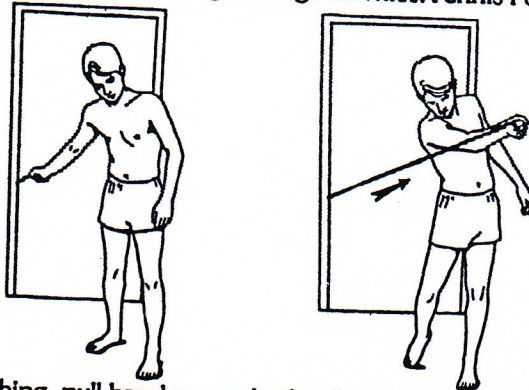


### SHOULDER - 53

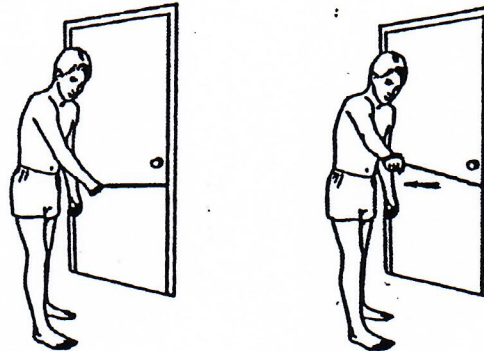
Functional Pattern Strengthening Activities: Tennis Forehand



Using tubing, pull hand across body while pushing out with arm. This motion is identical to tennis forehand. Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sessions per day.

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### SHOULDER - 54 Functional Pattern Strengthening Activities: Backhand



With feet perpendicular to tubing and arm across body toward tubing attachment, pull across body.

Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sessions per day. Copyright VHI 1990

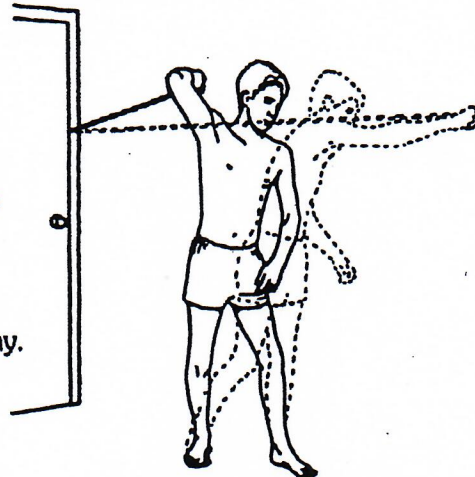
### SHOULDER - 55

Functional Pattern Strengthening Activities: Serving/Throwing

With tubing behind, pull across body as though serving in tennis or throwing a ball.

Repeat \_\_\_\_\_ times.

Do \_\_\_\_\_ sessions per day.



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