

Austin Bone and Joint Clinic
Shoulder Strengthening Program

_____ times per day. _____ repetitions per exercise.



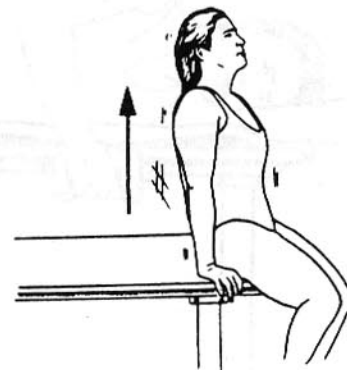
Shoulder Shrugs



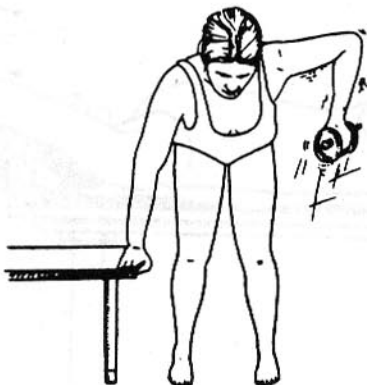
Circumduction



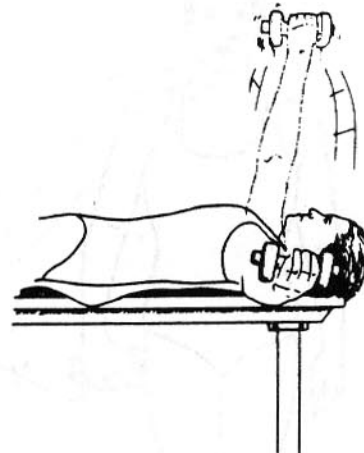
Wall push-up



Seated push-up

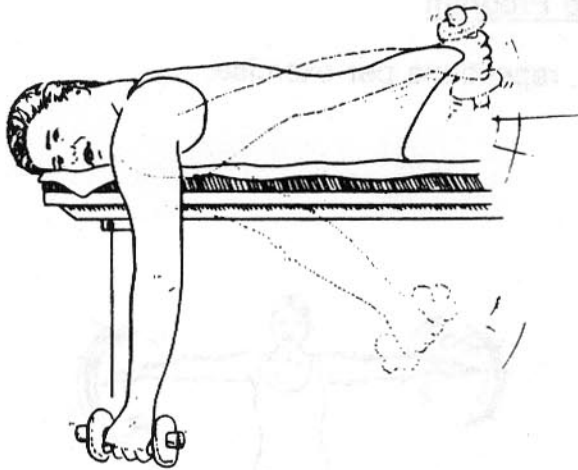


Standing rhomboid

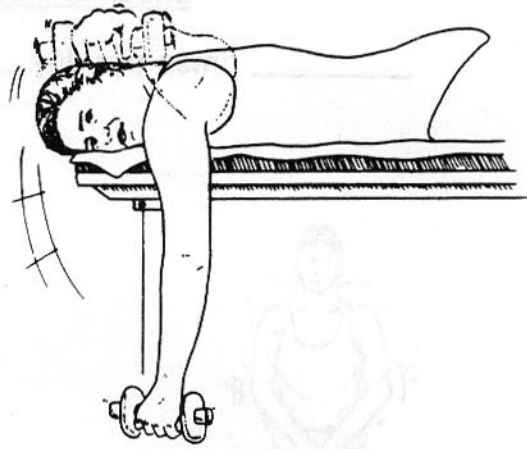


Pectoralis major

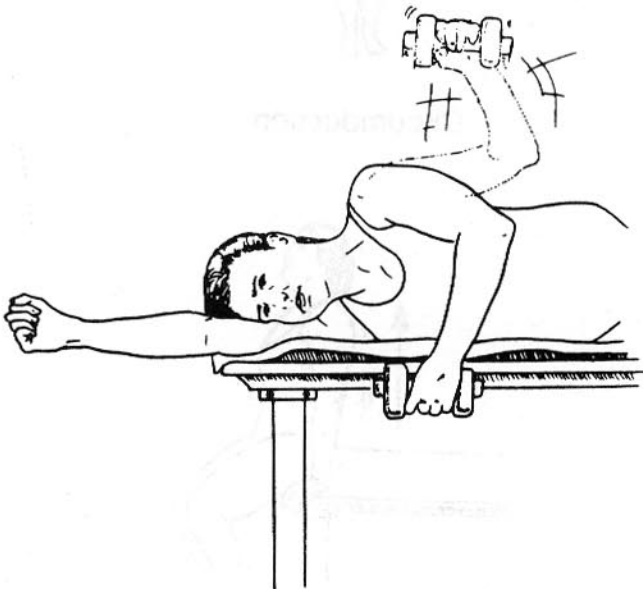
Shoulder Strengthening Program
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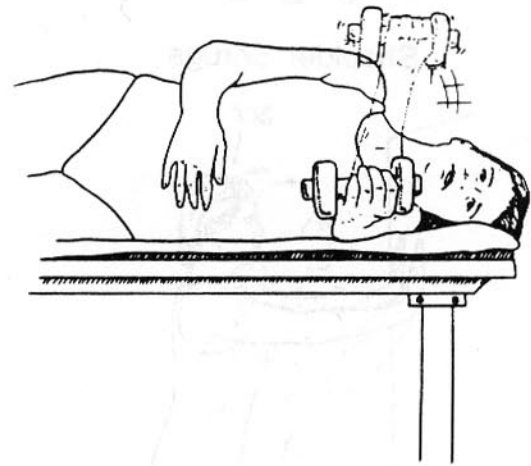
Latissimus



Prone rhomboid



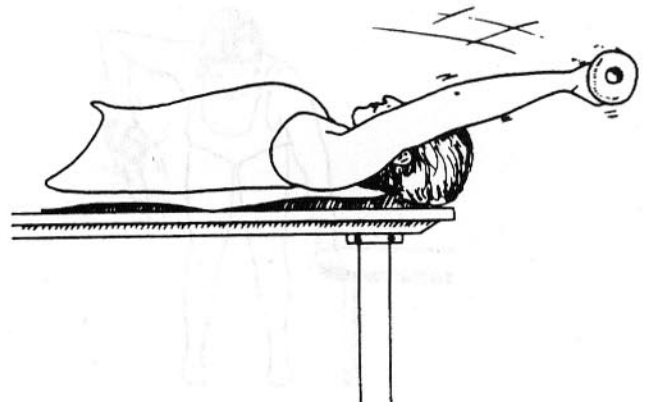
External rotation



Internal rotation



Supraspinatus



Flexion