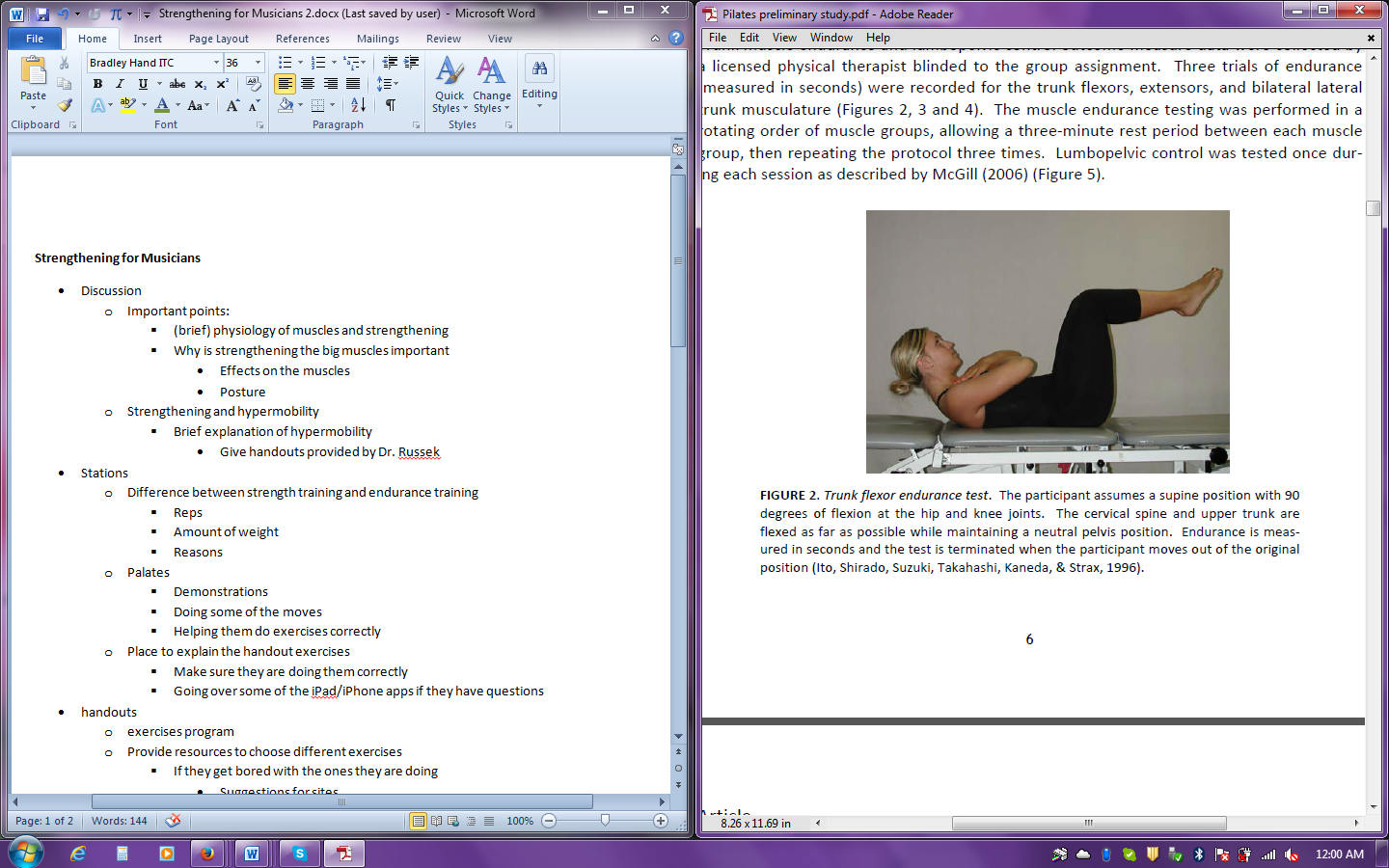
