Shipshewana Clinic 660 S. Van Buren St. 260-768-4333



Millersburg Clinic 501 E Washington St. 574-642-0233

3 Exercises to Stabilize the shoulder

(3 .bs. or less)



30° forward plane / lift to 90° (thumb down)

<u>Supraspinatus</u>



Dumbbell Military Press

<u>Subscapularis</u>



Reverse Fly

Infraspinatus