

# Westminster Accident and Injury Center

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**Name:**

**Date:**

**Series:**

Treat rehab and corrective exercises with respect. It is best to follow this program outlined in the order presented, performed as directed by Dr. Higgins. Wear loose fitting, comfortable clothes and start movements slowly and carefully. Maintain a balanced breathing cycle with each exercise. Do not skip a day or double up on your routine. If you feel some discomfort or soreness it is due to your muscles becoming stronger and conditioned.



## Scapular Retraction

- Hold the Theraband in each hand with elbows bent and fists facing forward
- Squeeze shoulder blades together and open arms out to the side
- Keep elbows tucked in at the rib cage

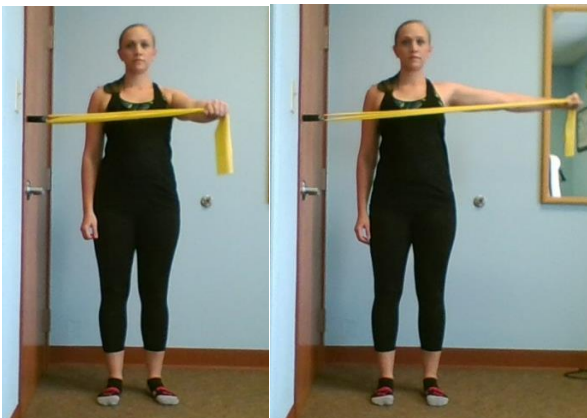
**Reps: 10      Sets: 3**



## Shoulder Shrug

- Stand on the Theraband with feet hip width apart
- holding each end and Raise shoulders up towards ears and roll backwards.
- keep elbows straight.

**Reps: 10      Sets: 3**



## Horizontal Abduction

- Place the Theraband at shoulder height
- Hold both ends in one hand and stand up tall
- Pull arm out to the side and squeeze the shoulder blade in towards the spine

**Reps: 10      Sets: 3**