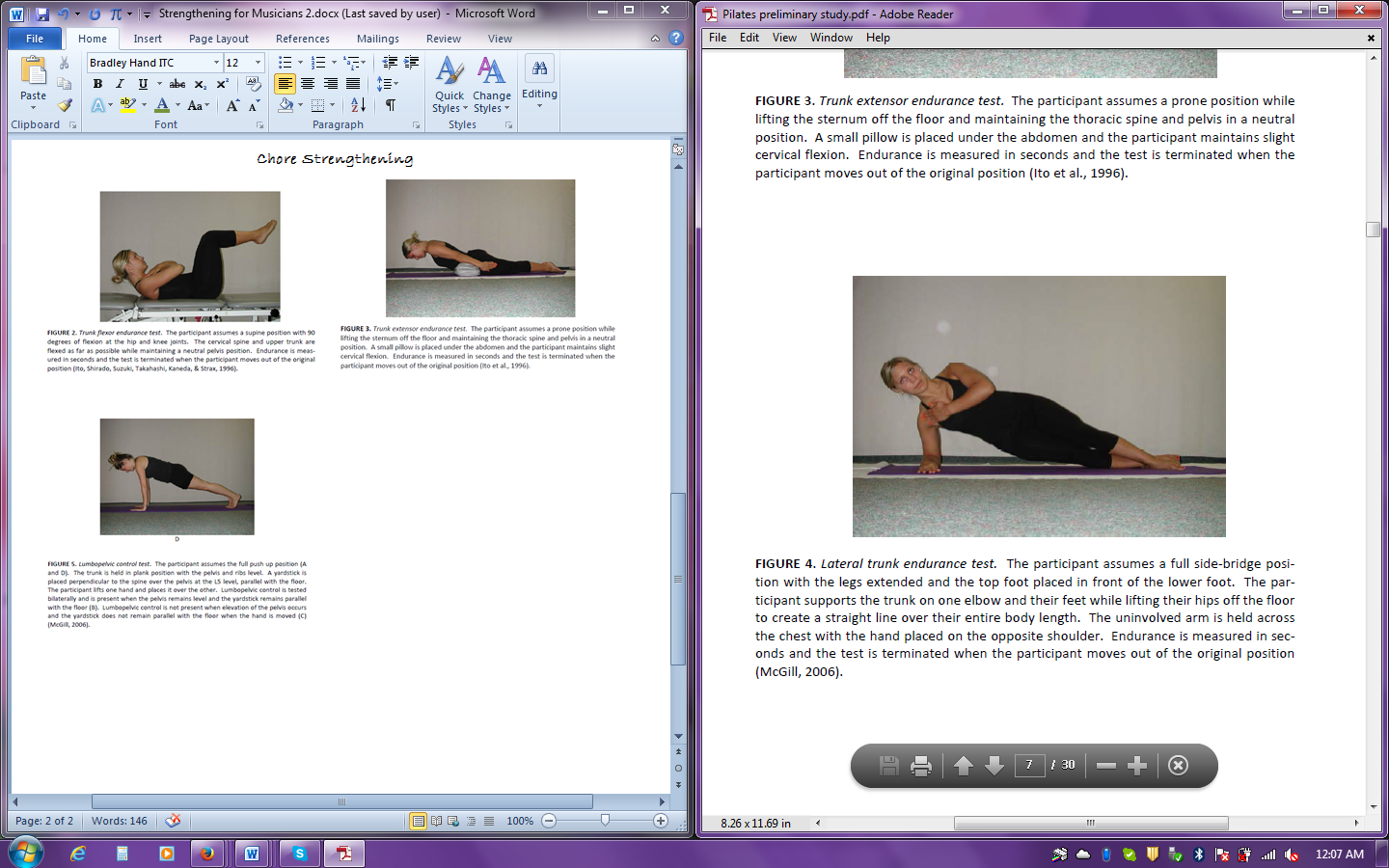
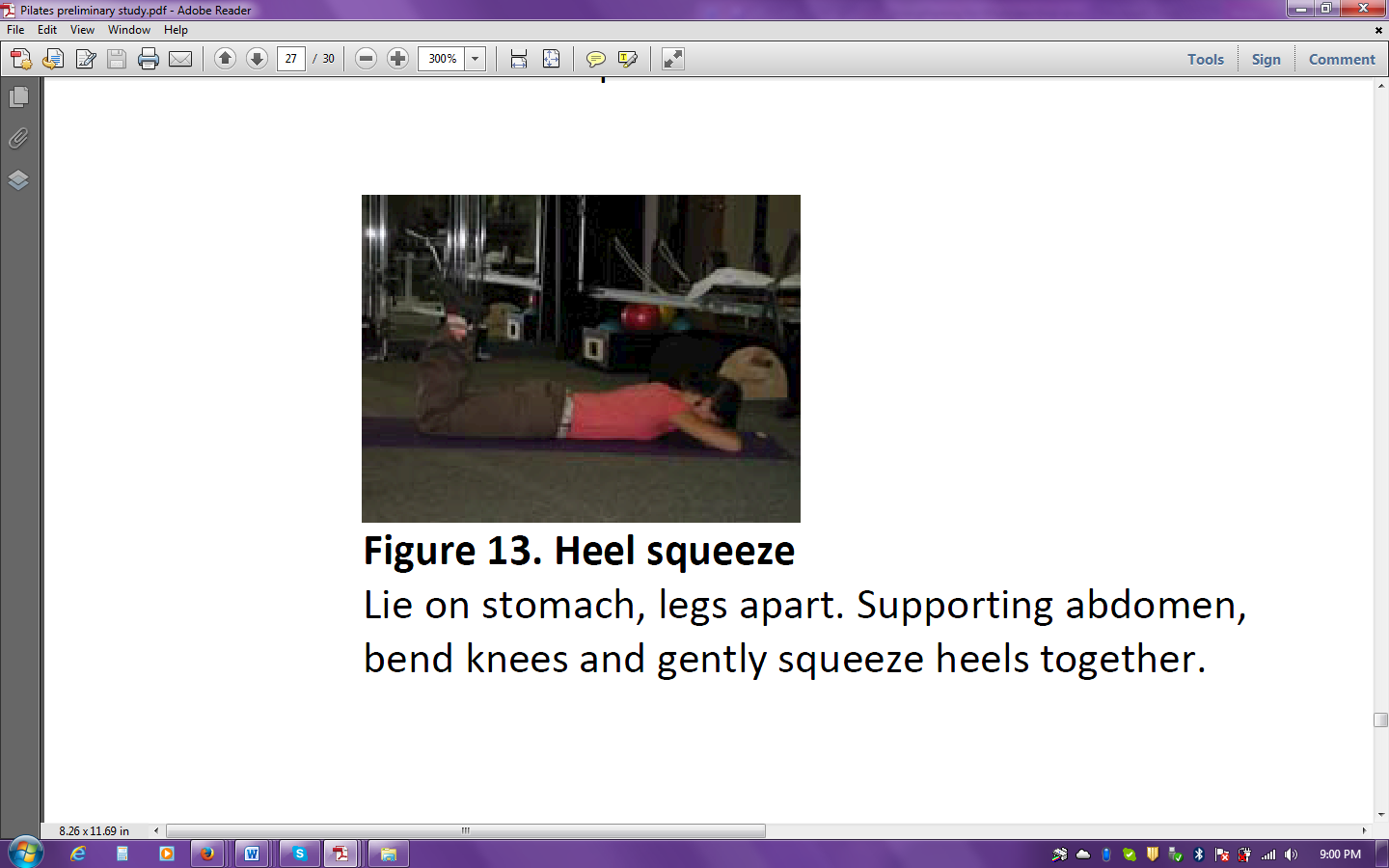
