



Gordon I Groh MD, MBA

Shoulder, Elbow & Hand Surgery

American Shoulder and Elbow Surgeons
American Society for Surgery of the Hand
American Academy of Orthopedic Surgeons

Asheville Orthopedic Associates

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Deltoid Strengthening Program

Do exercise _____ times.
Hold at Step 5 for _____ counts.
Do exercise program _____ times per day.
Start with _____ pounds for _____ weeks.
Then use _____ pounds for _____ weeks.
Then use _____ pounds for _____ weeks.
Then use _____ pounds for _____ weeks.

