



Phase 4 Weeks 11-12 (Begin Resisted Exercises With Sport Cord)

Strength Triceps:

Start with your elbow bent and holding an elastic band as shown. Pull the elastic band downward as you extend your elbow. Return to the starting position under control. Keep your elbow by your side the entire time. Perform 2-3 sets of 10 repetitions.

Strength Biceps:

Start by holding the ends of a sports cord or elastic band. Then, stand on the center of the cord/band. With your palms facing forward, bend your elbows as you raise up your hands towards your shoulder. Lower back down and repeat. Perform 2-3 sets of 10 repetitions. Perform 1 time per day.

Strength ER:

While holding an elastic band at your side with your elbow bent, start with your hand near your stomach and then pull the band away. Keep your elbow at your side the entire time. . Perform 2-3 sets of 10 repetitions. Perform 2-3 sets of 10 repetitions. Perform 1 time per day.

Strength IR:

Using a theraband that is anchored, bend your elbow to 90 degrees and begin with slight tension on the band with your fist pointing forward. Next rotate your arm towards your stomach, pause and return to starting position. Make sure your shoulder blades are squeezed back. Perform 2-3 sets of 10 repetitions.

Strength Fly:

Stand next to the band with a straight elbow and arm positioned at shoulder height out to the side of the body at approximately 85 degrees. While maintaining the shoulder blade in scapular depression (keeping the shoulder blade down), gently pull the band inward toward the midline until the fist is directly in front of the shoulder. Keep the elbow straight throughout the entire duration of the exercise. The arm and fist should also remain at shoulder height when the arm moves towards the center. Hold for 1-2 seconds, then return to starting position. Perform 2-3 sets of 10 repetitions.

Strength Forward Press:

Place tubing in the door at just above elbow height. Stand facing away from the door with the uninvolved side foot forward. Holding the band at your side with elbow bent at 90 degrees and your shoulder blades pinched, press the band forward, straightening your arm and hold for 5 seconds. Return to starting position and repeat. Perform 2-3 sets of 10 repetitions.

Strength Row: Standing with feet hip width apart, stomach drawn in and glute muscles tight. Start with arms extended in front of you. Pull shoulder blades down and back and then pull elbows in towards body. Slowly return to starting position. Perform 2-3 sets of 10 repetitions.