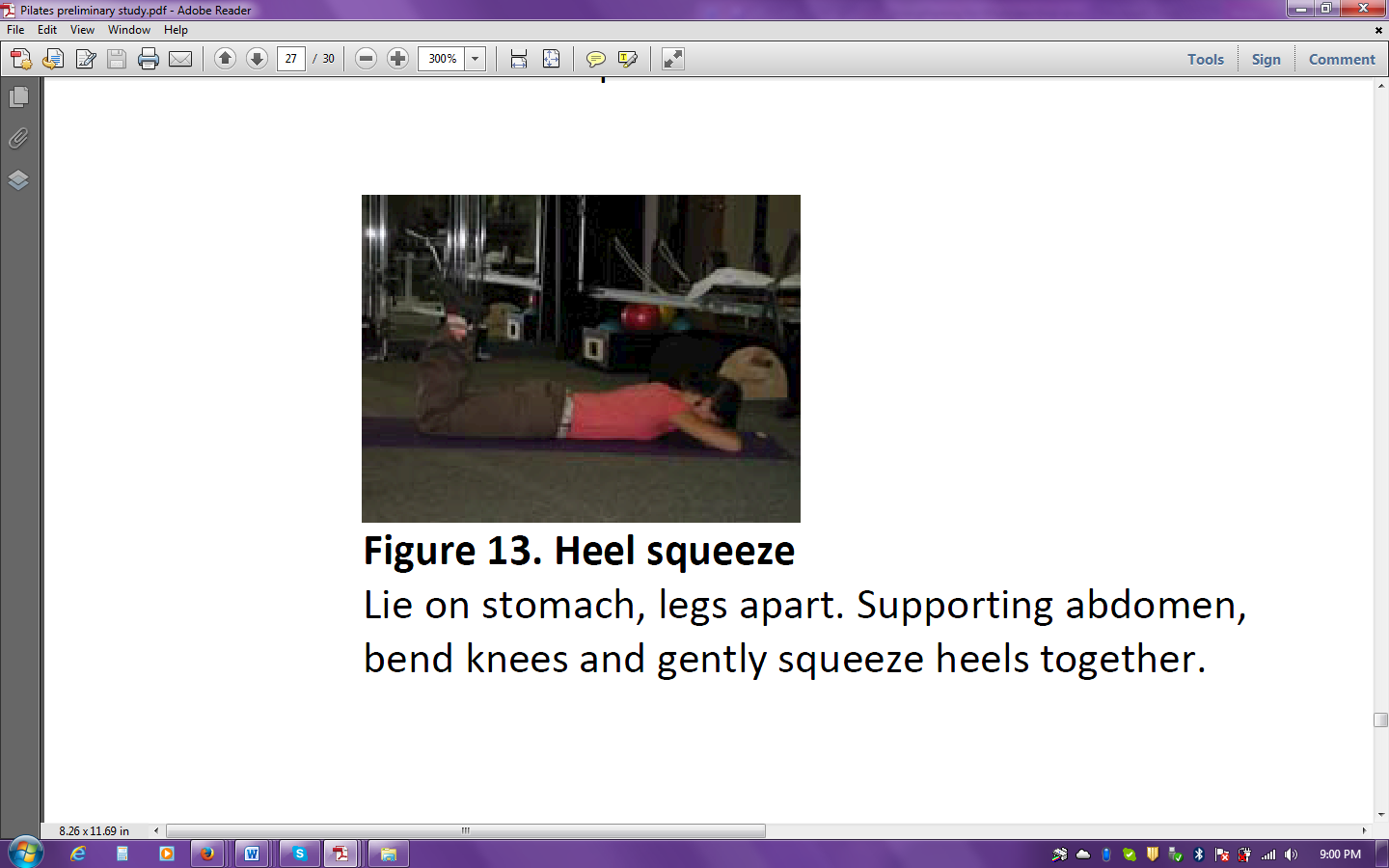
