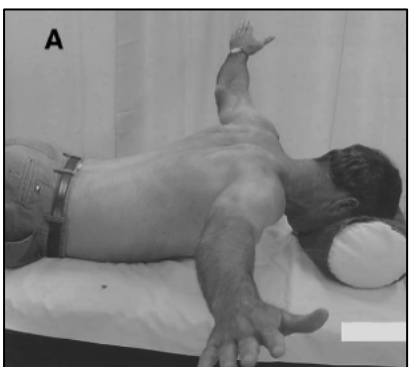


Blackburn Exercises

Perform 3 sets of 20 repetitions of each exercise 3 times per day

As strength and endurance increase, can add small 1.2 lb weights to hands

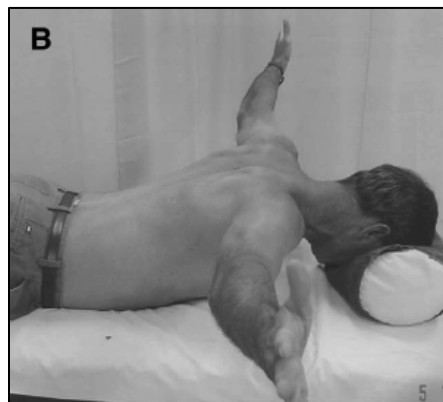


A: Prone Horizontal Abduction (Neutral)

- Lie on the table, face down, with arms hanging straight down to the floor and palms facing down
- Raise arms out to the side, parallel to the floor
- Hold for 2 seconds and lower slowly

B: Prone Horizontal Abduction (Full ER)

- Lie on the table, face down, with arms hanging straight to the floor, and thumbs rotated up (hitch-hiker position)
- Raise arms out to the side with slightly in front of shoulder, parallel to the floor
- Hold for 2 seconds and lower slowly



C: Prone Horizontal Scaption (Neutral)

- Lie on the table, face down, with arms hanging straight down to the floor and palms facing down
- Raise your arms to the side but slightly forward by about 30° compared to horizontal abduction
- Hold for 2 seconds and lower slowly



D: Prone Horizontal Scaption (Full ER)

- Lie on the table, face down, with arms hanging straight to the floor, and thumbs rotated up (hitch-hiker position)
- Raise your arms to the side but slightly forward by about 30° compared to horizontal abduction
- Hold for 2 seconds and lower slowly

E: Prone Horizontal External Rotation

- Lie on the table, face down, with arms abducted horizontal to side and elbows bent 90° pointing down
- Rotate arms externally so that forearms come parallel to ground point forward
- Hold for 2 seconds and lower slowly



F: Prone Horizontal Extension

- Lie on the table, face down, with arms hanging straight down to the floor and palms facing forward.
- Raise your arms to the horizontal parallel the thorax.
- Hold for 2 seconds and lower slowly