

## Standard Protocol Exercises Week 13 - 15

Your therapist has prescribed you exercises to do this week. Look for each exercise in the list below and click on the name to view the instructions and pictures.

**Reminder:** Please only do the exercises specifically prescribed to you by your therapist to prevent injury.

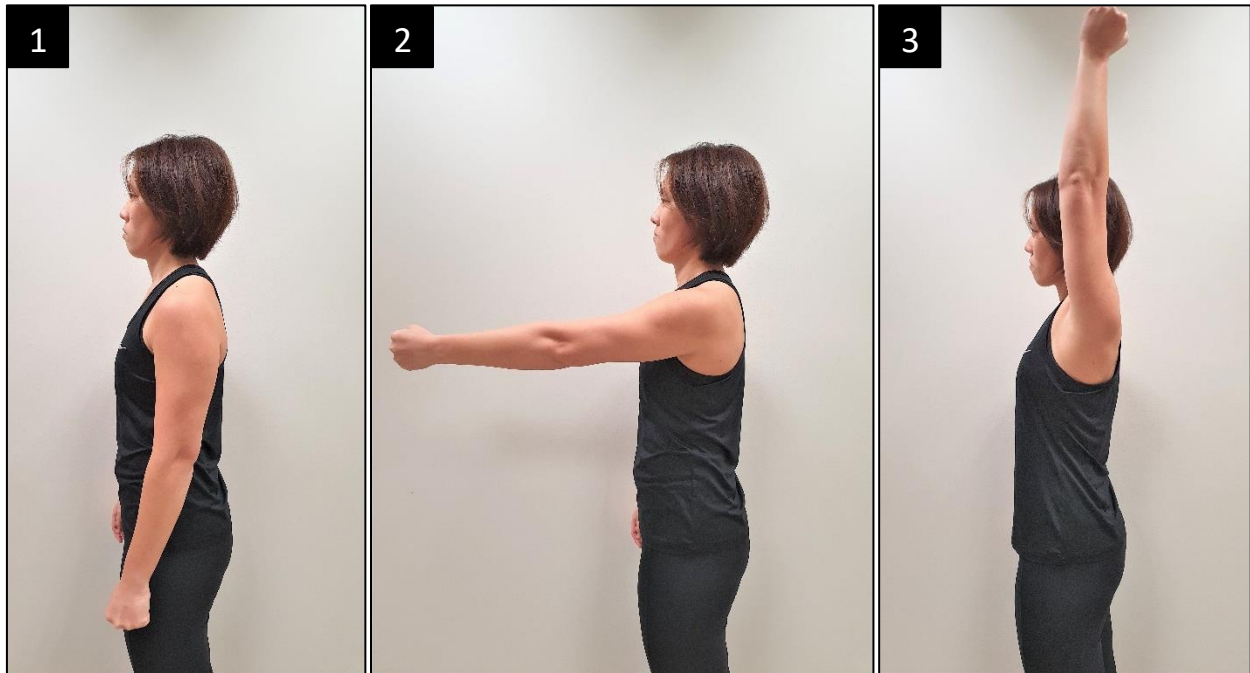
| Category  | Exercises That May Be Prescribed   |
|---|--|
| 1. Shoulder <b>active</b> range of motion exercises in all directions | <ul style="list-style-type: none"> <li>A. <a href="#">Shoulder flexion</a></li> <li>B. <a href="#">Shoulder extension</a></li> <li>C. <a href="#">Shoulder abduction</a></li> <li>D. <a href="#">Shoulder internal rotation</a></li> <li>E. <a href="#">Shoulder external rotation</a></li> <li>F. <a href="#">Proprioceptive Neuromuscular Facilitation (PNF) – D1 movement</a></li> <li>G. <a href="#">Proprioceptive Neuromuscular Facilitation (PNF) – D2 movement</a></li> </ul>  |
| 2. Shoulder strengthening exercises                                   | <ul style="list-style-type: none"> <li>A. <a href="#">Shoulder flexion – with resistance band</a></li> <li>B. <a href="#">Shoulder flexion – with weights</a></li> <li>C. <a href="#">Shoulder extension – with resistance band</a></li> <li>D. <a href="#">Shoulder extension – with weights</a></li> <li>E. <a href="#">Shoulder abduction – with resistance band</a></li> <li>F. <a href="#">Shoulder abduction – with weights</a></li> <li>G. <a href="#">Shoulder adduction – with resistance band</a></li> <li>H. <a href="#">Shoulder external rotation – with resistance band</a></li> <li>I. <a href="#">Shoulder external rotation – with weights</a></li> <li>J. <a href="#">Shoulder internal rotation – with resistance band</a></li> <li>K. <a href="#">Shoulder internal rotation – with weights</a></li> </ul> |

|   |   |
|---|---|
|   | <ul style="list-style-type: none"> <li>L. <a href="#">Shoulder press – with resistance band</a></li> <li>M. <a href="#">Shoulder press – with weights</a></li> <li>N. <a href="#">Chest press – with resistance band</a></li> <li>O. <a href="#">Chest press – with weights</a></li> <li>P. <a href="#">Upright row – with resistance band</a></li> <li>Q. <a href="#">Upright row – with weights</a></li> <li>R. <a href="#">Wall push-up – triceps bias</a></li> <li>S. <a href="#">Wall push-up – pectoralis bias</a></li> <li>T. <a href="#">Table push-up triceps bias</a></li> <li>U. <a href="#">Table push-up pectoralis bias</a></li> </ul>  |
| <p>3. Elbow strengthening exercises with light weights</p>      | <ul style="list-style-type: none"> <li>A. <a href="#">Bicep curls – with resistance band</a></li> <li>B. <a href="#">Bicep curls – with weights</a></li> <li>C. <a href="#">Tricep pull-down – with resistance band</a></li> <li>D. <a href="#">Tricep curls – with weights</a></li> </ul>  |
| <p>4. Exercises for weight-bearing and joint position sense</p> | <ul style="list-style-type: none"> <li>A. <a href="#">Ball on table – circles</a></li> <li>B. <a href="#">Ball on wall – circles</a></li> <li>C. <a href="#">Upper limb weight-bearing and weight-shifting on table</a></li> <li>D. <a href="#">Upper limb weight-bearing and weight-shifting on floor – 4-point kneel</a></li> <li>E. <a href="#">Upper limb weight-bearing and weight-shifting on floor – 3-point kneel (one arm lifted)</a> OR<br/><a href="#">Upper limb weight-bearing and weight-shifting on floor – 3-point kneel (one leg lifted)</a></li> <li>F. <a href="#">Upper limb weight-bearing and weight-shifting on floor – 2-point kneel</a></li> <li>G. <a href="#">Plank – front (on table)</a></li> <li>H. <a href="#">Plank – front (on floor)</a></li> <li>I. <a href="#">Plank – front (on gym ball)</a></li> </ul> |

## 1A. Shoulder Flexion

Position: Sitting / Standing

Type: Active Movement



1. Sit / Stand with your feet shoulder-width apart and arms by your sides.
2. Keeping your elbow straight and thumb facing upwards, raise your arm forwards as high as possible.

Note: Avoid shrugging your shoulders during the movement.

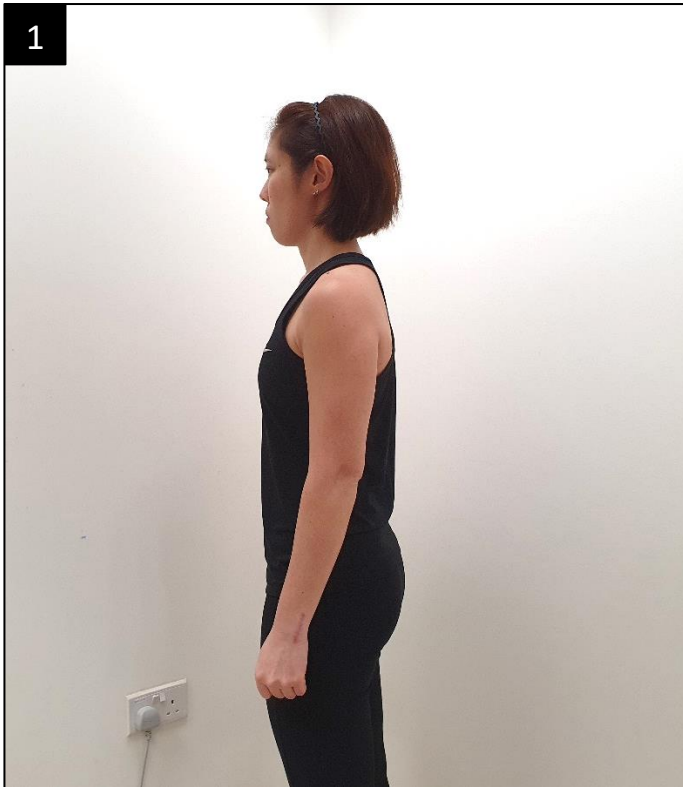
3. Slowly lower your arm back to the starting position.

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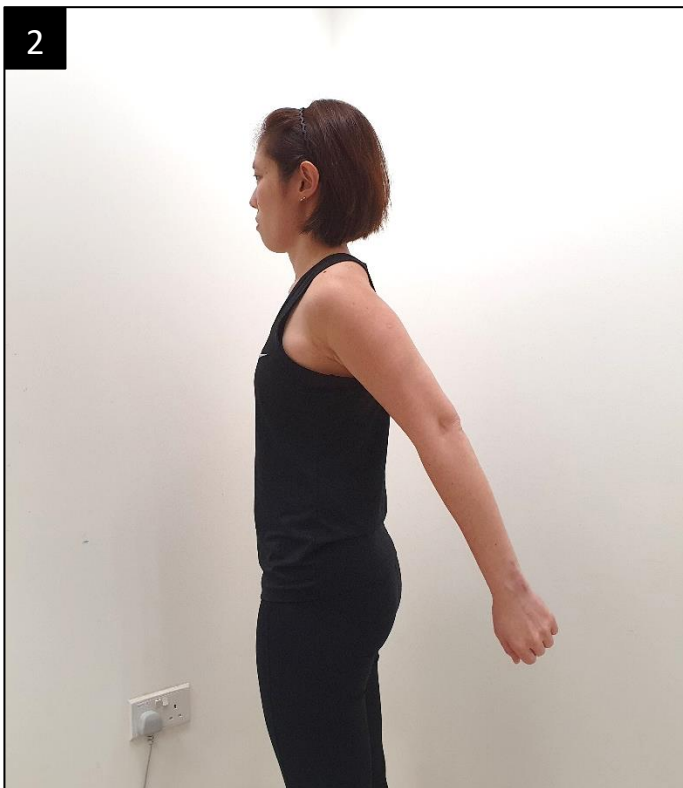
## 1B. Shoulder Extension

Position: Sitting / Standing

Type: Active Movement



1. Sit / Stand with your feet shoulder-width apart and arms by your side.



2. Keeping your elbow straight and thumb facing forward, move your arm backwards as far as possible.
3. Slowly move your arm back to the starting position.

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## 1C. Shoulder Abduction

Position: Sitting / Standing

Type: Active Movement



1. Sit / Stand with your feet shoulder-width apart and arms by your sides.
2. Keeping your elbow straight and palm facing forward, raise your arm up sideways as high as possible.
3. Avoid shrugging your shoulders during the movement.
4. Slowly lower your arm back to the starting position.

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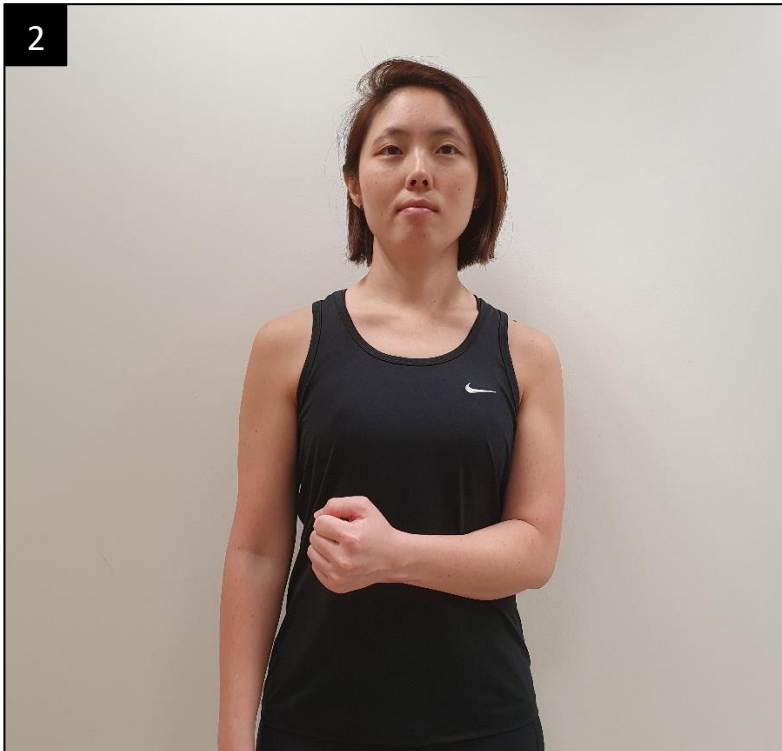
## 1D. Shoulder Internal Rotation

Position: Sitting / Standing

Type: Active Movement



1. Sit / Stand with your feet shoulder-width apart.
2. Bend your elbow to a 90-degree angle.



3. Keeping your elbow against your side, move your forearm inwards towards your body.
4. Slowly move your forearm back to the starting position.

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## 1E. Shoulder External Rotation

Position: Sitting / Standing

Type: Active Movement



1. Sit / Stand with your feet shoulder-width apart.
2. Bend your elbow to a 90-degree angle.



3. Keeping your elbow against your side, move your forearm outwards away from your body.
4. Slowly move your forearm back to the starting position.

