WAR EAGLE SPORTS MEDICINE

REHAB PLAN

Name: __BASIC SHOULDER_____

Date Assigned	Exercise	Rep x Set	WT
	Wall Walks (Slow and steady)	5x	
	Banded Internal Rotation	3x10	3lb
	Banded External Rotation	3x10	3lb
	Banded Shoulder Flexion	3x10	3lb
	TYI's	4x8	Body Weight
	Pendulum Swings	4x30sec	1lb
	Bike	15min	
	Ice/Game Ready	15min	