



Masula Chiropractic
 30 Philadelphia Drive # A
 Chico, CA 95973
 530-342-6441

Client :
 Client ID :
 Date : Thursday, March 12, 2026



Shoulder Horizontal Adduction

Place tubing at shoulder height.
 Sitting (or standing), hold tubing out to one side with thumb pointing up.
 Pull tubing in toward midline keeping elbow straight and arm at shoulder level.
 Slowly return to starting position.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60sec
4 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Bilat. Shoulder Horiz. Abd. Standing

Standing in readiness position holding tubing straight out in front of chest.
 Pull tubing, bringing arms straight out sideways, squeezing through the mid back.
 Avoid shrugging shoulders and keep shoulder blades squeezed down and back throughout the motion.
 Slowly return to starting position.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60sec
4 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Lateral Raise / Shoulder Abduction

Standing in readiness position.
 Step on tubing and hold tubing down at side keeping elbow slightly bent.
 Raise arm up and away from side toward shoulder level.
 Avoid shrugging shoulder.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60sec
4 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Shoulder Retraction

Sitting or standing in readiness position.
 Hold tubing out in front at chest level keeping elbows straight and palms facing down.
 Pull tubing straight back by squeezing through the mid back and shoulder blades.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60sec
4 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Post Deltoid Row

Sitting, holding tubing in front of body at shoulder height.
 Pull tubing bringing elbows back, keeping arms level with the shoulders.
 Sit tall and avoid shrugging the shoulders.
 Keep mid back tight while returning to start position.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60sec
4 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Rotator Cuff Internal Rotation

Standing or sitting in readiness position.
 Attach tubing at elbow level from same side of body.
 Hold tubing out away from body, keeping elbow bent to 90° and tight to the side.
 Pull tubing in toward stomach keeping elbow against side.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60sec
4 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



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Rotator Cuff External Rotation

Standing or sitting in readiness position.
Attach tubing at elbow level from opposite side of body.
Hold tubing against stomach keeping elbow bent to 90° and tight to side of body.
Pull tubing out away from body keeping elbow tight to side.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60sec
4 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31