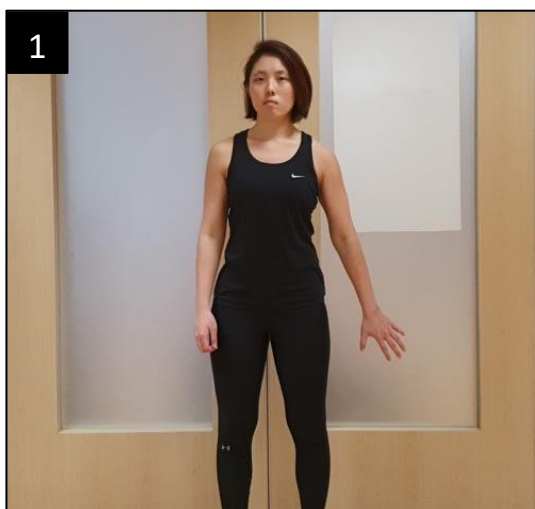
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## 1F. Proprioceptive Neuromuscular Facilitation (PNF) – D1

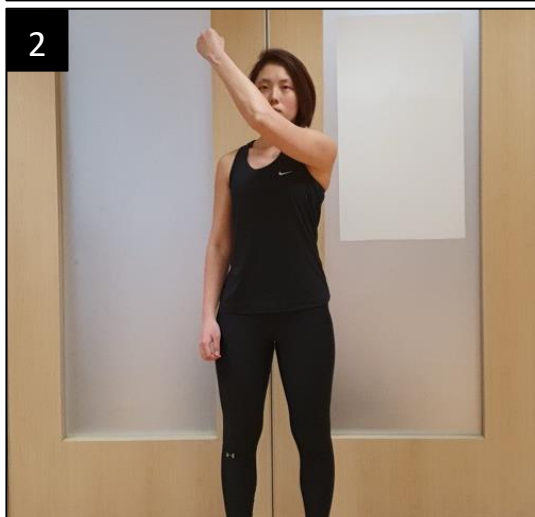
### Movement

Position: Sitting / Standing

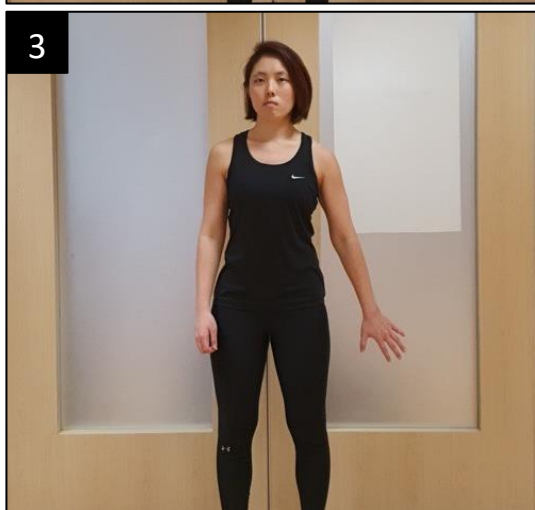
Type: Active Movement



1. Sit / Stand with your feet shoulder-width apart.



2. Make a closed fist and raise your hand up diagonally across your body, towards the opposite side of your head. Your fist should be facing in a direction behind you.



3. Rotate your fist to face downwards. Then move your arm diagonally downwards while opening your fist.
4. End with your arm straightened by your side. Your palm should be open, facing a direction behind you.

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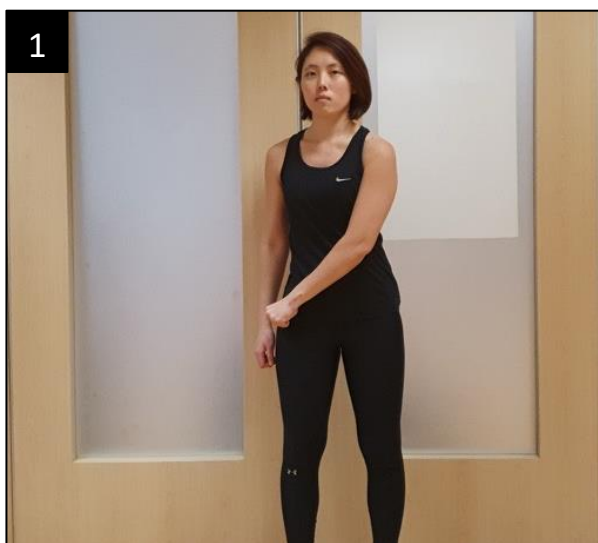


## 1G. Proprioceptive Neuromuscular Facilitation (PNF) – D2

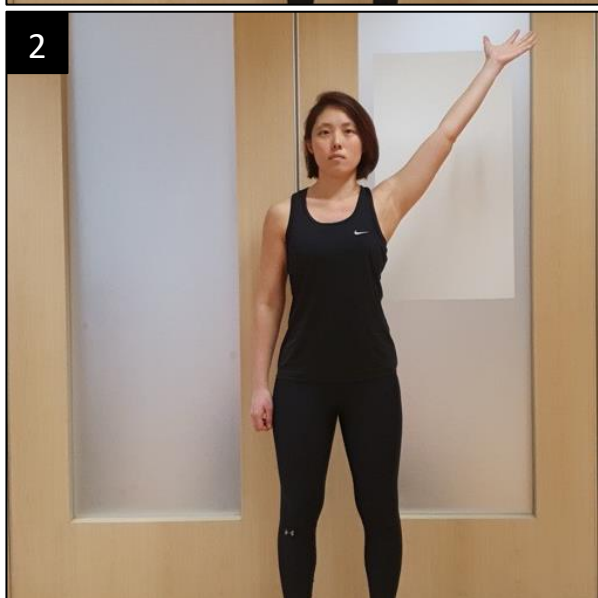
### Movement

Position: Sitting / Standing

Type: Active Movement



1. Sit / Stand with your feet shoulder-width apart.
2. Start with your arm diagonally across your body and fist at your opposite hip.



3. Move your arm diagonally upwards across your body while opening your fist. Reach upward and to the side with your palm facing forward.



4. Close your fist and lower your arm across your body to end with fist at your opposite hip.

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## 2A. Shoulder Flexion – with Resistance Band

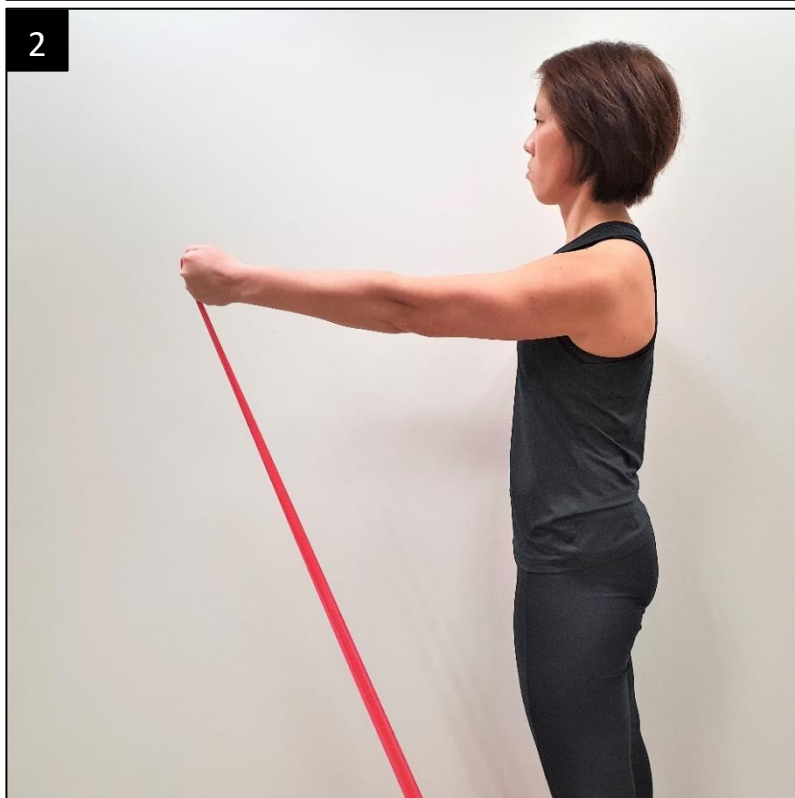
Position: Sitting / Standing

Type: Strengthening

Equipment: Resistance Band



1. Sit / Stand with your feet shoulder-width apart.
2. Hold a resistance band by your side while stepping on the other end.



3. With your thumb pointing forward and your arm straight, pull the resistance band up in front of you toward the ceiling.
4. Slowly lower your arm back to the starting position.

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## 2B. Shoulder Flexion – with Weights

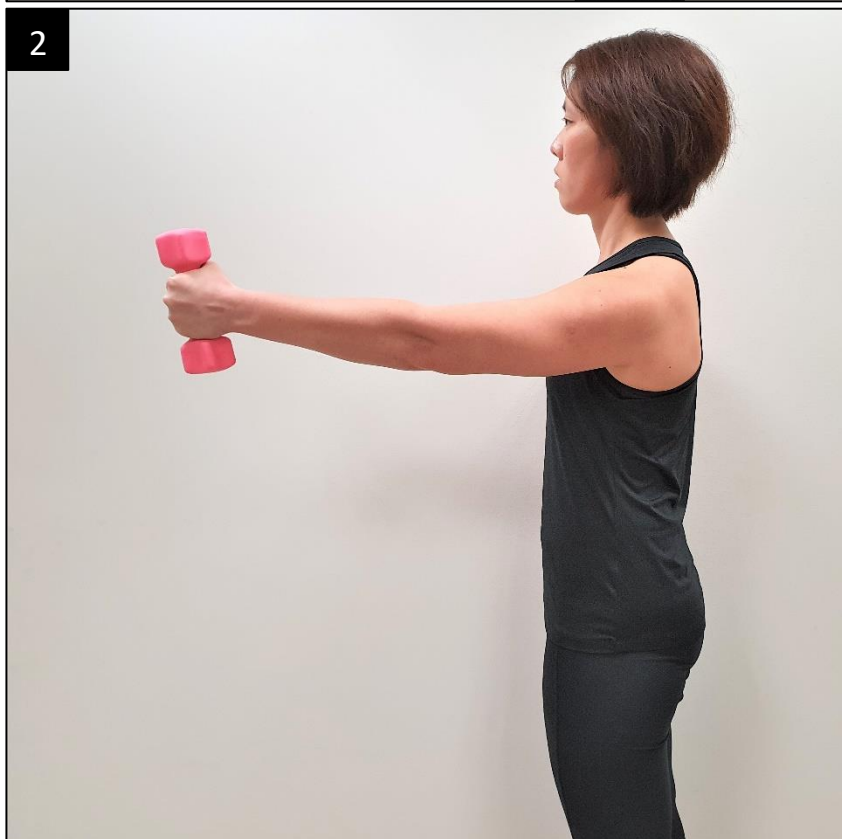
Position: Sitting / Standing

Type: Strengthening

Equipment: Weights



1. Sit / Stand with your feet shoulder-width apart.
2. Hold a weight in your hand.



3. With your thumb pointing forward and your arm straight, bring the weight up in front of you toward the ceiling.
4. Slowly lower your arm back to the starting position.

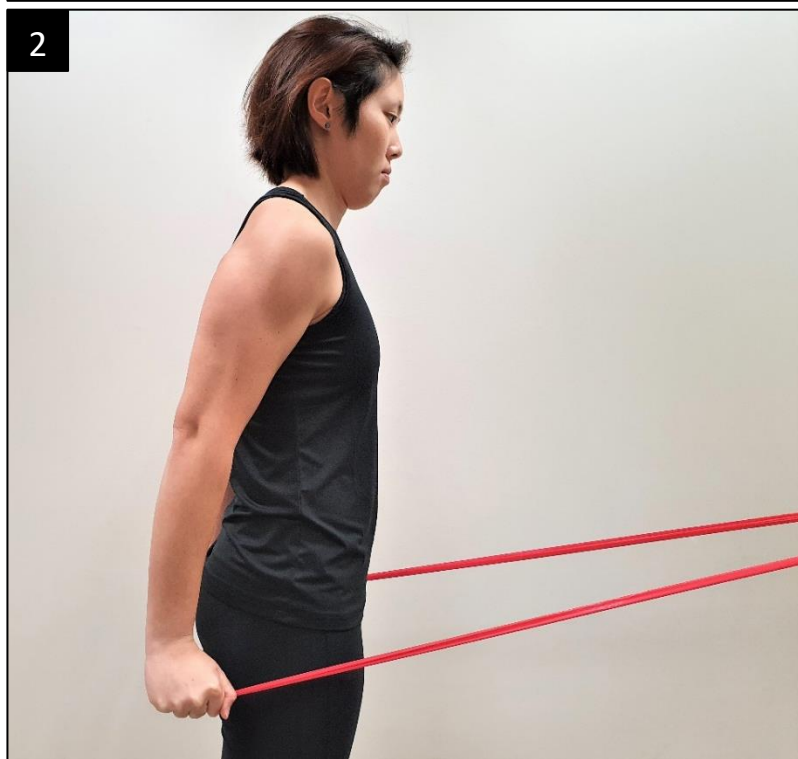
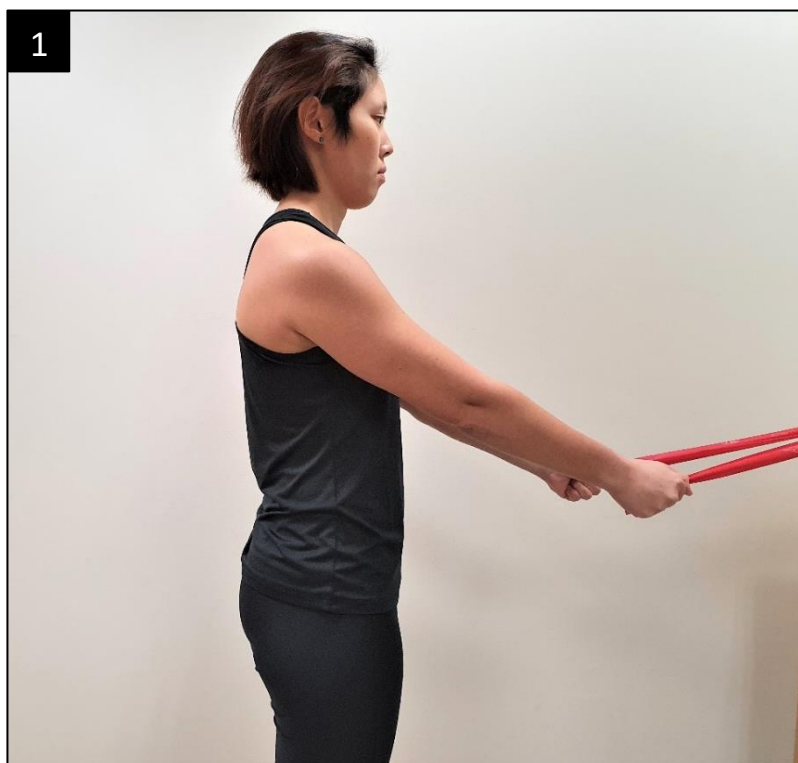
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## 2C. Shoulder Extension – with Resistance Band

Position: Sitting / Standing

Type: Strengthening

Equipment: Resistance Band



1. Secure one end of a resistance band to a sturdy anchor point (e.g., metal gate or window grille) located at waist height.
2. Sit / Stand with your feet shoulder-width apart, facing the resistance band.
3. Hold one end of the resistance band in each hand, slightly in front of you, with your thumb facing forward.
4. Keeping your arms straight, pull the resistance band until your arms are slightly behind your body.
5. Slowly move back to the starting position.