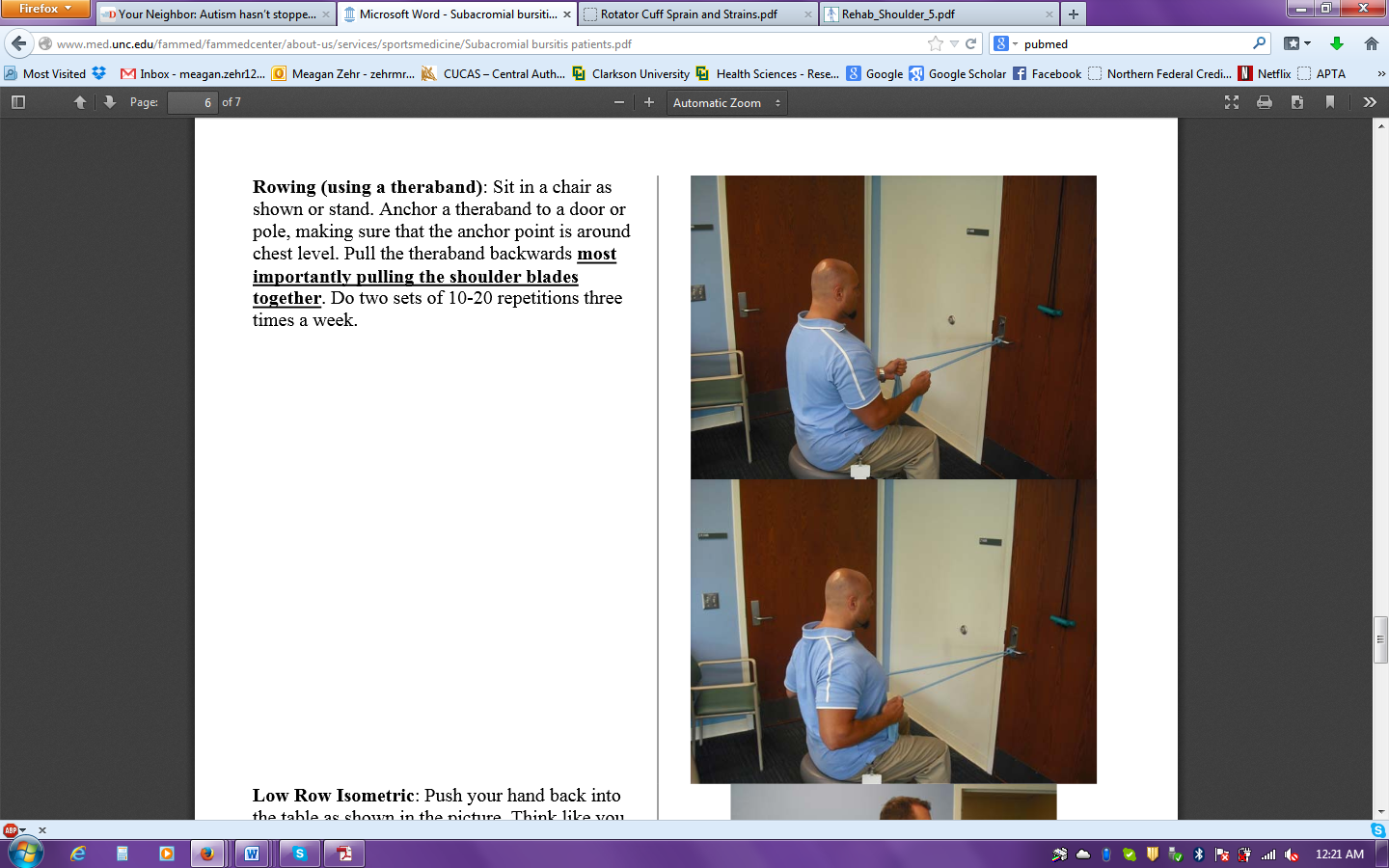
