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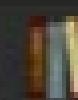
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web perform phase i exercises with 5 to 10 pound weights add shoulder shrugs and push ups progressing from the wall to the floor thera band shoulder seated row medium

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web length of program this shoulder conditioning program should be continued for 4 to 6 weeks unless otherwise specified by your doctor or physical therapist after your recovery these exercises can be continued as a maintenance program for lifelong protection and health of your shoulders performing the exercises two to three days a week will

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web rotator cuff and shoulder rehabilitation exercises to ensure that this program is safe and effective for you it should be performed under your doctor's supervision talk to your doctor or physical therapist about which exercises will

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literature provides little information on the exercise parameters of such programs

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