

DISPLAY 26-9

Shoulder Girdle Conditioning Program (Continued)

Military press



• Front deltoid raise (through full range of motion)

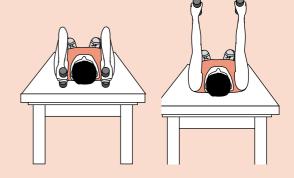


Wall arm lift sagittal plane





Triceps extension



Hall & Brody: Therapeutic Exercise: Moving Toward Function, 2nd Edition © 2005, Lippincott Williams and Wilkins