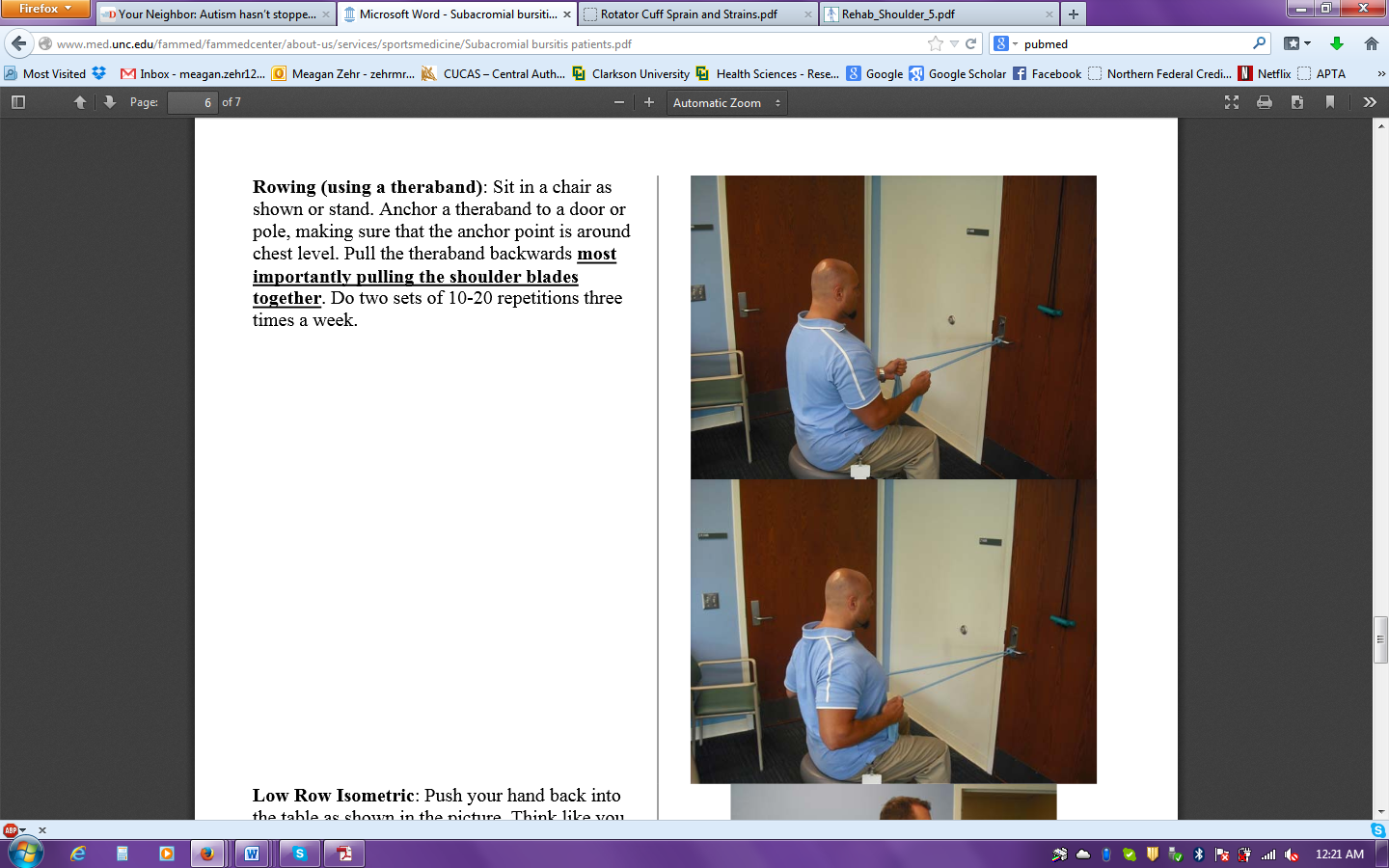
**Core Strengthening**



