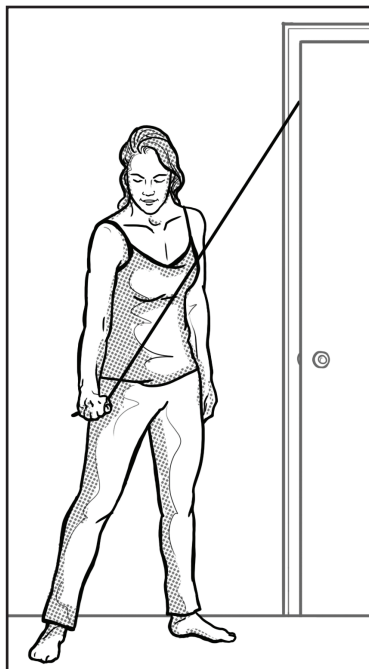
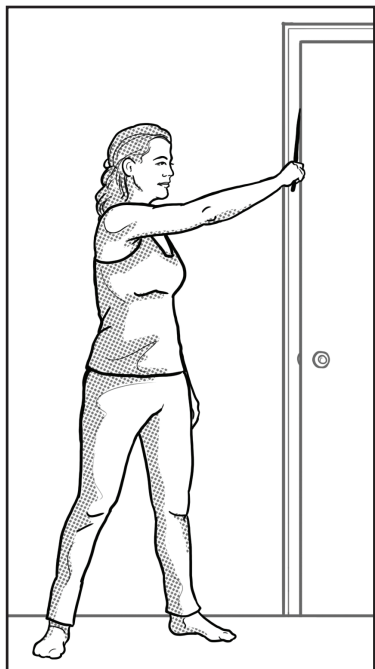


UPPER QUARTER DIAGONAL EXERCISES

UPPER BODY FUNCTIONAL EXERCISES

NAME _____ DATE _____ PERFORM _____ TIMES EVERY _____ DAY / WEEK

EXERCISE 1: DOWN AND OUT



STEP 1

Place theratubing in door as shown. Stand with feet apart. Grasp tubing such that the hand begins above the opposite shoulder.

STEP 2

Bring the arm down and out, being careful to keep wrist in neutral. As you perform, make sure the trunk is working as well as the shoulder.

EXERCISE 2: DOWN AND ACROSS



STEP 1

Place theratubing in door as shown. Stand with feet apart. Grasp tubing such that the hand begins out from and above the same shoulder.

STEP 2

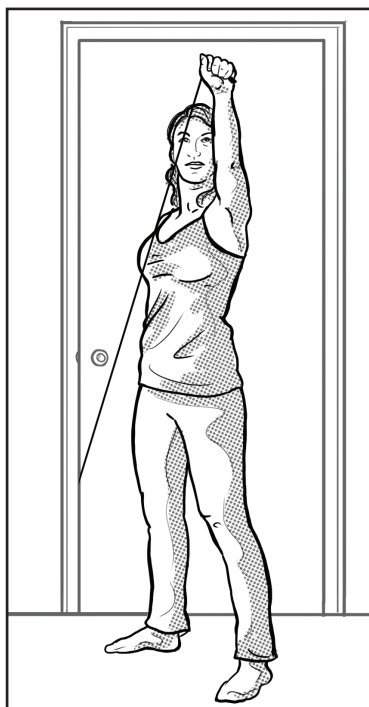
Bring the arm down and across toward the opposite hip, being careful to keep the wrist in neutral.

UPPER QUARTER DIAGONAL EXERCISES

UPPER BODY FUNCTIONAL EXERCISES

NAME _____ DATE _____ PERFORM _____ TIMES EVERY _____ DAY / WEEK

EXERCISE 3: UP AND OUT



STEP 1

Place theratubing in door as shown. Stand with feet apart.

Grasp tubing such that the hand begins next to the opposite hip.

STEP 2

Bring the arm up and out, being careful to keep wrist in neutral. As you perform, make sure the trunk is working as well as the shoulder.

EXERCISE 4: UP AND ACROSS



STEP 1

Place theratubing in door as shown. Stand with feet apart.

Grasp tubing such that the hand begins out and down, next to the same side hip.

STEP 2

Bring the arm up and across, being careful to keep wrist in neutral. As you perform, make sure the trunk is working as well as the shoulder.