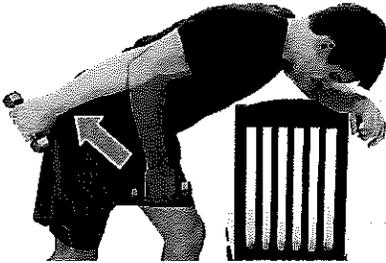


BENT OVER TRICEPS - TRICEP KICKBACKS

While standing, bend over and support your self with your uninjured arm. With your affected arm and elbow at your side, extend your elbow as you straighten your arm as shown.



Repeat 8 Times
Hold 1 Second
Complete 2 Sets
Perform 3 Time(s) a Week

Video ID: VVX9J4Y4J

Keep your elbow at your side then entire time.

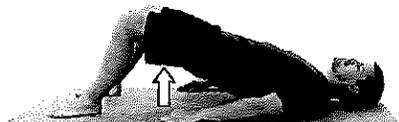
**Scapular Retraction**

Wrap an elastic band around a door knob or banister. Grab the ends of the band with both hands with your arms extended. With good posture, pull the band backwards and squeeze your shoulder blades together for 3 seconds. Make sure your elbows stay close to your body.

Repeat 8 Times
Hold 1 Second
Complete 2 Sets
Perform 3 Time(s) a Week

BRIDGING

While lying on your back with knees bent, tighten your lower abdominals, squeeze your buttocks and then raise your buttocks off the floor/bed as creating a "Bridge" with your body. Hold and then lower yourself and repeat.



Repeat 8 Times
Hold 5 Seconds
Complete 2 Sets
Perform 3 Time(s) a Week

Video ID: VVTJZ7GYR

**FREE WEIGHT - CHEST PRESS**

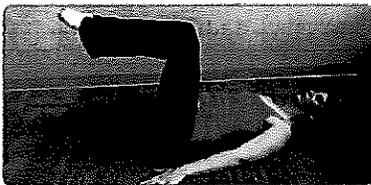
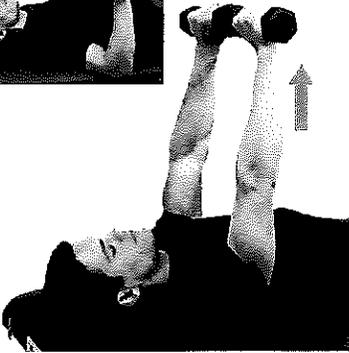
Lie on your back with your elbows bent. Next, slowly raise up your arms towards the ceiling while extending your elbows straight up above your head. Video # VVRT8482L

Repeat 8 Times

Hold 1 Second

Complete 2 Sets

Perform 3 Times a Week

**Table top toe taps**

Lay on your back with a neutral spine. One at a time, draw your legs up into table top, keeping spine stable and head, neck and shoulders relaxed, ribs drawing down toward your pelvis. Reach one foot out to tap the ground, then return it to table top. Repeat on the other side. Only the legs move here, core stays perfectly still.

Repeat 8 Times

Hold 3 Seconds

Complete 2 Sets

Perform 3 Times a Week

**STRAIGHT LEG RAISE - SLR**

While lying on your back, raise up your leg with a straight knee. Keep the opposite knee bent with the foot planted on the ground. Video # VVBVU5P69

Repeat 8 Times

Hold 5 Seconds

Complete 2 Sets

Perform 3 Times a Week