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## 2D. Shoulder Extension – with Weights

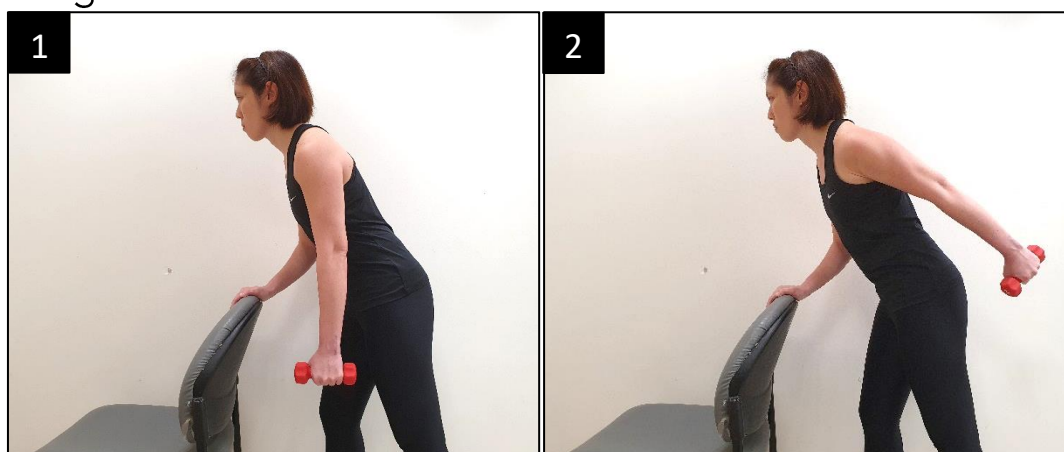
Position: Sitting / Standing

Type: Strengthening

Equipment: Weights



Progression:



1. Sit / Stand with your feet shoulder-width apart. You may hold onto a support if required.
2. Hold a weight in your hand with your thumb facing forwards.
3. Bring your arm backwards until it is slightly behind your body.
4. Slowly move back to the starting position.

Progression: Perform the same movement but while leaning slightly forward and holding onto a support

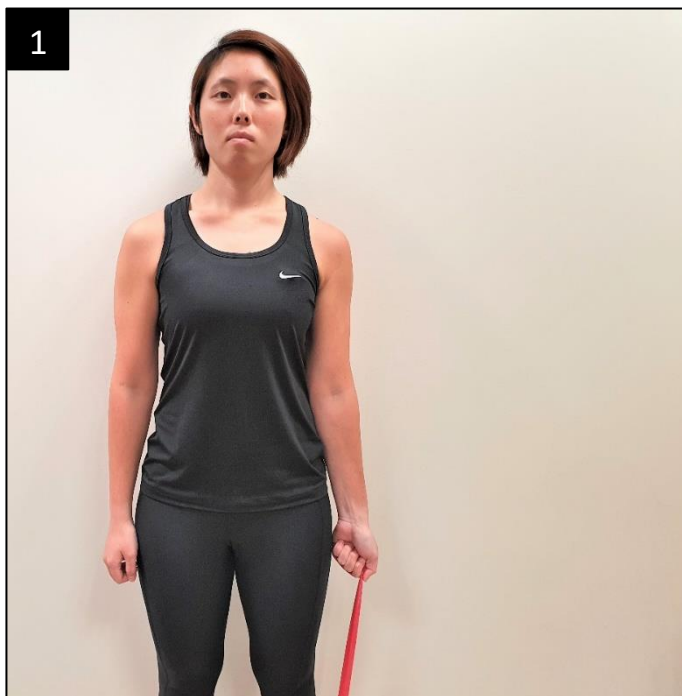
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## 2E. Shoulder Abduction – with Resistance Band

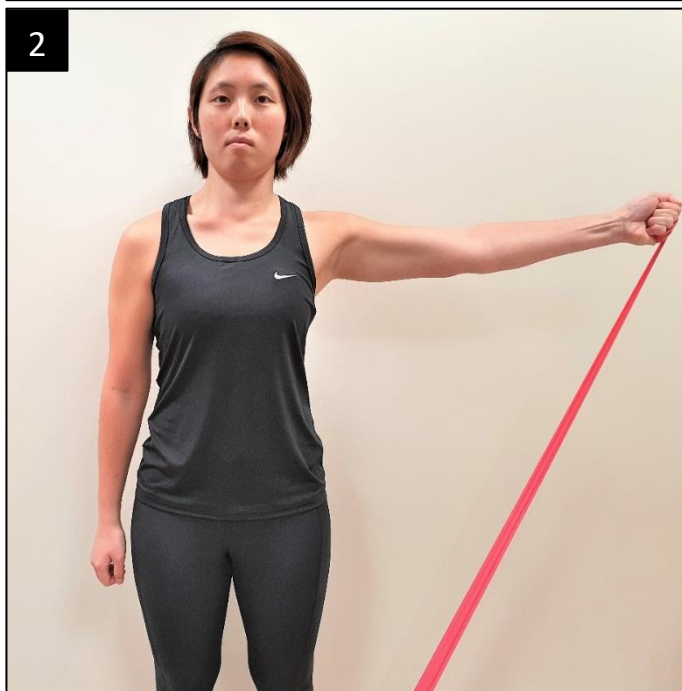
Position: Sitting / Standing

Type: Strengthening

Equipment: Resistance Band



1. Sit / Stand with your feet shoulder-width apart.
2. Hold a resistance band by your side while stepping on the other end.



3. With your thumb facing away from your body and arm straight, pull the resistance band up sideways toward the ceiling.
4. Slowly lower your arm back to the starting position.

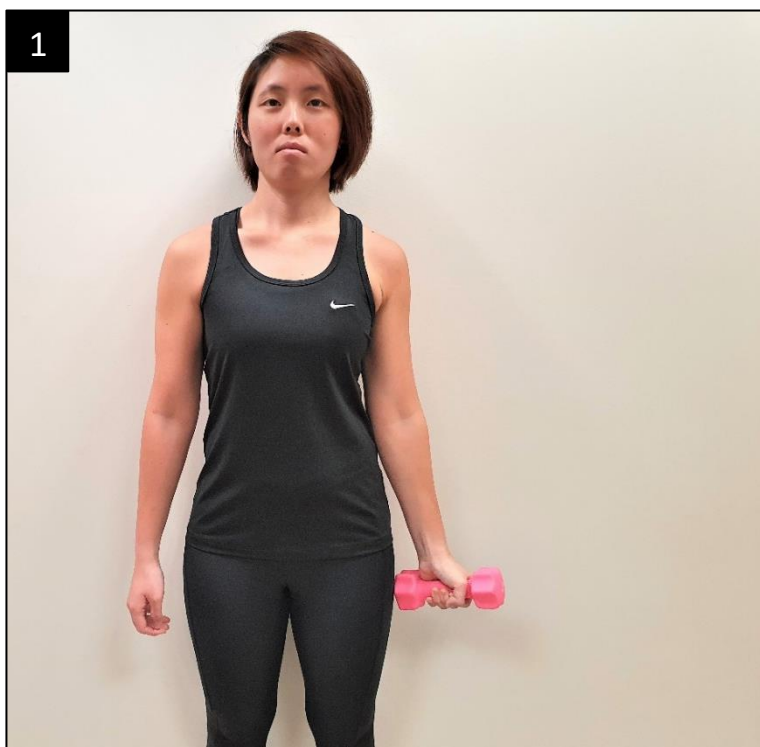
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## 2F. Shoulder Abduction – with Weights

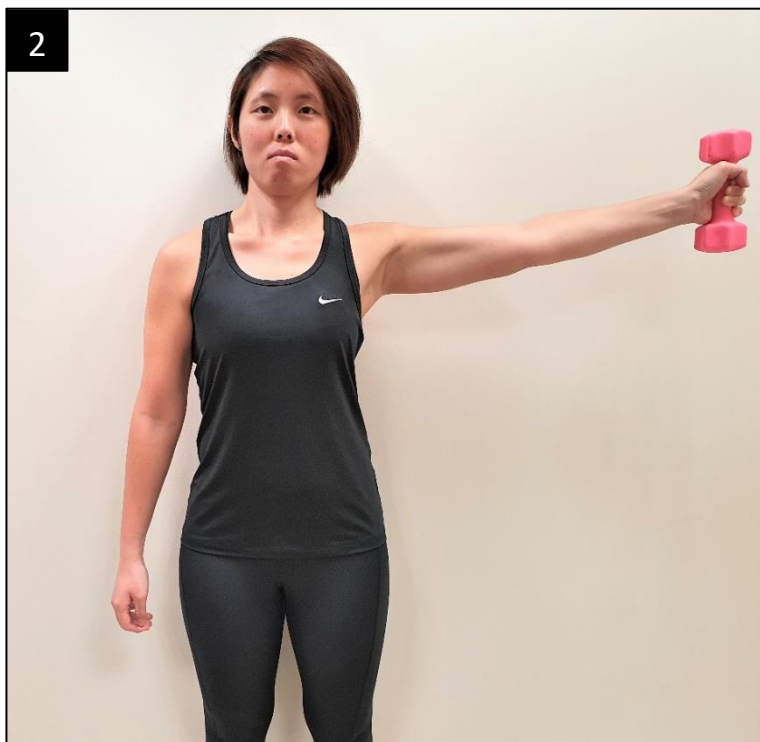
Position: Sitting / Standing

Type: Strengthening

Equipment: Weights



1. Sit / Stand with your feet shoulder-width apart.
2. Hold a weight in your hand.



3. With your thumb facing away from your body and arm straight, bring the weight up sideways toward the ceiling.
4. Slowly lower your arm back to the starting position.

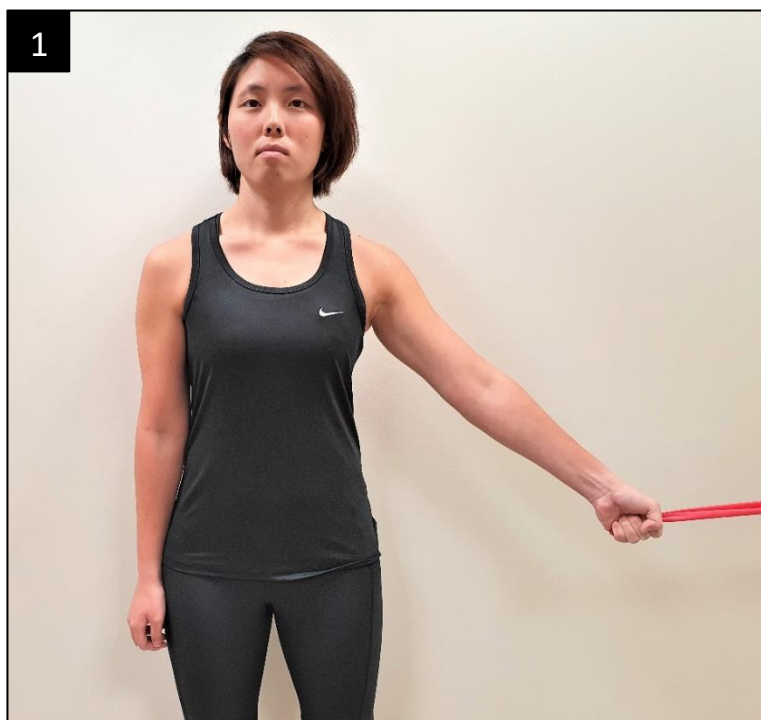
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## 2G. Shoulder Adduction – with Resistance Band

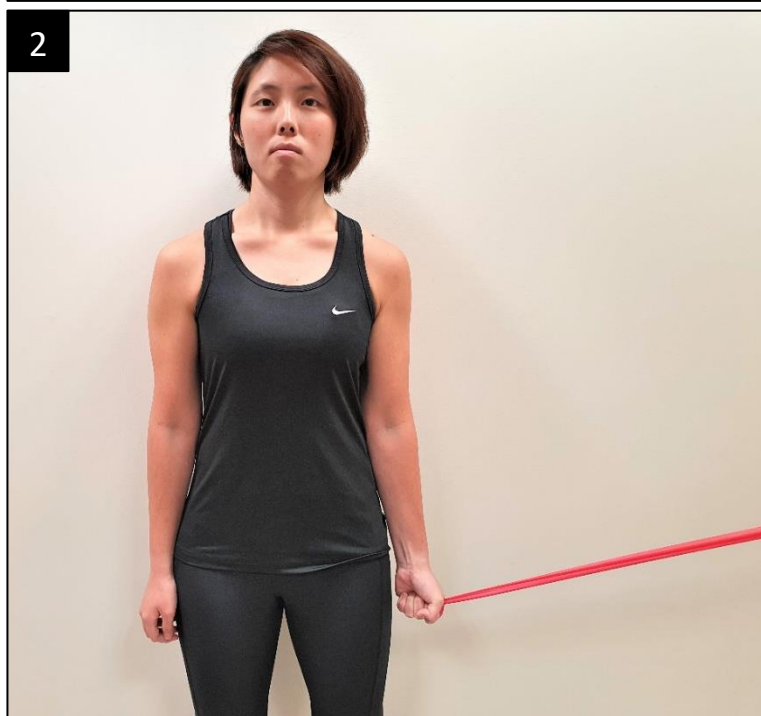
Position: Sitting / Standing

Type: Strengthening

Equipment: Resistance Band



1. Secure one end of a resistance band to a sturdy anchor point (e.g., metal gate or window grille) at waist height.
2. Sit / Stand with your feet shoulder-width apart.
3. Hold the other end of the resistance band with your arm raised out to the side.



4. Keeping your arm straight, pull the resistance band toward your body.
5. Slowly move back to the starting position.

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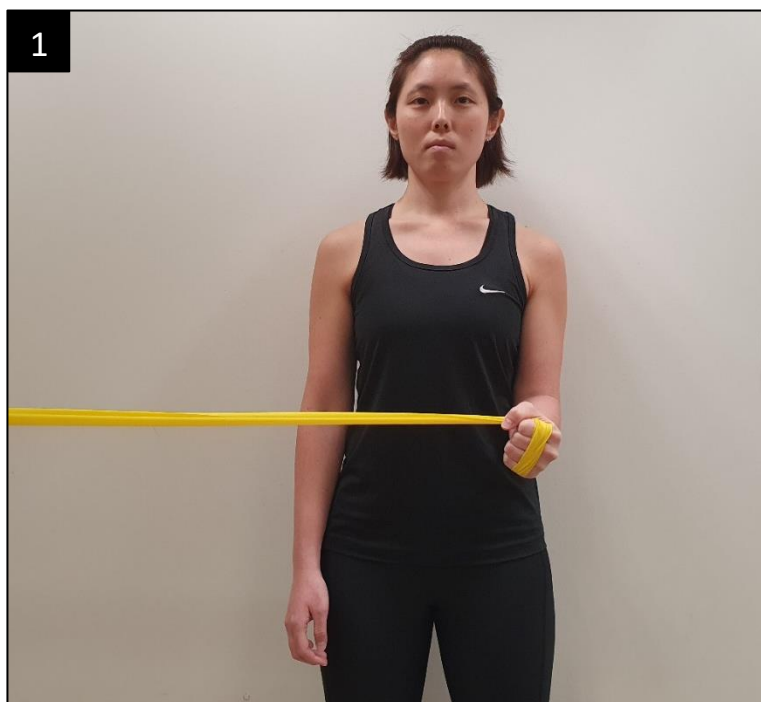


## 2H. Shoulder External Rotation – with Resistance Band

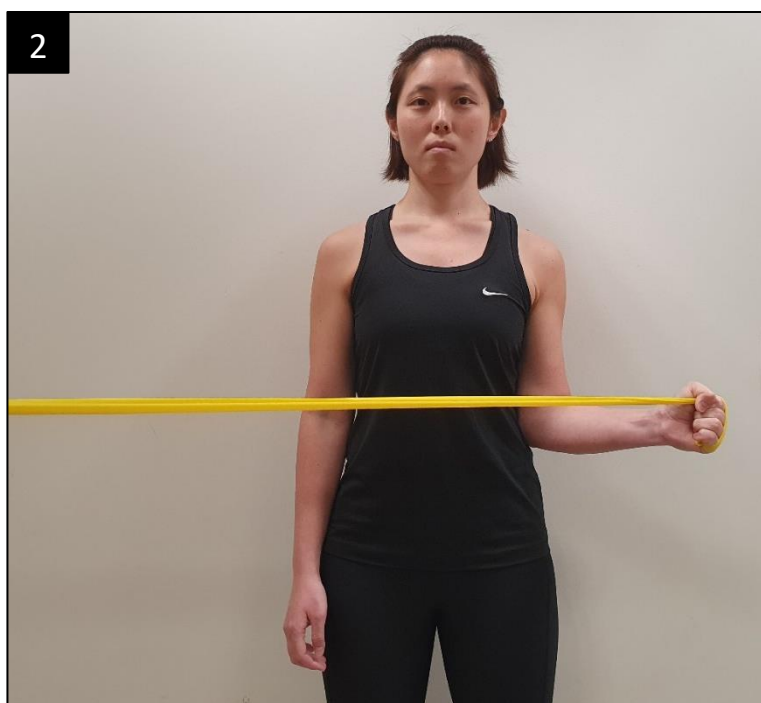
Position: Sitting / Standing

Type: Strengthening

Equipment: Resistance Band



1. Secure one end of a resistance band to a sturdy anchor point (e.g., metal gate or window grille) located at waist height.
2. Sit / Stand with your feet shoulder-width apart with the resistance band by your unaffected side.
3. Bend your elbow (*affected side*) to a 90-degree angle and hold the other end of the resistance band.



