

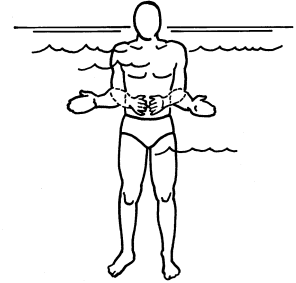
Upper Extremity Aquatic Home Exercise Program

The following exercises should be performed while activating your core muscles and keeping your spine in neutral. You can use styrofoam dumbbells or 6 to 8 inch length swim noodles to increase the challenge. Use the edge of the pool to help with balance.

1. Rotator Cuff Equipment: _____

Keeping your upper arms tucked into your side, shoulder blades squeezed together, press both hands apart and together.

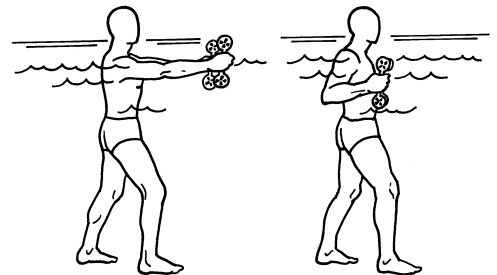
_____ repetitions _____ sets



2. Rower/Chest Press Equipment: _____

Beginning with your arms in front of you at shoulder height. Squeeze your shoulder blades together and down as you pull your elbows straight back to your side. Then push forward.

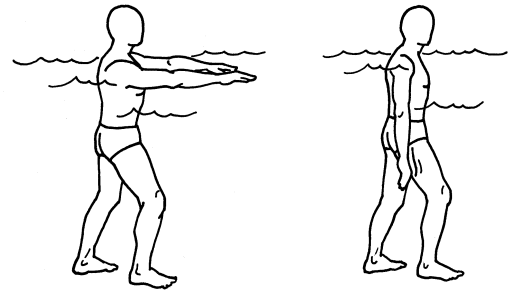
_____ repetitions _____ sets



3. Shoulder Extension Equipment: _____

Palms down, arms in front of you, drag your arms through the water at your sides.

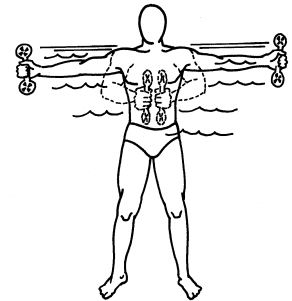
_____ repetitions _____ sets



4. Chest Press/Upper Back Equipment: _____

Begin with arms apart. Pull your arms in together, then push your arms out and apart. Keep arms below shoulder height.

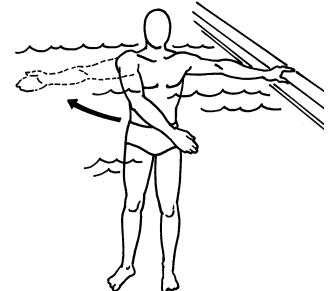
_____ repetitions _____ sets



5. Diagonal Shoulder Lift Equipment: _____

Lift your arm from opposite hip out to your side gradually turning your palm from down to up.

_____ repetitions _____ sets



The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem.