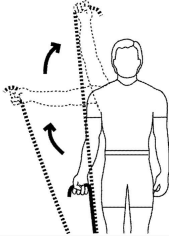


**Resist shld abd (vert emphasis) uni w/elastic**

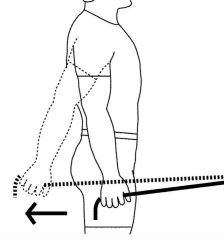


- Stand on elastic.
- Begin with arm at side, elbow straight, holding elastic, palm forward.
- Raise arm upward, out to side and over head.
- Slowly return to starting position.

**Perform 3 sets of 10 Repetitions, once every other day.**

Use red Elastic.  
Rest 1 Minute between sets.  
Perform 1 repetition every 4 Seconds.

**Resist shld ext uni stand w/elastic**

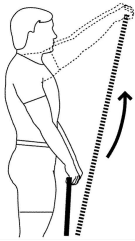


- Secure elastic at waist level as shown.
- Grasp elastic and pull arm backwards keeping elbow straight.
- Slowly return to start position.

**Perform 3 sets of 10 Repetitions, once every other day.**

Use red Elastic.  
Rest 1 Minute between sets.  
Perform 1 repetition every 4 Seconds.

**Resist shld flx bil w/elastic**



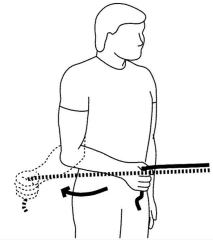
- Stand on elastic.
- Begin with arm in front of hips, elbows straight, palms down.
- Grasp elastic in hands.
- Raise arms in front over head, keeping elbows straight.
- Slowly return to starting position.

**Special Instructions:**

Keep back straight.  
**Perform 3 sets of 10 Repetitions, once every other day.**

Use red Elastic.  
Rest 1 Minute between sets.  
Perform 1 repetition every 4 Seconds.

**Resist shld ER uni w/elastic**



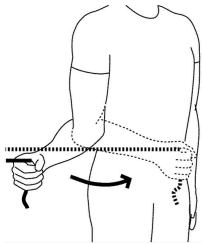
- Attach elastic to secure object at elbow height.
- Sit or stand, uninvolved side toward elastic.
- With arm at side, elbow bent, grasp elastic and pull arm outwards as shown.
- Return to starting position.

**Special Instructions:**

Make sure elbow is pressed against side; use a rolled towel or water bottle pinned against body as a cue to keep elbow in.  
**Perform 3 sets of 10 Repetitions, once every other day.**

Use red Elastic.  
Rest 1 Minute between sets.  
Perform 1 repetition every 4 Seconds.

**Resist shld IR uni w/elastic**



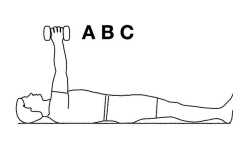
- Secure elastic at waist level.
- Sit or stand with involved side to elastic, elbow at 90, arm at side.
- Grasp elastic and pull hand inward, across body, as shown.
- Slowly return to start position and repeat.

**Special Instructions:**

Make sure elbow is pressed against side; use a rolled towel or water bottle pinned against body as a cue to keep elbow in.  
**Perform 3 sets of 10 Repetitions, once every other day.**

Use red Elastic.  
Rest 1 Minute between sets.  
Perform 1 repetition every 4 Seconds.

**Resist shld alphabet supine w/wt**



- Lie on back.
- Hold weight in hand of involved arm.
- Raise arm straight up with elbow straight.
- Spell the alphabet.

**Special Instructions:**

Keep elbow straight and use the entire arm in the exercise.  
**Perform 3 sets of 10 Repetitions, once every other day.**

Use 2-5 Lbs.  
Rest 1 Minute between sets.  
Perform 1 repetition every 4 Seconds.

**Issued By:** ADVANCED SPINE & SPORTS CHIROPRACTIC

**Signature:** \_\_\_\_\_

These exercises are to be used only under the direction of a licensed, qualified professional.  
Caution: User must wear suitable eye protection such as safety goggles during this exercise to protect against possibility of eye injury as a result of the band or tube snapping towards the face if grip is lost or if the band or tube breaks.