4. Keeping your elbow against your side, move your forearm outwards, away from your body.
5. Slowly move your forearm back to the starting position.

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## 2I. Shoulder External Rotation – with Weights

Position: Side Lying

Type: Strengthening

Equipment: Weights



1. Lie on your unaffected side. Rest your affected arm against your side, keeping the elbow bent at a 90-degree angle.
2. Keeping your elbow against your side, move your forearm upwards, away from your body.
3. Slowly lower your forearm back to the starting position.

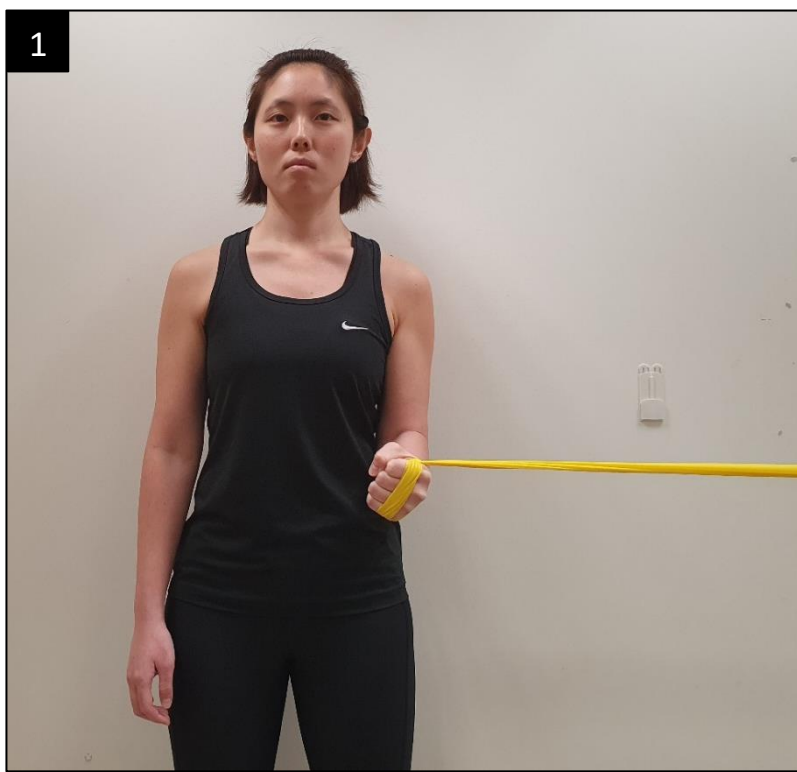
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## 2J. Shoulder Internal Rotation – with Resistance Band

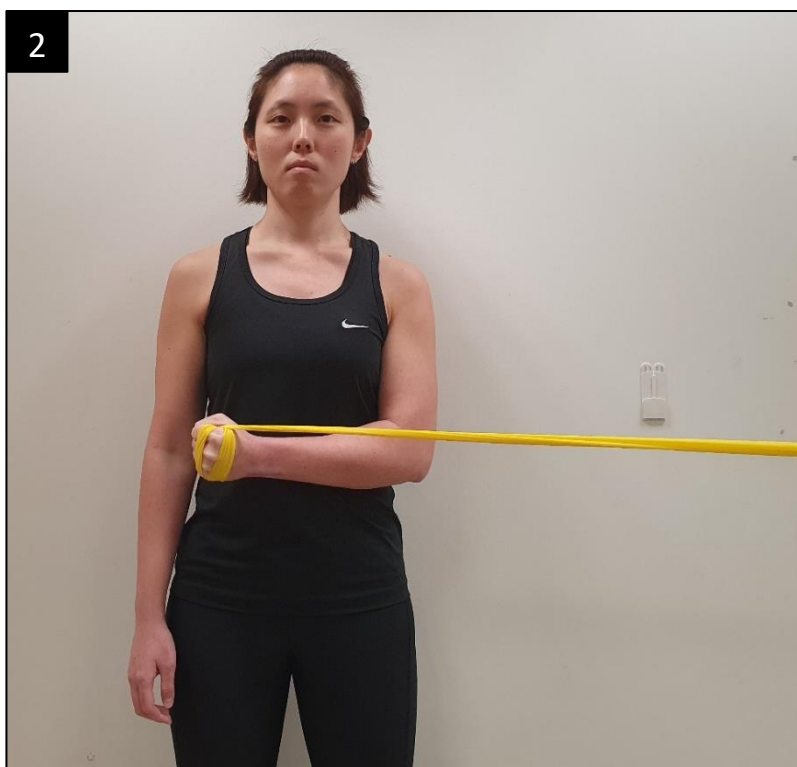
Position: Sitting / Standing

Type: Strengthening

Equipment: Resistance Band



1. Secure one end of a resistance band to a sturdy anchor point (e.g., metal gate or window grille) located at waist height.
2. Sit / Stand with your feet shoulder-width apart.
3. Bend your elbow to a 90-degree angle and hold the other end of the resistance band.



4. Keeping your elbow against your side, move your forearm inwards, towards your body.
5. Slowly move back to the starting position.

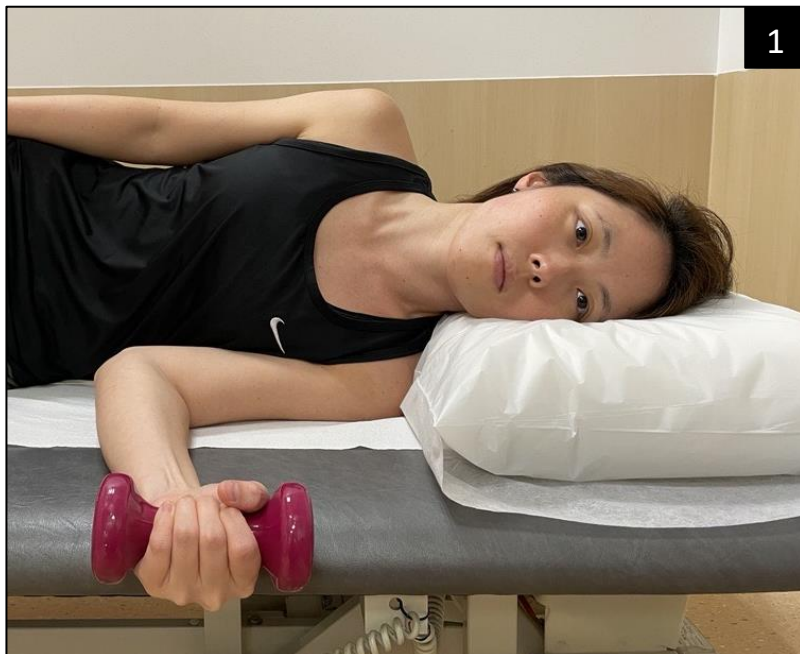
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## 2K. Shoulder Internal Rotation – with Weights

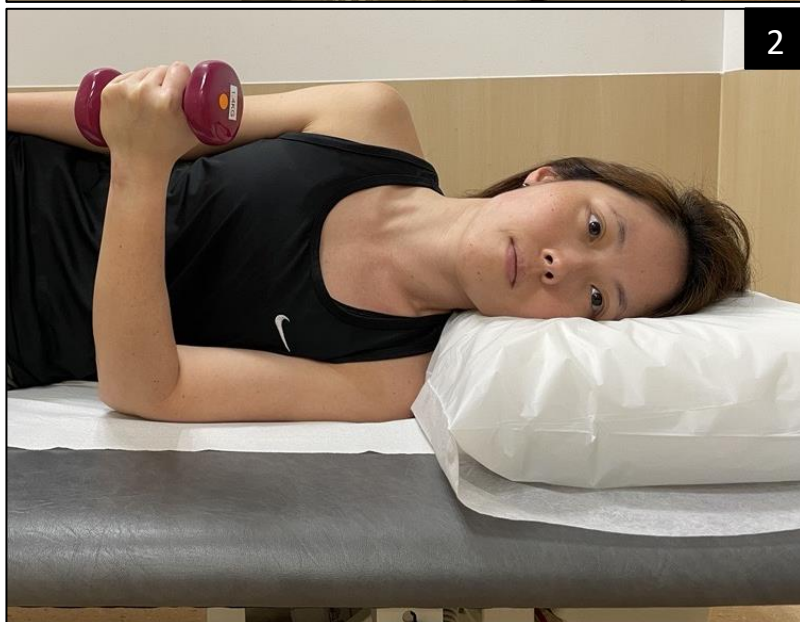
Position: Sitting / Standing

Type: Strengthening

Equipment: Weights



1. Lie on your affected side, but not directly on your shoulder.
2. Bend your elbow to a 90-degree angle and hold a weight in your hand.



3. Keeping your elbow on the bed surface, move your forearm upwards.
4. Slowly move back to the starting position.

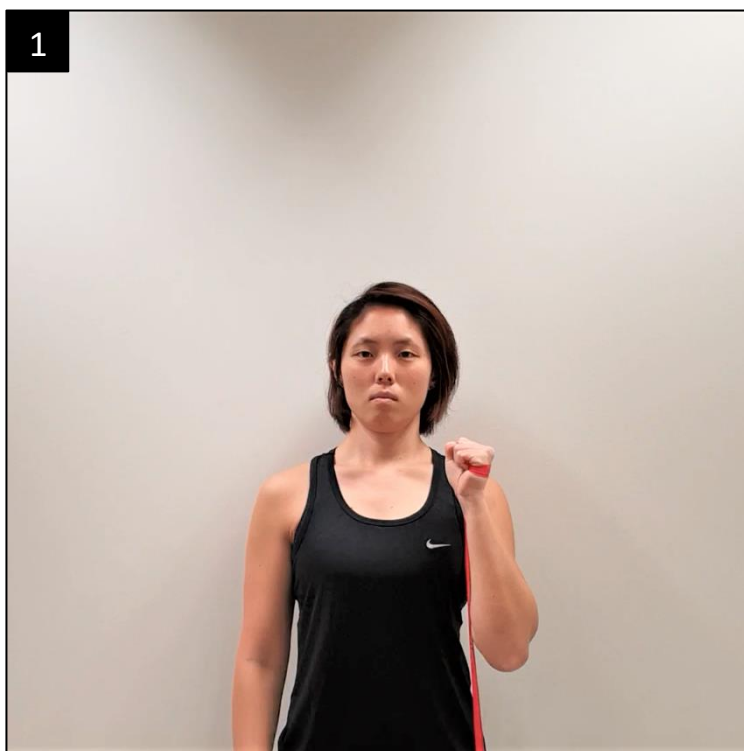
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## 2L. Shoulder Press – with Resistance Band

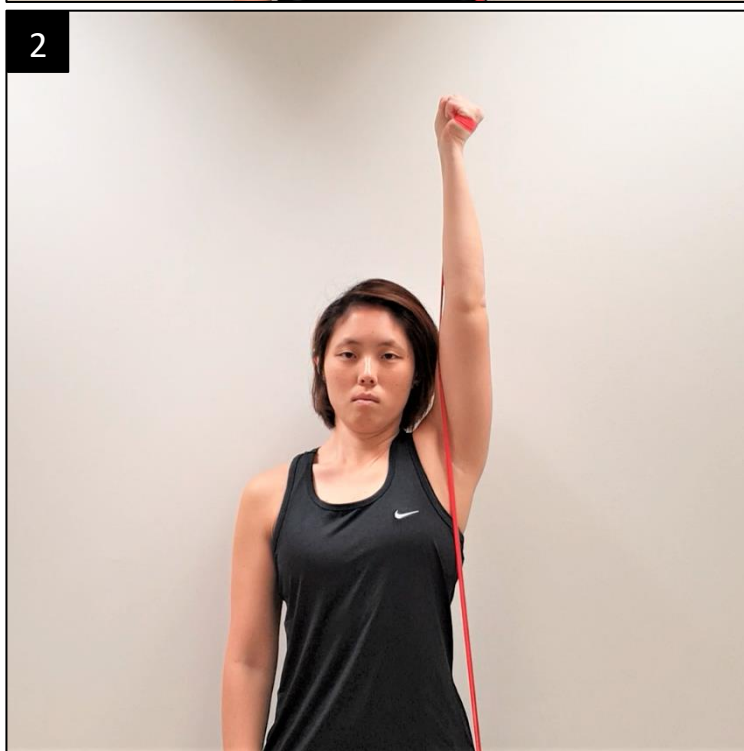
Position: Sitting / Standing

Type: Strengthening

Equipment: Resistance Band



1. Sit / Stand with your feet shoulder-width apart.
2. Bend your elbow fully.
3. Hold one end of a resistance band in your hand while stepping on the other end.



4. Pull the resistance band vertically upwards while straightening your elbow.
5. Slowly move back to the starting position.