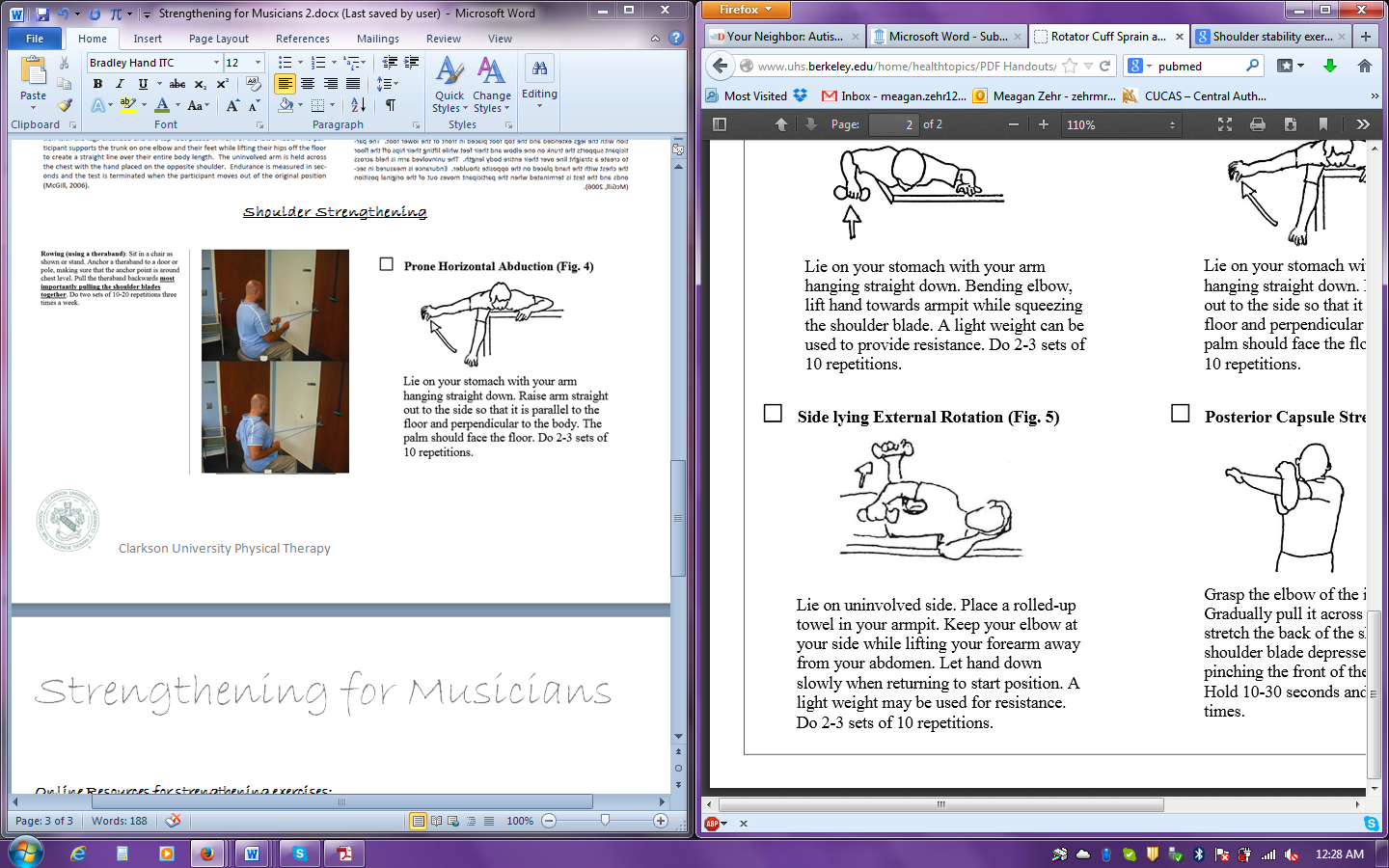
