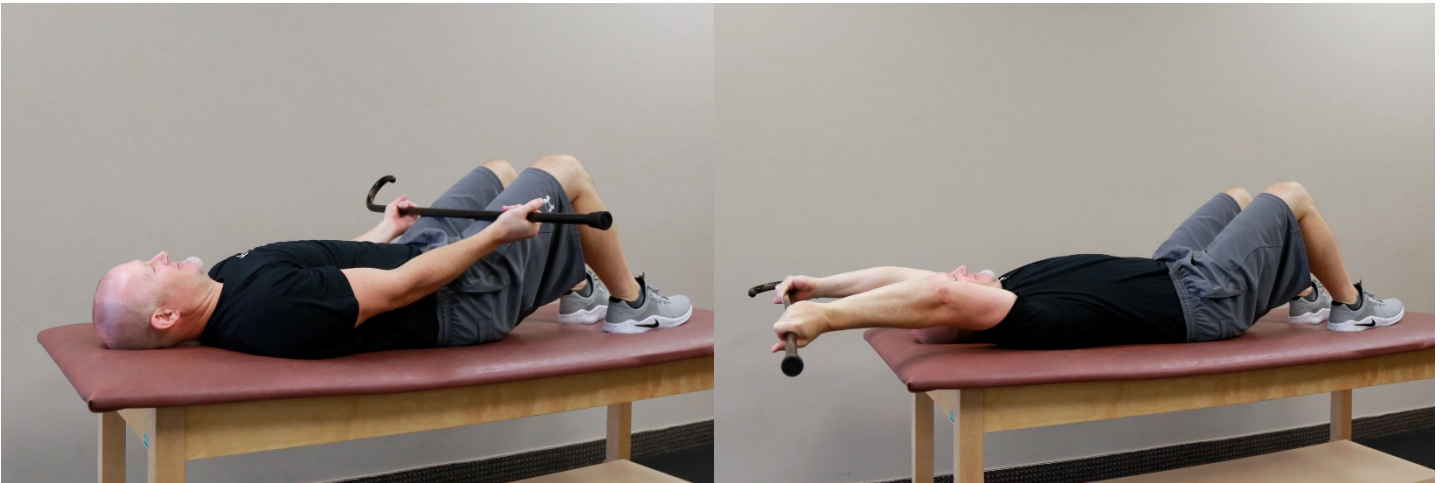


# UPSWING HEALTH

## Shoulder Contusion

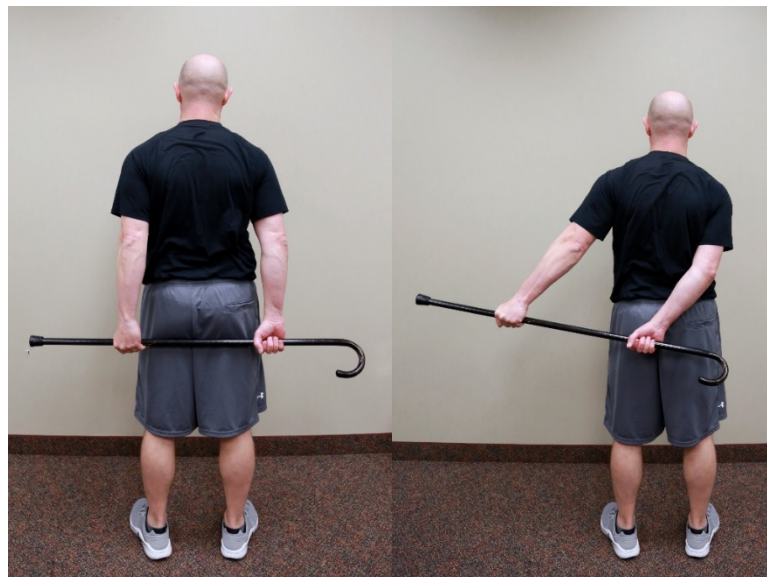
### Cane Flexion

With your palms up, lift a dowel directly overhead, assisted by the uninvolved side. Reach back until you feel a stretch and hold for 5 seconds. Repeat 10 times.



### Cane Internal Rotation

Stand with the cane/dowel held behind your back, palms facing backwards. Gently pull the cane/dowel with your uninvolved hand to move your involved hand across and up your back. Hold for 5 seconds. Return and repeat 10 times.



Discontinue exercises and consult with a medical professional if any discomfort is experienced.

# UPSWING HEALTH

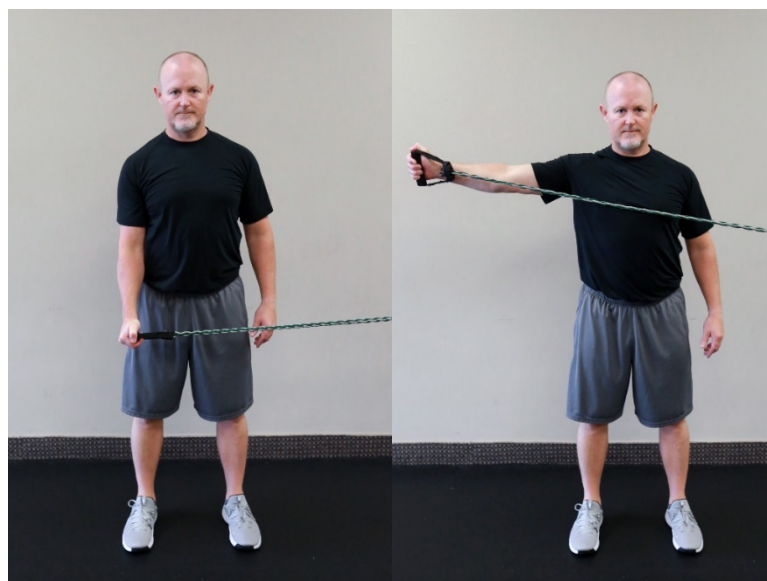
## Bent Over Rows

Stand, slightly bent over with a strong, flat-back position with your uninvolvement hand supported on either a chair, table or bench. Hold a comfortable weight in your involved hand. Squeeze your shoulder blade toward your spine as you raise your elbow up and back. Perform 2-3 sets of 10 repetitions, once a day.



## Abduction

Secure a resistance band at hand level. Start with your involved arm across your body (by opposite hip) and pull the arm away from your side, keeping your elbow straight. Do not raise your arm above shoulder height. Return to starting position. Perform 2-3 sets of 10 repetitions, once a day.



# UPSWING HEALTH

## Adduction

Secure resistance band at hand level. Squeeze your shoulders back and down, then pull your involved arm towards your body while keeping your elbow straight. Return to the starting position. Perform 2-3 sets of 10 repetitions, once a day.



## Internal Rotation

Stand sideways with a resistance band secured at elbow height. Have your elbow bent at a right angle and keep it close to your side, as pictured. You may secure a towel under your elbow to keep it in place. Rotate your forearm inward across your body, bringing your hand to your stomach. Keep your shoulder blade squeezed. Return to starting position. Perform 2-3 sets of 10 repetitions, once a day.



# UPSWING HEALTH

## External Rotation

Stand sideways with a resistance band secured at elbow height. Have your elbow bent at a right angle and keep it close to your side, as pictured. You may secure a towel under your elbow to keep it in place. Rotate your forearm outward and away from your body. Keep your shoulder blade squeezed. Return to starting position. Perform 2-3 sets of 10 repetitions, once a day.