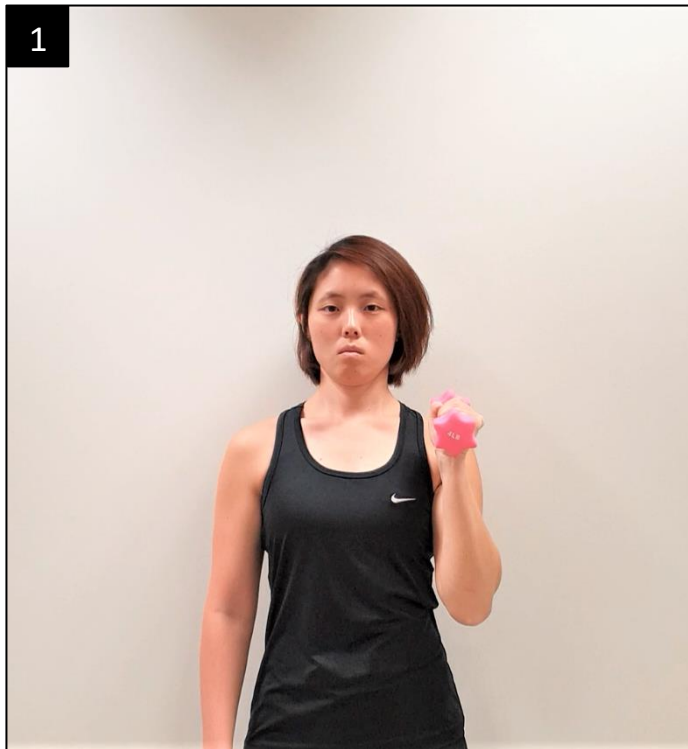
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## 2M. Shoulder Press – with Weights

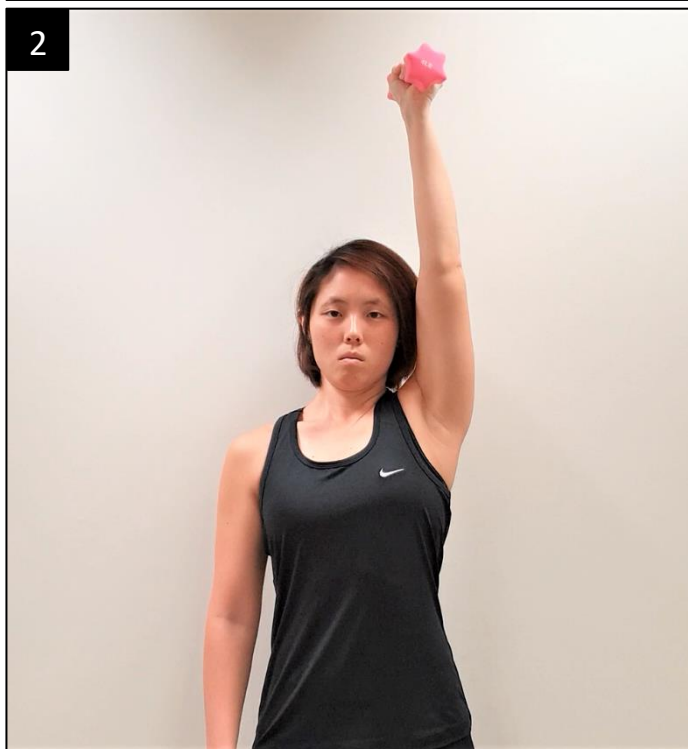
Position: Sitting / Standing

Type: Strengthening

Equipment: Weights



1. Sit / Stand with your feet shoulder-width apart.
2. Bend your elbow fully.
3. Hold a weight in your hand.



4. Raise the weight vertically upwards while straightening your elbow.
5. Slowly move back to the starting position.

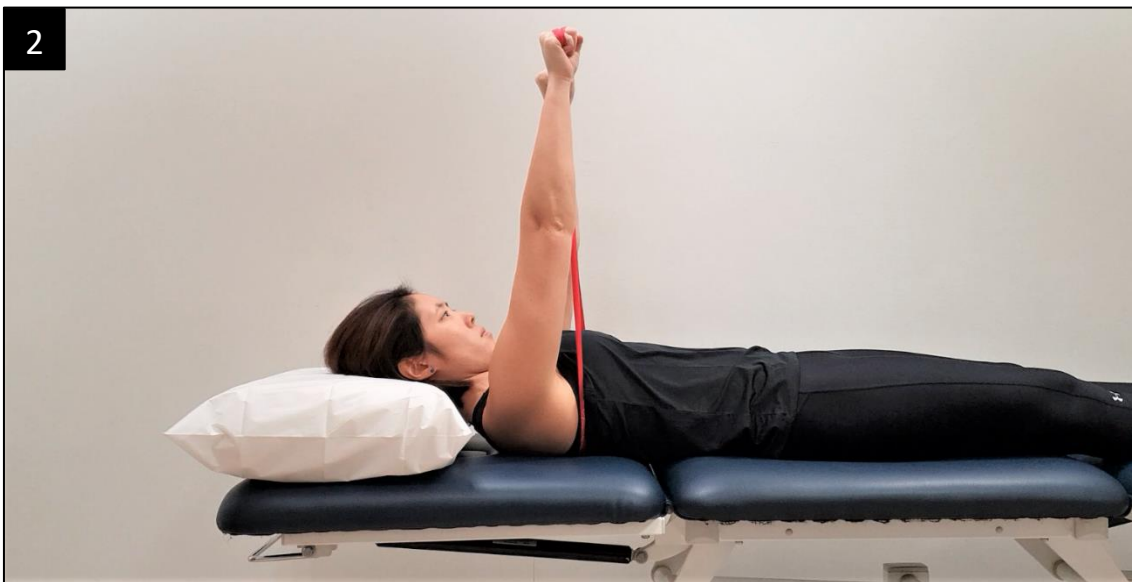
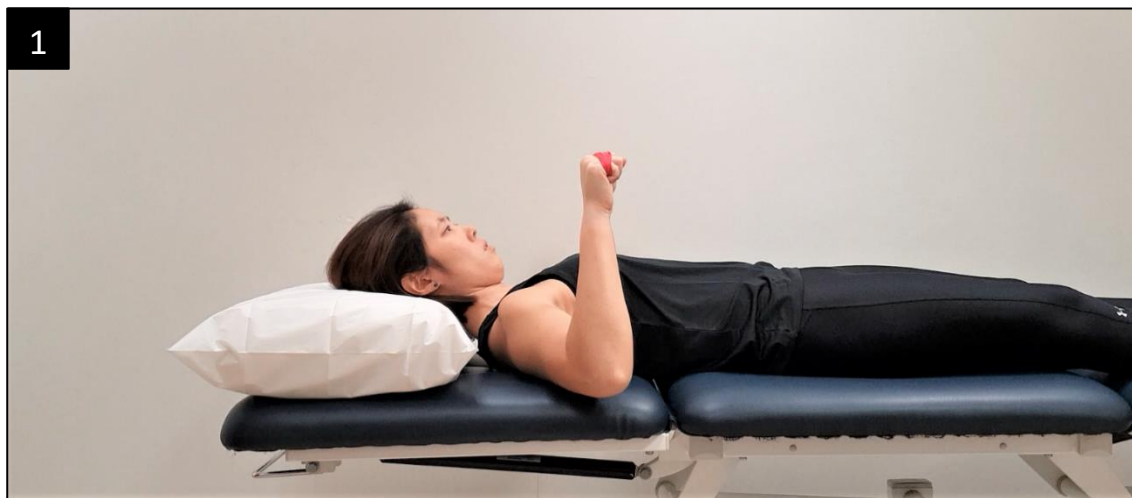
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## 2N. Chest Press – with Resistance Band

Position: Lying

Type: Strengthening

Equipment: Resistance Band



1. Lie flat on your back or slightly propped up.
2. Loop a resistance band behind your upper back and hold onto one end in each hand, ensuring there is slight tension in the band.
3. Position your arms out to the side with elbows bent to a 90-degree angle.
4. Straighten your arms away from your body.  
Note: Avoid locking your elbows in a fully straightened position.
5. Slowly move back to the starting position.

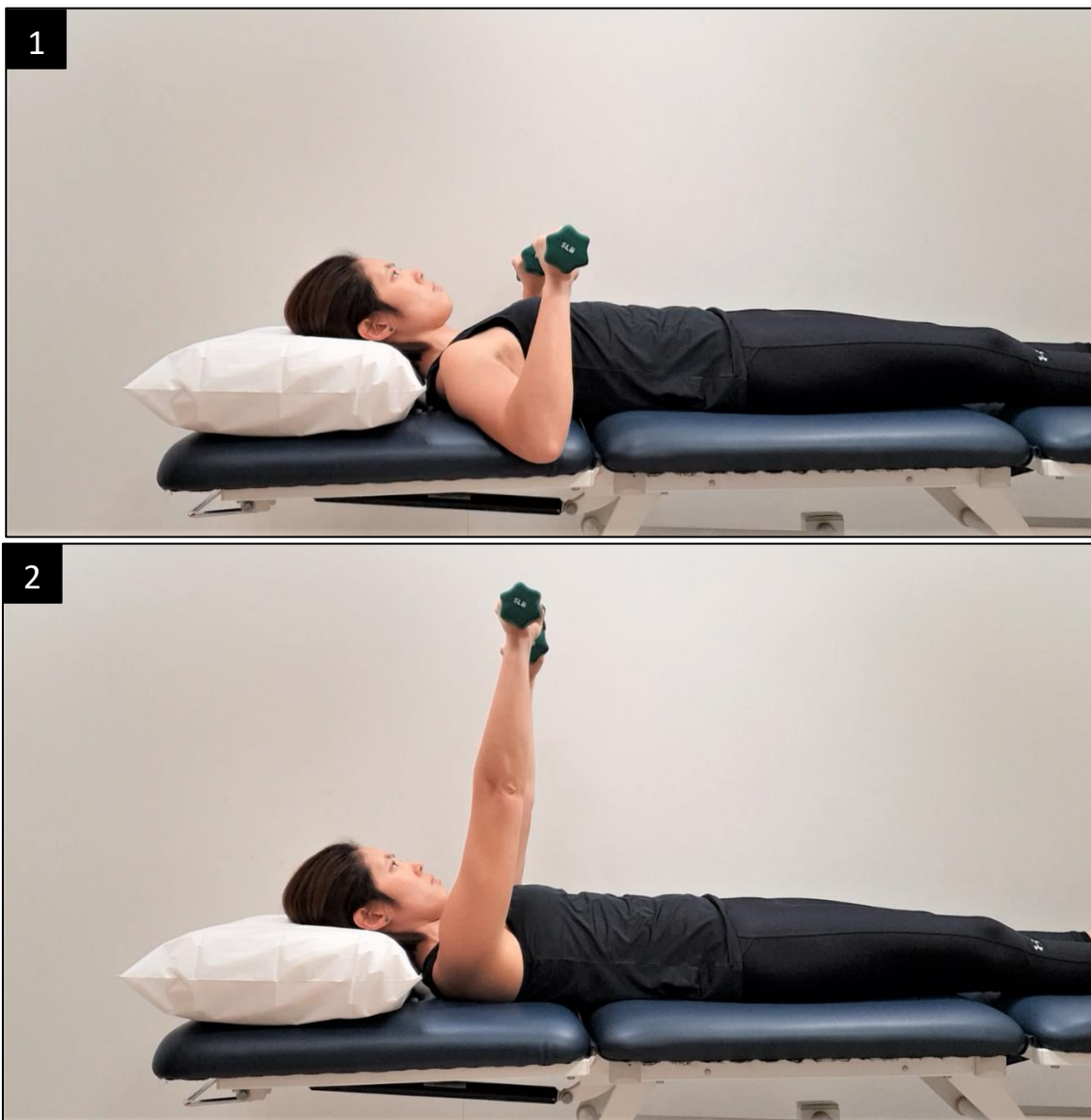
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## 20. Chest Press – with Weights

Position: Lying

Type: Strengthening

Equipment: Weights



1. Hold a weight in each hand.
2. Lie face up with your arms out to the side, elbows bent to a 90-degree angle.
3. Straighten your arms away from your body.  
Note: Avoid locking your elbows in a fully straightened position.
4. Slowly move back to the starting position.

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## 2P. Upright Row – with Resistance Band

Position: Standing

Type: Strengthening

Equipment: Resistance Band



1. Stand on a resistance band with your feet shoulder-width apart.
2. Hold one end of the resistance band in each hand with arms relaxed by your side.  
Ensure the band has slight tension.
3. Pull the band vertically upwards to waist height with palms facing toward you.

Note: Keep your elbows slightly higher than your hands throughout the movement.

4. Slowly move back to the starting position.

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## 2Q. Upright Row – with Weights

Position: Standing

Type: Strengthening

Equipment: Weights



1. Stand with your feet shoulder-width apart.
2. Hold a weight in each hand with arms relaxed by your side and palms facing toward you.
3. Lift the weights vertically upwards to waist height.

Note: Keep your elbows slightly higher than your hands throughout the movement.

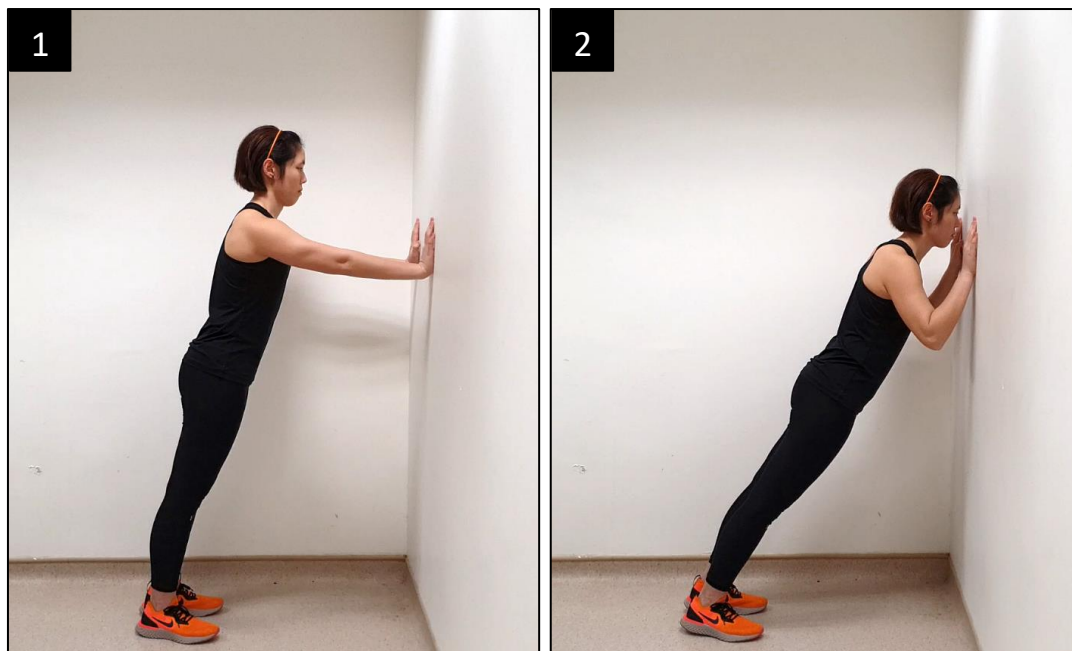
4. Slowly move back to the starting position.

