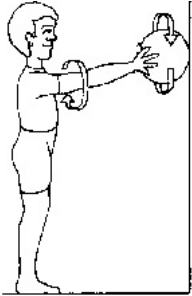
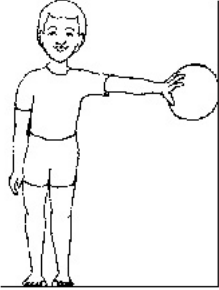
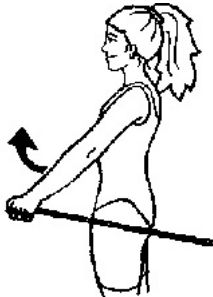
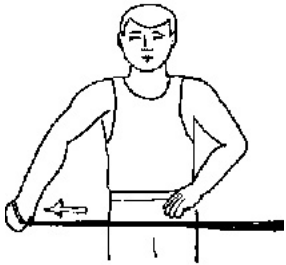
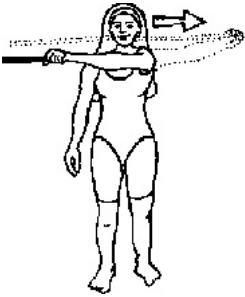

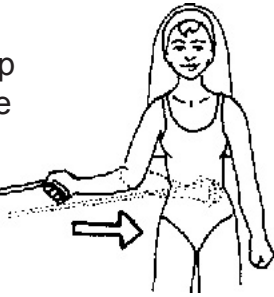
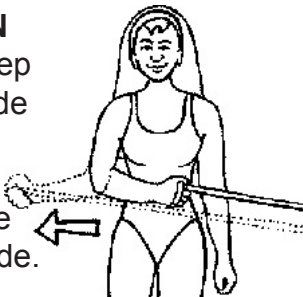


CORAL CANYON CHIROPRACTIC

2250 Coral Canyon Blvd, Suite 202; Washington, UT 84780

1141 W. State St, Suite 12; Hurricane, UT 84737

SHOULDER EXERCISES

<p>FLEXION CIRCLES Stand facing a wall, with one arm out straight in front & lean into the ball. Draw slow circles on the wall by rolling the ball forward and backward.</p>  <p>Perform for 5 minutes, two sessions/day</p>	<p>ABDUCTION CIRCLES Stand facing a wall, with one arm out in front and to the side, lean into the ball. Draw slow circles on the wall by rolling the ball forward and backward.</p>  <p>Perform for 5 minutes, two sessions/day</p>
<p>ANTERIOR DELTOID Using rubber tubing, begin with arm at side and pull forward and upward to 90°. Keep the palm of your hand facing down.</p>  <p>3 sets of 15 (2x/day)</p>	<p>MEDIAL DELTOID Using rubber tubing, begin with arm at your side and pull away from your body up to 90°.</p>  <p>3 sets of 15 (2x/day)</p>
<p>POSTERIOR DELTOID Using rubber tubing, begin with extended arm across chest. Keep elbow straight and arm parallel to floor as arm is pulled across body as shown.</p>  <p>3 sets of 15 (2x/day)</p>	<p>SHOULDER PRESS Begin with your arms at 90° away from your body. With a controlled movement raise your arms above your head as shown. Lower slowly.</p>  <p>3 sets of 15 (2x/day)</p>
<p>INTERNAL ROTATION Using rubber tubing, keep your elbow in at your side while you rotate the arm inward across your body. Do not move the elbow from your side.</p>  <p>3 sets of 15 (2x/day)</p>	<p>EXTERNAL ROTATION Using rubber tubing, keep your elbow in at your side while you rotate the arm outward away from your body. Do not move the elbow from your side.</p>  <p>3 sets of 15 (2x/day)</p>