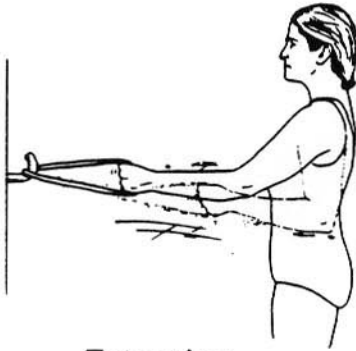
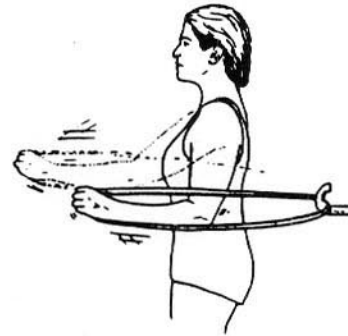


Austin Bone and Joint Clinic
Theraband Exercise Program

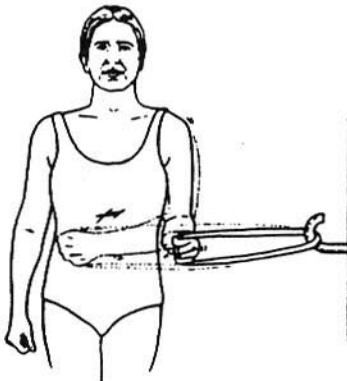
_____ times per day. _____ repetitions per exercise.
Hold each exercise for a count of 5 seconds



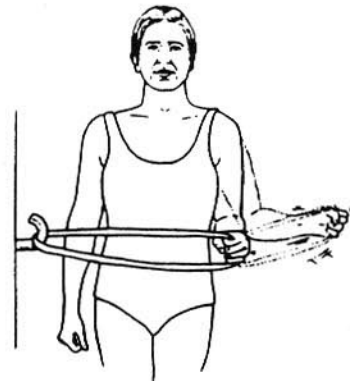
Extension



Flexion



Internal rotation



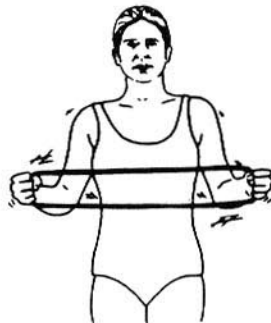
External rotation



Flexion



Abduction



Abduction / External rotation