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## 2R. Wall Push-up – Triceps Bias

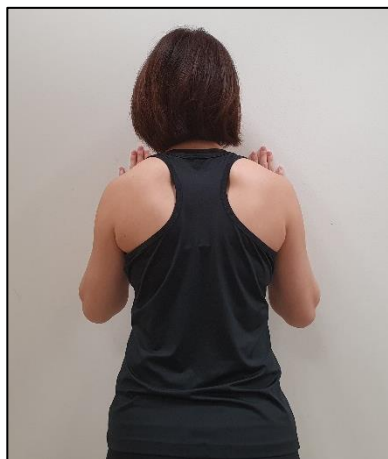
Position: Standing

Type: Strengthening



1. Stand one arm's-length away from a wall, your feet shoulder-width apart.
2. Place both hands on the wall, shoulder-width apart, at shoulder height.
3. Bend your elbows, keeping them close to your sides, while bringing your chest toward the wall.
4. Push against the wall and straighten your elbows to move back to the starting position.

Note: keep your back straight throughout the movement.



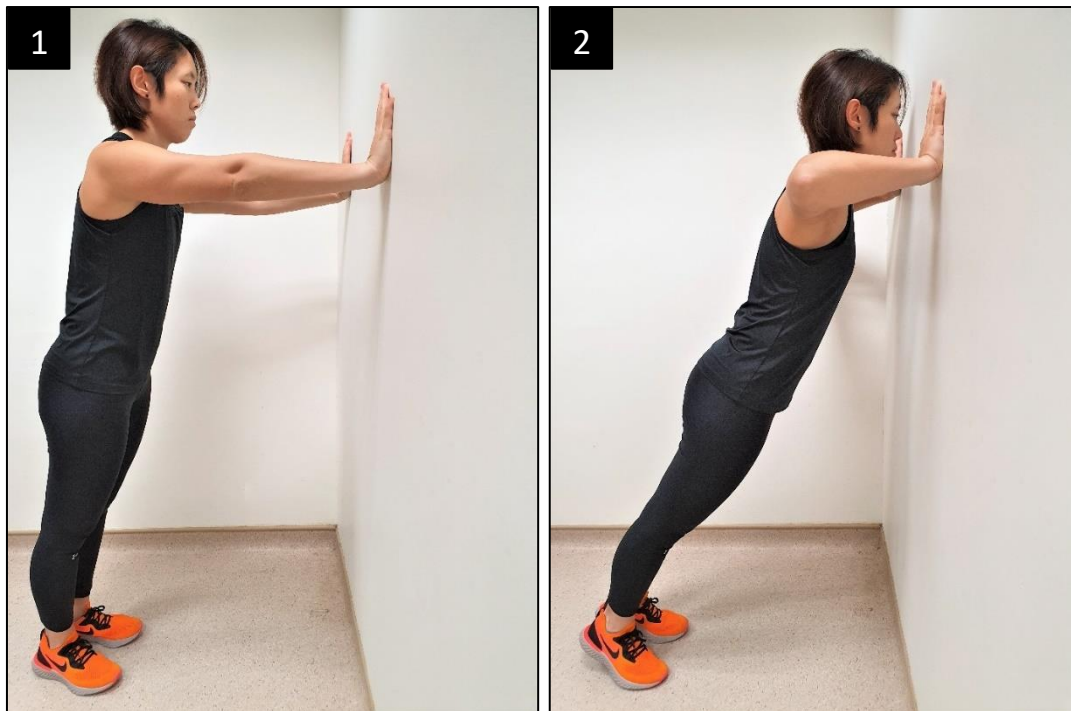
*Back view: Keep elbows close to your sides.*

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## 2S. Wall Push-up – Pectoralis Bias

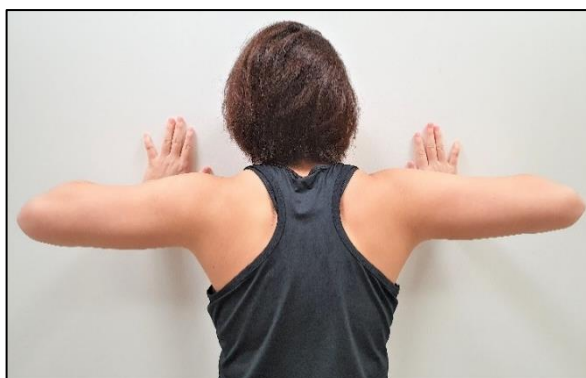
Position: Standing

Type: Strengthening



1. Stand one arm's-length away from a wall, your feet shoulder-width apart.
2. Place both hands on the wall, shoulder-width apart, at shoulder height.
3. Bend your elbows, keeping your arms away from your body, while bringing your chest toward the wall.
4. Push against the wall and straighten your elbows to move back to the starting position.

Note: Keep your back straight throughout the movement.



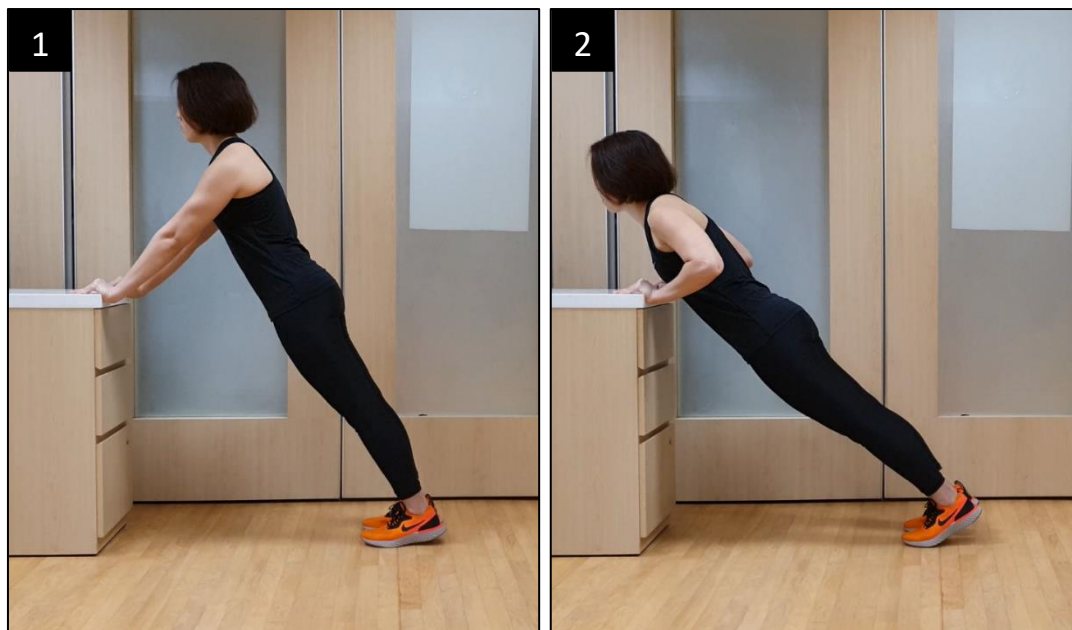
*Back view: Keep arms away from your body.*

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## 2T. Table Push-up – Triceps Bias

Position: Standing

Type: Strengthening



1. Stand facing a table and place both hands on the table edge.
2. Keeping your hands on the table and arms straight, take a few steps backward away from the table such that your body is at a slight incline.
3. Bend your elbows, keeping them close to your sides, while bringing your chest toward the table.
4. Push on the table and straighten your elbows to move back to the starting position.

Note: Keep your back straight throughout the movement.



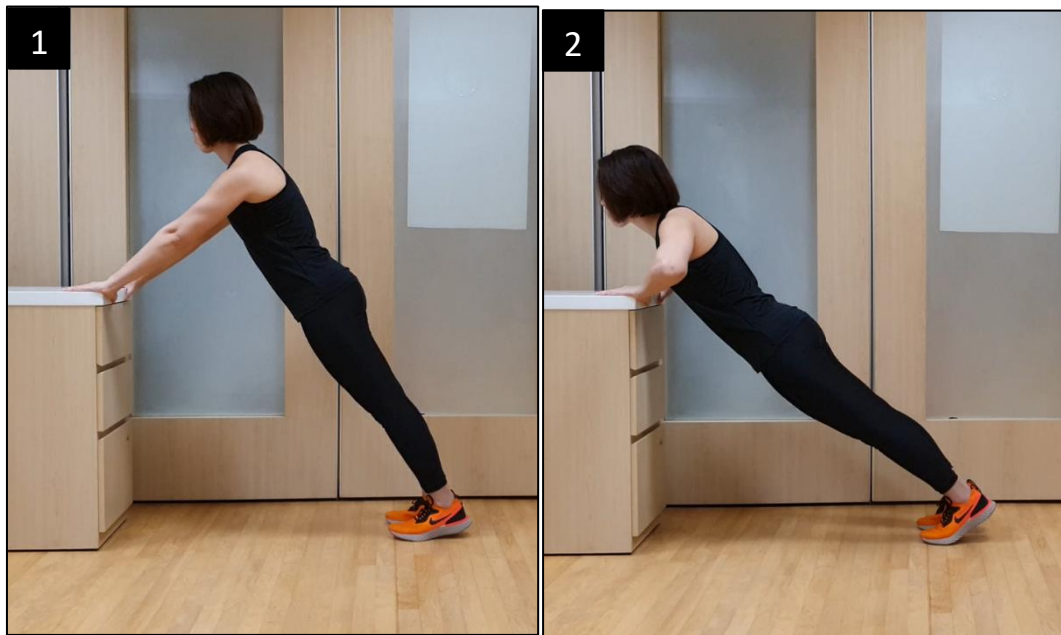
*Back view: Keep elbows close to your sides.*

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## 2U. Table Push-up – Pectoralis Bias

Position: Standing

Type: Strengthening



1. Stand facing a table and place both hands on the table edge.
2. Keeping your hands on the table and arms straight, take a few steps backward away from the table such that your body is at a slight incline.
3. Bend your elbows, keeping them away from your body, while bringing your chest toward the table.
4. Push on the table and straighten your elbows to move back to the starting position.

Note: Keep your back straight throughout the movement.



*Back view: Keep arms away from your body.*

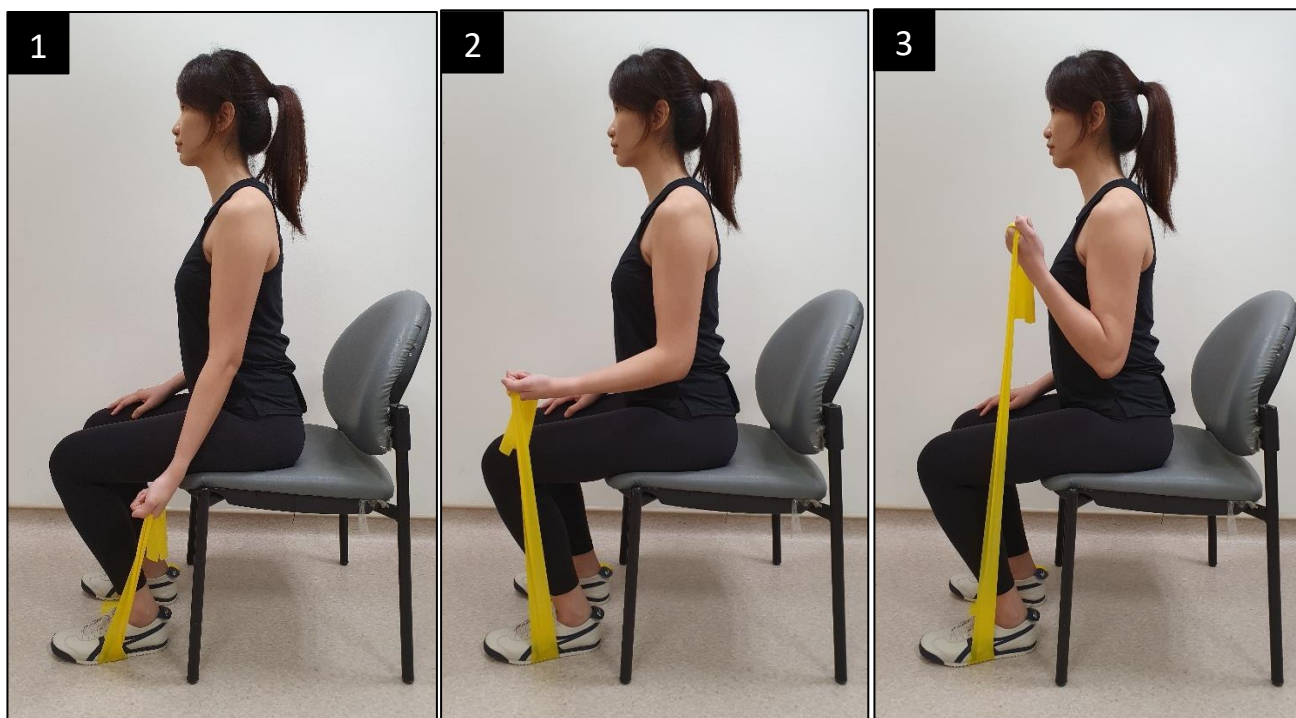
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### 3A. Bicep Curls – with Resistance Band

Position: Sitting / Standing

Type: Strengthening

Equipment: Resistance Band



1. Sit / Stand with your arm by your side.
2. Step on one end of a resistance band and hold the other end in your hand. The resistance band should be in slight tension.
3. Keeping your arm against your body, bend your elbow to pull the resistance band upward slowly.
4. Slowly move back to the starting position.

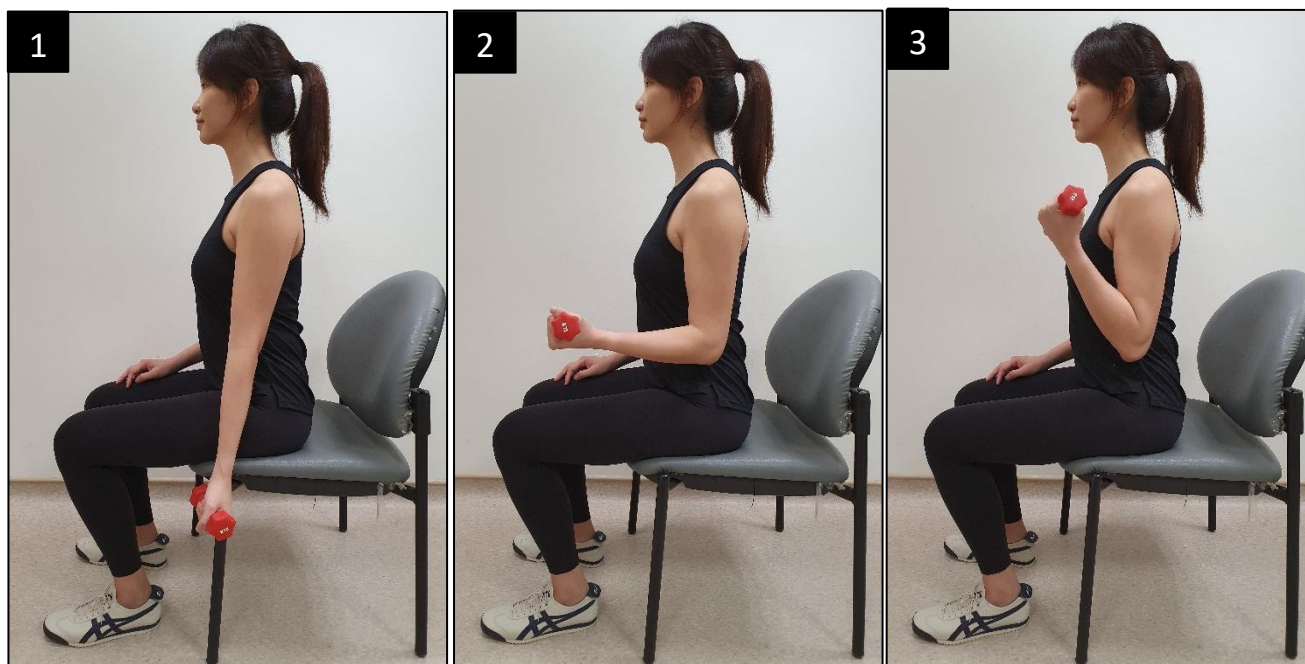
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## 3B. Biceps Curls – with Weights

Position: Sitting / Standing

Type: Strengthening

Equipment: Weights



1. Sit / Stand with your arm by your side.
2. Hold a weight in your hand with your palm facing forwards.
3. Keeping your arm against your body, bend your elbow to lift the weight upward slowly.
4. Slowly move back to the starting position.

