

Before starting your exercise program, consider these comfort and safety suggestions. Follow instructions carefully, and ask about anything you don't understand. Do only the exercises prescribed. Start with a few minutes of warm-up, progress slowly, and try to relax and breathe naturally while exercising. **If you have increasing pain or discomfort, stop and check with your chiropractor.**

Have a complete physical exam before beginning any general exercise program.

Rubber Tubing Exercises

Goal: to build strength and endurance in your deltoid and rotator cuff muscles.

Stand 2-3 feet from a door and anchor the tubing in the doorjamb. Pull slowly and firmly to your limit of pain. Release slowly and smoothly. Continue for 30 seconds at least once a day.



Deltoid. Keeping your elbow bent, slowly raise your arm up and out to 45 degrees.

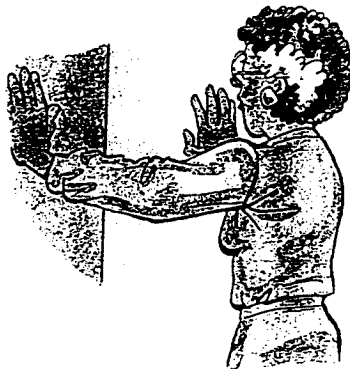


Teres minor. Keeping your elbow bent, slowly rotate your arm externally out to 90 degrees.

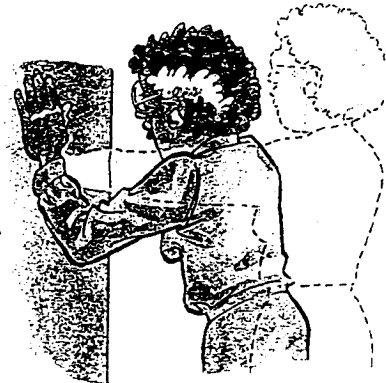
Corner Press

Goal: to build strength and endurance in the muscles of your shoulders.

A corner press looks like "pushups" into a corner. Keep your back straight and let your weight push you slowly into the corner. Push back slowly to upright. Continue for 30 seconds three times a day.



Face the corner, feet at shoulder width 12" from the wall, hands at shoulder level, back straight.



Gently and slowly let your weight press you into the corner. Then push back with your arm muscles.

General Exercises

Goal: to improve overall muscle tone, increase endurance, and strengthen your cardiovascular system.

Walking, swimming, or bicycling are safe and effective. Exercise for 30-45 minutes at least three times a week. Be sure to warm up and cool down.