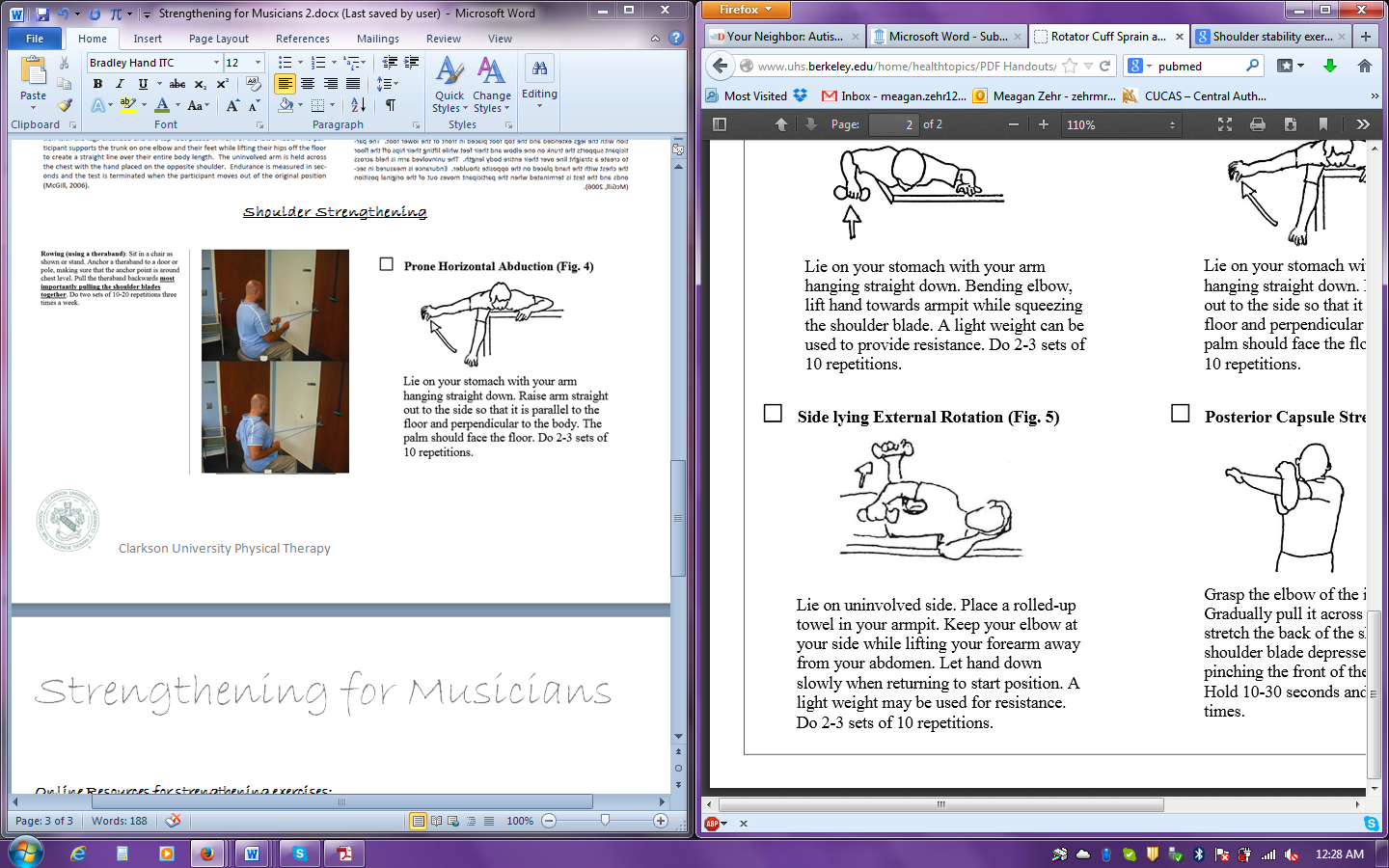