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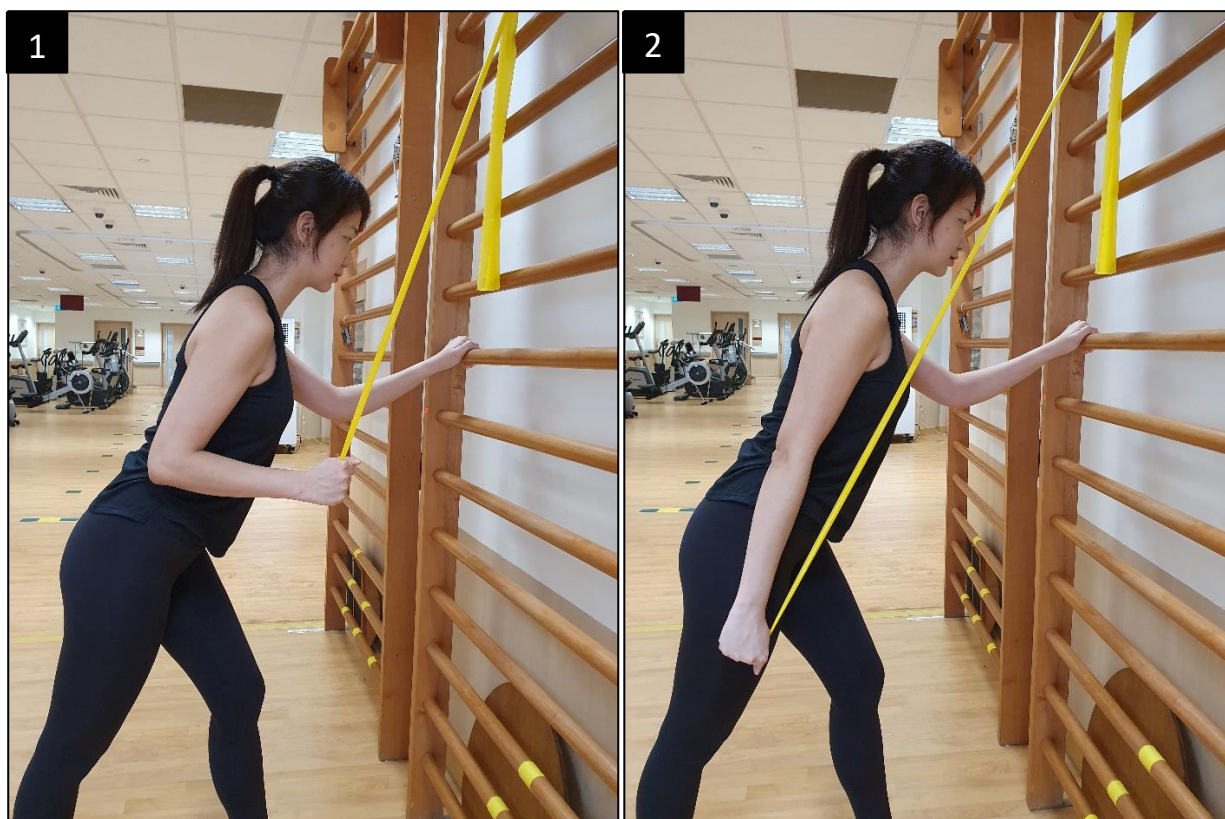


### 3C. Tricep Pull-downs – with Resistance Band

Position: Standing

Type: Strengthening

Equipment: Resistance Band



1. Secure one end of a resistance band to a sturdy anchor point (e.g., metal gate or window grille) located above the level of your head.
2. Stand with your feet shoulder-width apart.
3. With your elbow bent, hold onto the other end of the resistance band. The band should be in slight tension.
4. Keeping your arm close to your body, pull the resistance band downward until your elbow is straight.
5. Slowly move back to the starting position.

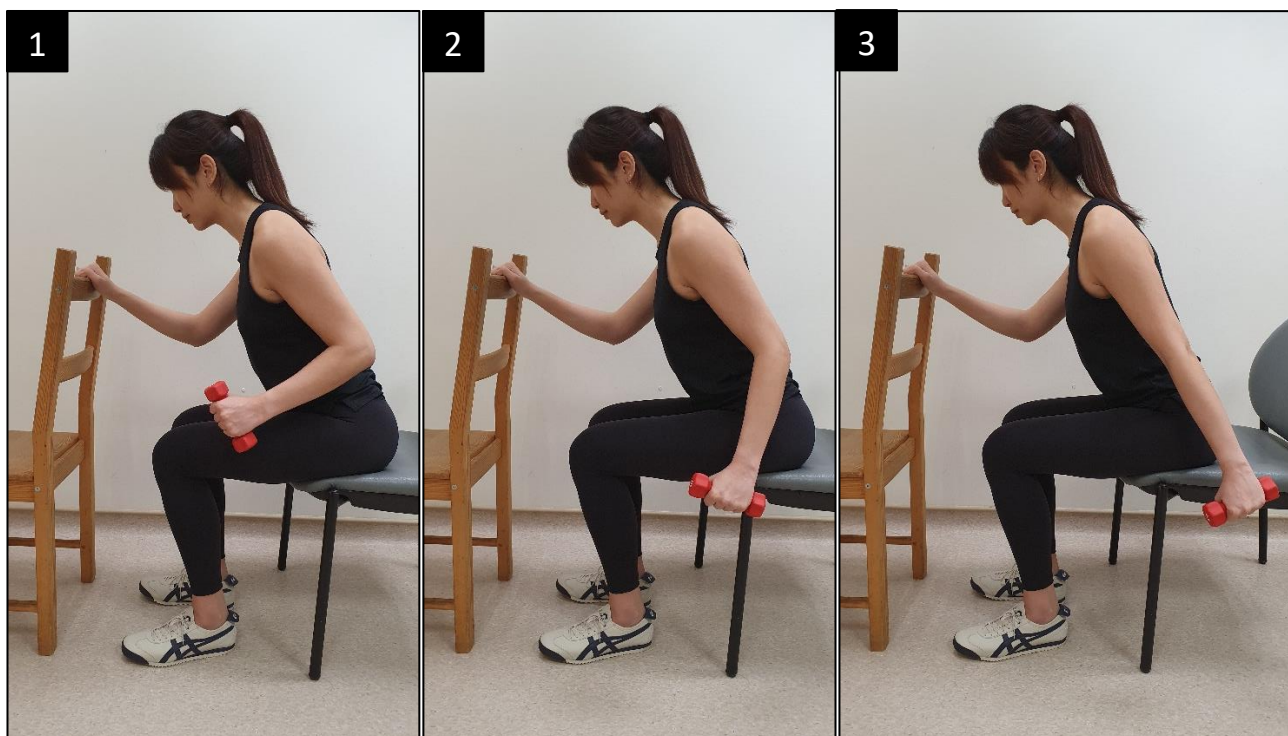
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### 3D. Tricep Curls – with Weights

Position: Sitting / Standing

Type: Strengthening

Equipment: Weights



1. Sit / Stand with your feet shoulder-width apart and your body leaning forward slightly.
2. Hold onto a stable object in front of you (e.g., a chair or table) with your *hand (unaffected side)*.
3. Hold a weight in your hand (*affected side*) with your elbow bent to a 90-degree angle and your arm close to your body.
4. Straighten your elbow to bring the weight backward.
5. Slowly move back to the starting position.

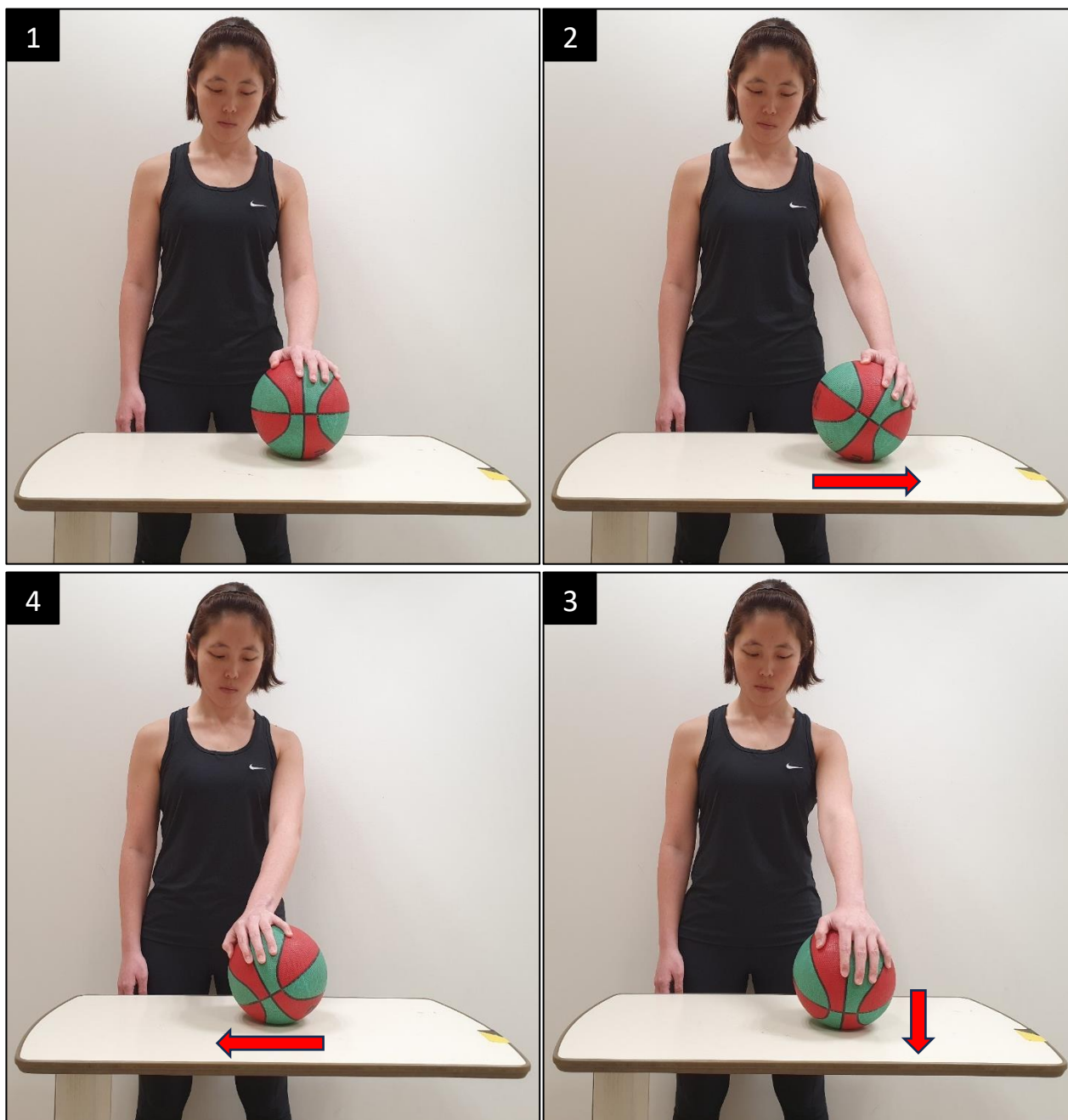
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## 4A. Ball on Table – Circles

Position: Standing

Type: Weight-bearing and Joint Position Sense

Equipment: Ball



1. Hold a ball on a table surface in front of you.
2. Lean slightly forward to apply some pressure on the ball.
3. Progression: While keeping this pressure, gradually roll the ball in a forward and backward direction, in a side-to-side direction, then in all directions.

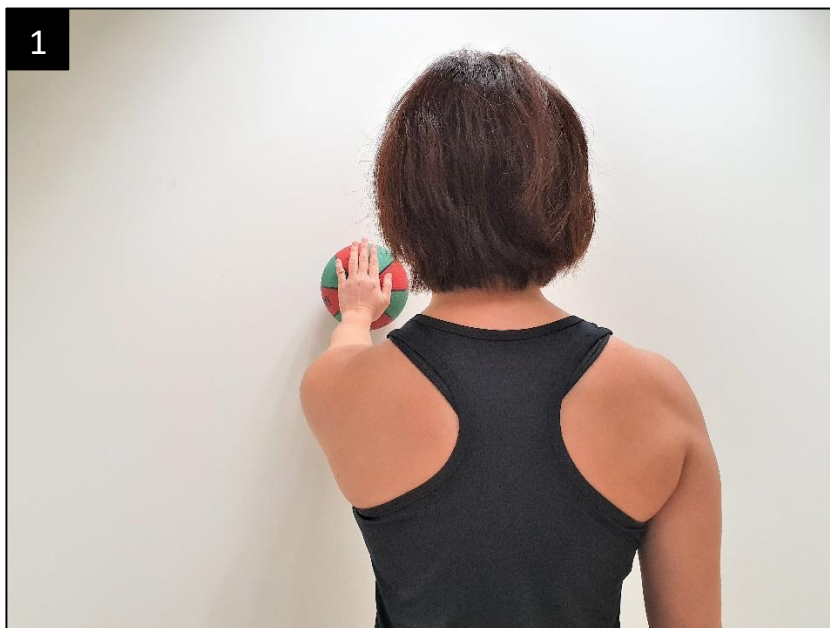
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## 4B. Ball on Wall – Circles

Position: Standing

Type: Weight-bearing and Joint Position Sense

Equipment: Ball



1. Hold a ball against a wall at shoulder height, with your arm straight.
2. Lean slightly forward to apply some pressure on the ball.



