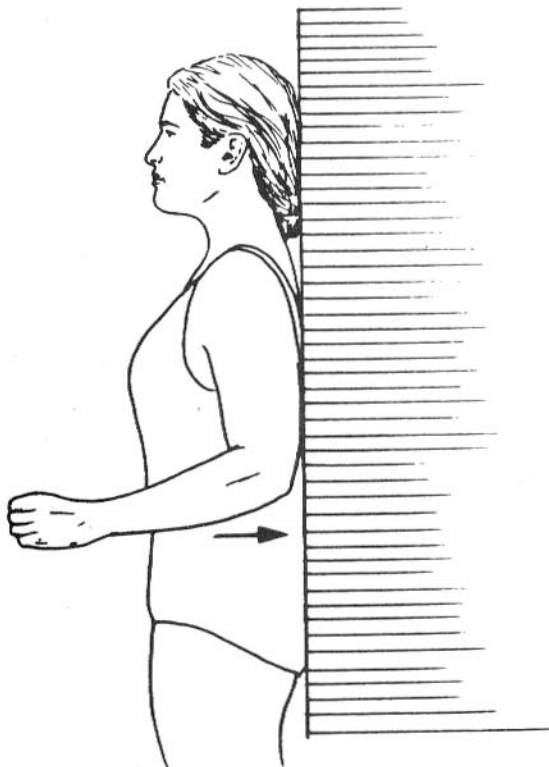
_____ times per day. _____ repetitions per exercise.



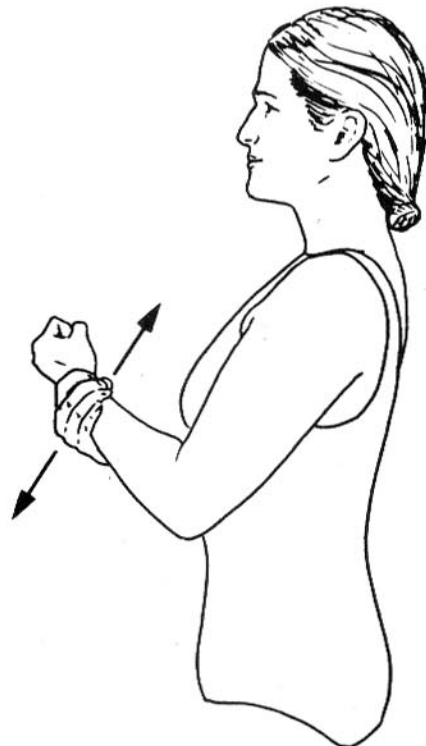
Anterior deltoid



Middle deltoid



Posterior deltoid



Internal & external rotations