**Shoulder Strengthening**





Laying facedown on the floor bring your arms out to the side in a T shape with your thumbs pointed to the ceiling. When lifting the arms up as high as they will go while keeping the shoulders from shrugging up toward the head.

 **Exercise with Weights**

**Strengthening:**

You want to use a

Heavier weights and fewer

Repetitions. You want to use a

Weight that will allow you to do

between 4-6 repetitions

**Endurance:**

You want to use a lighter weight

with more repetitions. You want

to use weights that will allow you

to do between 12-15 repetitions

**Online Resources for strengthening exercises:**

* Exercises for the Rotator Cuff and a comprehensive Shoulder conditioning program: <http://orthoinfo.aaos.org/PDFs/Rehab_Shoulder_5.pdf>
* Palates exercise program and weight program for the whole body:

Kava KS, Larson CA, Stiller CH, Maher SF. Trunk endurance exercises and the effect on instrumental performance: a preliminary Study comparing Pilates exercise and a trunk and proximal upper extremity endurance exercise program. *Music and Health. 2012;*3(1):1-30.

* Basic information for the Rotator cuff with comprehensive shoulder program: <http://www.uhs.berkeley.edu/home/healthtopics/PDF%20Handouts/Rotator%20Cuff%20Sprain%20and%20Strains.pdf>
* Basic information for Subacromial Bursitis with comprehensive stretching and strengthening program: <http://www.med.unc.edu/fammed/fammedcenter/about-us/services/sportsmedicine/Subacromial%20bursitis%20patients.pdf>

**Apps on iPhones and iPads for Exercise:**

* Nike Training – free app: provides exercise programs for specific areas of the body
* iMuscles 2 - $4.99: provides individual exercises for whole body with/without the use of equipment