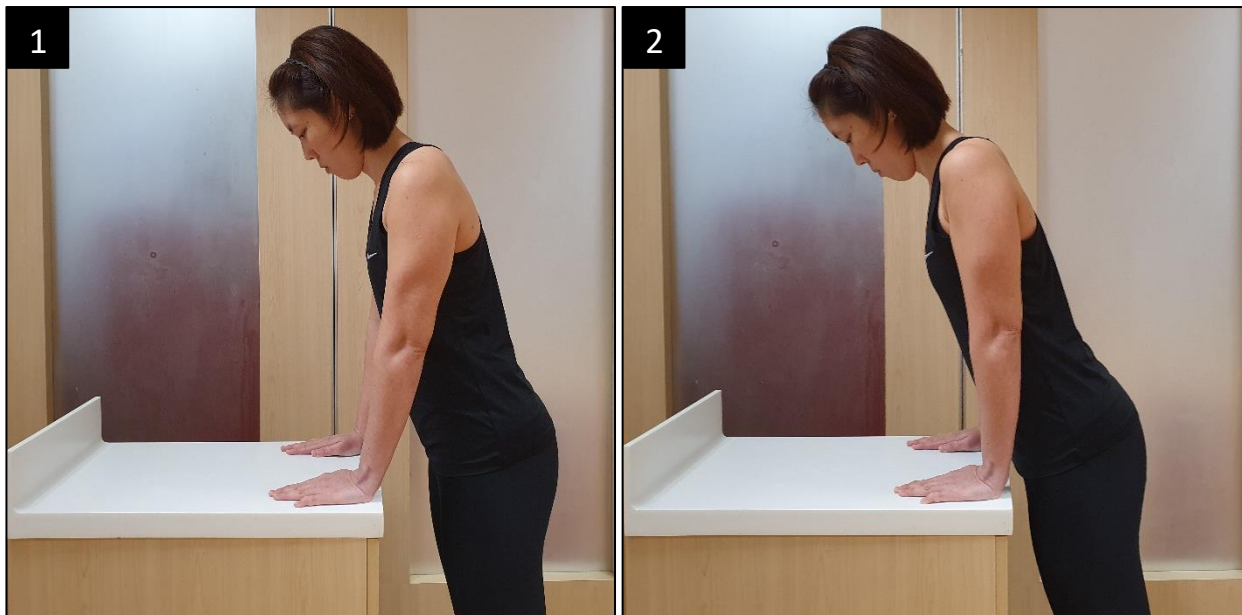
3. Progression: While keeping this pressure, gradually roll the ball up and down the wall, in a side-to-side motion, then in all directions.

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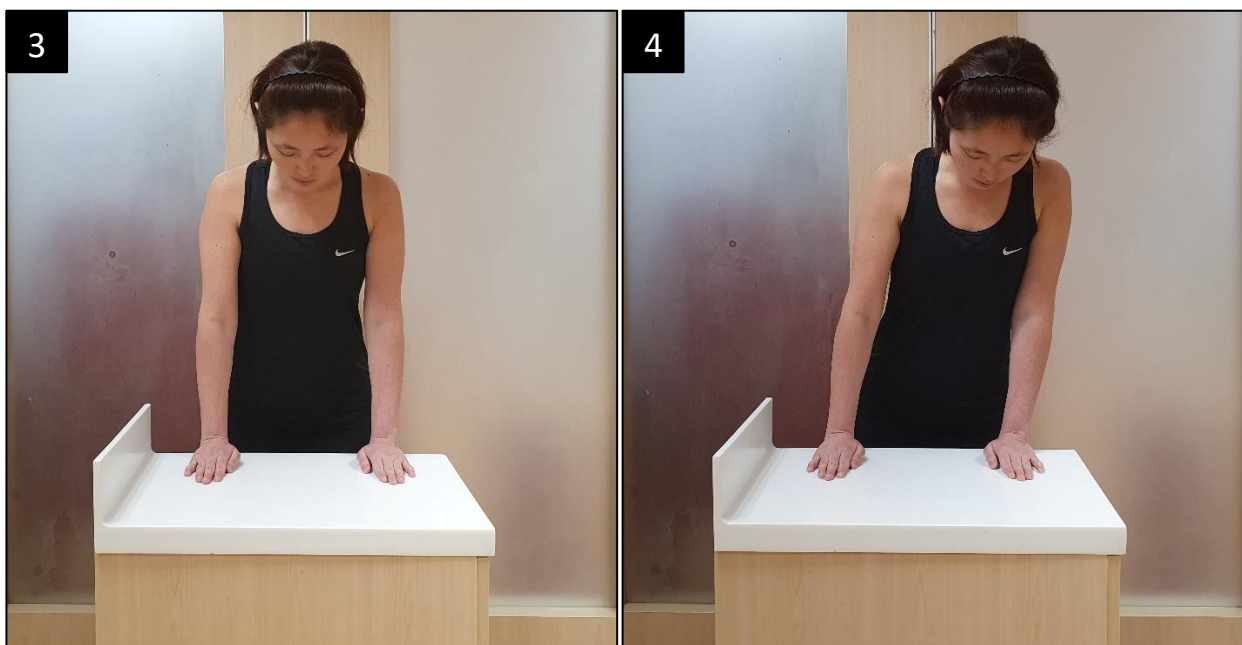
## 4C. Upper Limb Weight-bearing and Weight-shifting on Table

Position: Standing

Type: Weight-bearing and Joint Position Sense



1. Place both hands on a table surface.
2. Slowly increase the weight through your affected arm by leaning forward towards the direction of the table, bringing your shoulders in line with your hands.



3. Progression: While keeping this pressure, you may lean further forward such that your shoulders go beyond your hands. You may also move in a side-to-side direction.

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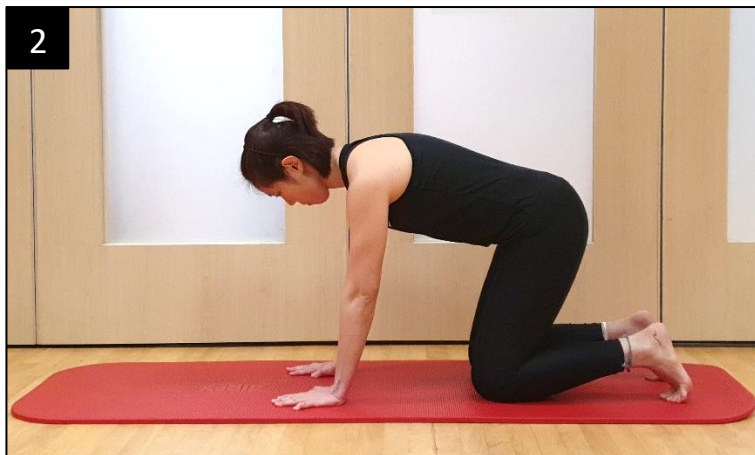
## 4D. Upper Limb Weight-bearing and Weight-shifting on Floor – 4-point Kneel

Position: 4-point Kneel

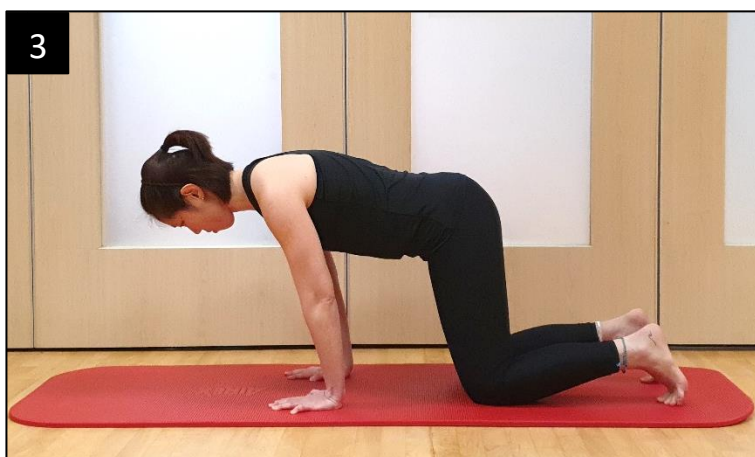
Type: Weight-bearing and Joint Position Sense



1. Kneel on the floor and place your hands on the floor slightly in front of you.



2. Slowly increase the weight through your affected arm by shifting your body forward to bring your shoulders in line with your hands.



3. Progression: While keeping this pressure, you may lean further forward such that your shoulders go beyond your hands. You may also move in a side-to-side direction.

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## 4E. Upper Limb Weight-bearing and Weight-shifting on Floor – 3-point Kneel (One Arm Lifted)

Position: 3-point Kneel (One Arm Lifted)

Type: Weight-bearing and Joint Position Sense



1. Kneel on the floor and place your hands on the floor slightly in front of you.
2. Lift one hand (*unaffected side*) off the ground and place it behind your back.
3. Slowly increase the weight-bearing through your affected arm by shifting your weight forward to bring your shoulder in line with your hand.
4. Progression: While keeping this pressure, you may lean further forward such that your shoulders go beyond your hands. You may also move in a side-to-side direction.

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## 4E. Upper Limb Weight-bearing and Weight-shifting on Floor – 3-point Kneel (One Leg Lifted)

Position: 3-point Kneel (One Leg Lifted)

Type: Weight-bearing and Joint Position Sense



1. Kneel on the floor and place your hands on the floor slightly in front of you.



2. Lift one leg off the ground and straighten it behind you.



3. Slowly increase the weight-bearing through your affected arm by shifting your weight forward to bring your shoulder in line with your hand.
4. Progression: While keeping this pressure, you may lean further forward such that your shoulders go beyond your hands. You may also move in a side-to-side direction.

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## 4F. Upper Limb Weight-bearing and Weight-shifting on Floor – 2-point Kneel

Position: 2-point Kneel

Type: Weight-bearing and Joint Position Sense



1. Kneel on the floor and place your hand (*affected side*) on the floor slightly in front of you.



2. Slowly lift your leg (*affected side*) and straighten it behind you. Straighten your other arm (*unaffected side*) in front of you.



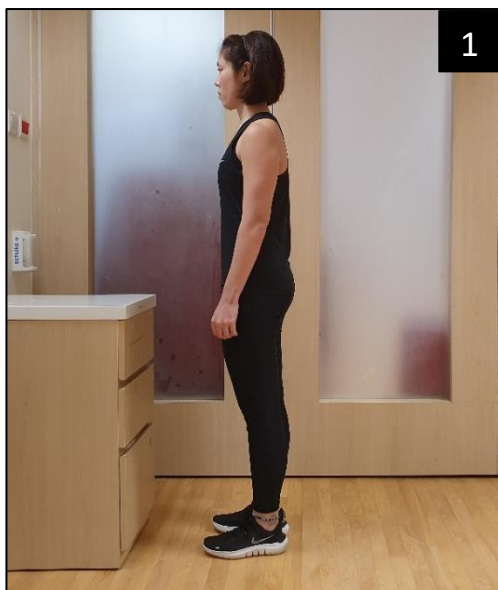
3. Progression: While keeping this pressure, you may lean further forward such that your shoulders go beyond your hands. You may also move in a side-to-side direction.

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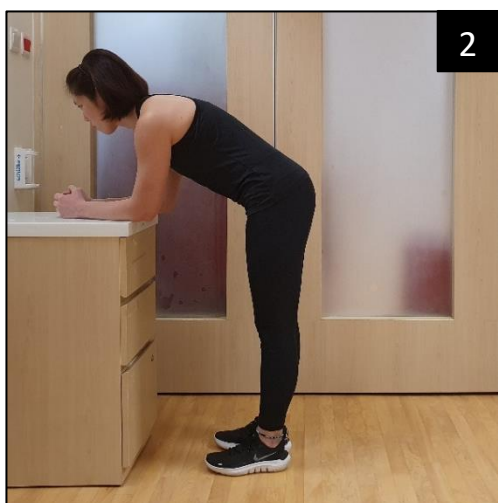
## 4G. Plank – Front (on Table)

Position: Standing

Type: Weight-bearing and Joint Position Sense



1. Stand about one foot-length away from a table.



2. Place your forearms on the table, shoulder-width apart, with elbows in line with your shoulders.



3. Move your feet away from the table until your body forms a straight line from your neck to your feet.
4. Tighten your abdominal muscles and maintain this position.
5. Hold this position for the duration of time prescribed by your therapist, then slowly move back to the starting position.

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## 4H. Plank – Front (on Floor)

Position: Kneel

Type: Weight-bearing and Joint Position Sense



1. Lie on your front with your forearms on the ground and elbows in line with your shoulders.



2. Lift your hips off the ground until your body forms a straight line from your neck to your feet.
3. Tighten your abdominal muscles to hold this position for the duration of time prescribed by your therapist, then slowly move back to the starting position.

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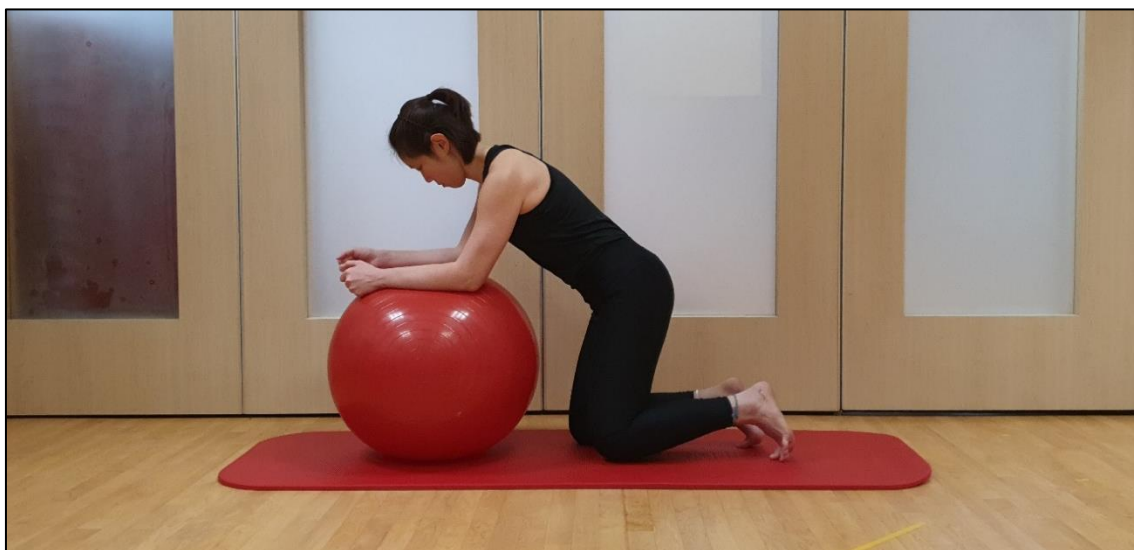
## 4I. Plank – Front (on Gym Ball)

Position: Kneel

Type: Weight-bearing and Joint Position Sense



1. Kneeling on the floor, place your forearms on a gym ball, shoulder-width apart with elbows in line with your shoulders.



2. Move your feet away from the gym ball until your body forms a straight line from your neck to your feet. Keep your feet hip-width apart.
3. Tighten your abdominal muscles to hold this position for the duration of time prescribed by your therapist, then slowly move back to the starting position.

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