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| **Exercise (arm)** | **Description of movement** | **Diagram (arrows point direction of applied force)** |
| Empty can (R/L) | Participant sat in erect posture with no back support. Shoulder abducted 90° with elbow extended and internal humeral rotation; arm abducted as resistance applied at wrist. | Macintosh HD:Users:MMC1:Pictures:iPhoto Library:Masters:2015:04:20:20150420-165051:IMG_0127_2.jpg |
| Flexion 125**°** (R/L) | Participant sat in erect posture with no back support. Shoulder flexed at 125°. Shoulder flexed as resistance applied above the elbow and at the inferior angle of the scapula to de-rotate scapula. | Macintosh HD:Users:MMC1:Pictures:iPhoto Library:Masters:2015:04:20:20150420-165051:IMG_0143_2.JPG |
| Internal rotation 90**°** (R/L) | Participant sat in erect posture with no back support. Shoulder abducted 90° in plane of scapula with elbow flexed 90° and neutral humeral rotation. Arm internally rotated as resistance applied to wrist. | Macintosh HD:Users:MMC1:Pictures:iPhoto Library:Masters:2015:04:20:20150420-165051:IMG_0137_2.JPG |
| Shoulder extension (R/L) | Participant sat in erect posture with no back support. Shoulder abducted 30°, elbow fully extended. Shoulder extended as resistance applied at wrist. | Macintosh HD:Users:MMC1:Downloads:IMG_0180.JPG |
| Palm press | Participant sat in erect posture with no back support. Shoulders bilaterally flexed 90° with heel of hands together, elbows flexed 20°, and arms horizontally adducting. | Macintosh HD:Users:MMC1:Pictures:iPhoto Library:Masters:2015:04:20:20150420-165051:IMG_0150_2.JPG |
| Elbow flexion (R) | Participants sat in erect posture with no back support. Right elbow flexed 90° and right forearm supinated such that the right palm was parallel to the ceiling. Elbow flexed as resistance applied at palm towards floor. | Macintosh HD:Users:MMC1:Pictures:iPhoto Library:Masters:2015:04:20:20150420-165051:IMG_0145_2.JPG |
| Elbow extension (R) | Participants assumed same starting position as elbow flexion MVC. Elbow extended as resistance applied at palm towards ceiling. | Macintosh HD:Users:MMC1:Pictures:iPhoto Library:Masters:2015:04:20:20150420-165051:IMG_0145_2.JPG |
| Wrist flexion (R) | Participants placed right forearm on a table, palm facing the ceiling, with the edge of the table in line with the wrist; padding under the forearm was provided when requested. Wrist flexed as resistance applied to palm towards floor. | Macintosh HD:Users:MMC1:Pictures:iPhoto Library:Masters:2015:04:20:20150420-165024:IMG_0168.JPG |
| Wrist extension (R) | Participants placed right forearm on a table, palm facing the floor, with the edge of the table in line with the wrist; padding under the forearm was provided when requested. Wrist extended as resistance applied to back of hand towards floor. | Macintosh HD:Users:MMC1:Pictures:iPhoto Library:Masters:2015:04:20:20150420-165024:IMG_0170_2.JPG |
| Crunch | Participants lay on their back with feet flat on the floor and arms crossed across the chest. Torso flexed such that shoulder blades were ~20cm off the ground as resistance applied bilaterally to upper chest. | Macintosh HD:Users:MMC1:Pictures:iPhoto Library:Masters:2015:04:20:20150420-165024:IMG_0155_2.JPG |
| Crossover crunch (R/L) | Participants lay on their back with feet flat on the floor and arms crossed across the chest. Torso rotated to bring 1 shoulder ~30 off the ground as counter-rotary force applied to the lifted shoulder. | Macintosh HD:Users:MMC1:Pictures:iPhoto Library:Masters:2015:04:20:20150420-165024:IMG_0158.JPG |
| Back extension | Participants lay prone on their torso, with both hands resting lightly on the back of the head. Back was extended such that lifted the chest ~20cm off the ground as force was applied bilaterally to scapulae. | Macintosh HD:Users:MMC1:Pictures:iPhoto Library:Masters:2015:04:20:20150420-165024:IMG_0162.JPG |