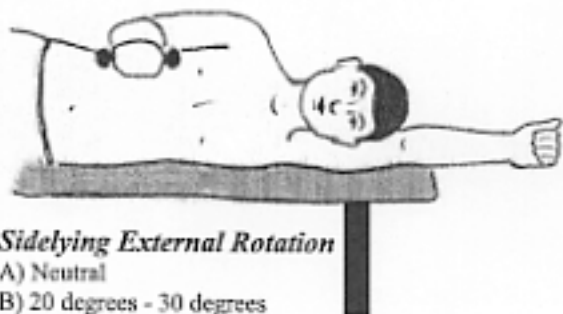
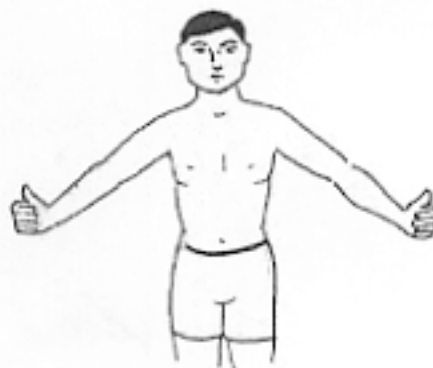


T.T.'s Modified Super 8



Sidelying External Rotation

- A) Neutral
- B) 20 degrees - 30 degrees

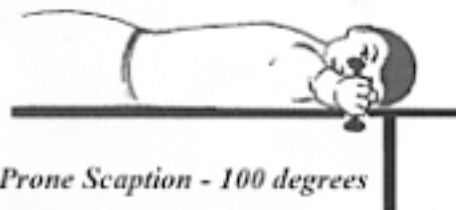


Standing Scaption thumb-up

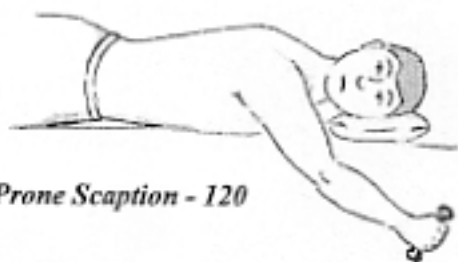
- A) 90 degrees
- B) 120 degrees



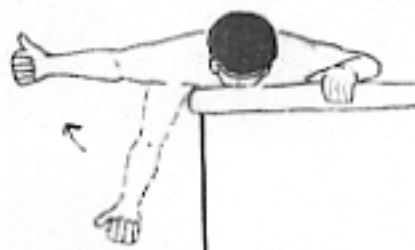
Prone Extension



Prone Scaption - 100 degrees



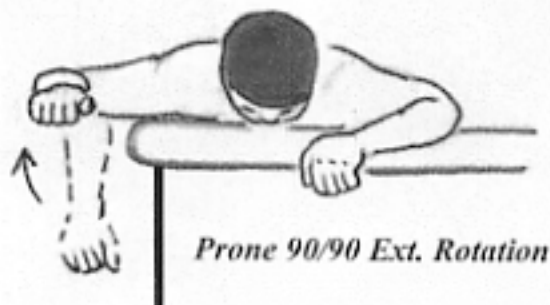
Prone Scaption - 120



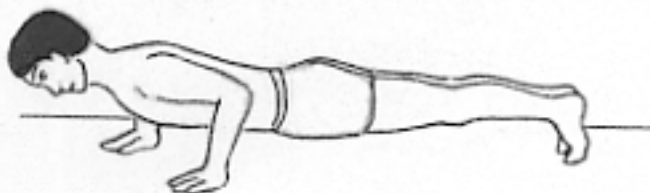
Prone Horizontal Abduction with Rotation

- A) Short Arc - No retraction
- B) With scapula retraction

T.T.'s Modified Super 8



Prone 90/90 Ext. Rotation



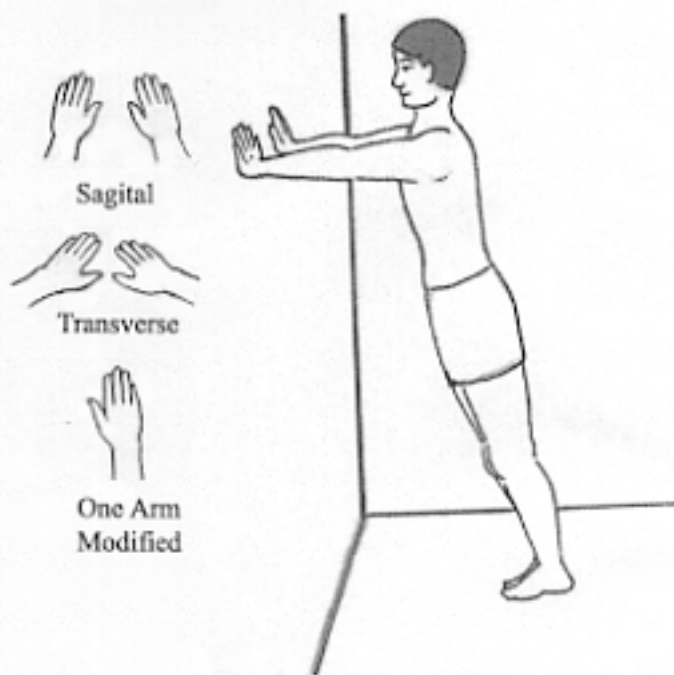
Floor Push-Ups

Wall Push-up

- A) Sagittal Plane - Fingers pointing up
- B) Transverse Plane - Fingers pointing in toward each other
- C) Modified Frontal Plane - 1 arm- hand/fingers pointing at 45 degrees



Chair Dips (Press-Ups)
Use chair arms, not seat



530-315 3208