

## **Shoulder External Rotation (Neutral - Band)**

Sets: 3 | Reps: 10 | Hold: 3-5

#### Preparation:

- Tuck a folded towel between your body and your elbow
- Stand with good posture, elbow at 90 degrees

#### **Execution:**

- · Gently pull shoulder blades together
- Keeping elbow close to body, slowly rotate hand outward
- Return to start position





Start Position

Rotate hand outward

## **Shoulder Internal Rotation - Neutral (Band)**

Sets: 3 | Reps: 10 | Hold: 3-5

### Preparation:

- · Stand with good posture
- Tuck a folded towel between your body and your elbow as shown

#### Execution:

- Keeping elbow close to body, rotate hand inward, toward your stomach
- · Return to start position



Start Position



Rotate hand inward

# Shoulder Flexion (Mid Range 0-90° - Band)

Sets: 3 | Reps: 10 | Hold: 3-5

### Preparation:

- · Stand with good posture, feet shoulder width apart.
- Hold anchored band in your hand by your side.

### Execution:

- · Lift arms forward up to shoulder height.
- Keep elbows straight.
- · Return to the start position.



Elbow straight, shoulders relaxed



Raise arm forward to shoulder height

# **Shoulder Extension (End Range-Band)**

Sets: 3 | Reps: 10 | Hold: 3-5

### Preparation:

• Stand with good posture arm at shoulder height.

### Execution:

• Pull band straight down and back far as you can.



Arm at shoulder height



Pull band straight down and back



# Shoulder Abduction Eccentric (Mid Range 0-90°- Band)

Sets: 3 | Reps: 10 | Hold: 3-5

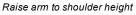
### Preparation:

- Anchor cable / tubing at ground level.
- Stand with good posture,.
- Hold tubing in hand.

### Execution:

- Lift arm out straight out to the side up to shoulder height.
- SLOWLY lower arm back to the start position.







SLOWLY lower

# **Shoulder Scaption Concentric Standing (Mid Range 0-90 Band)**

## Preparation:

- Sit or stand with good posture.
- Tuck chin as if nodding 'yes'.
- Gently bring shoulder blades together.
- Be ready to raise your arm diagonally out to the side.

### Execution:

- Raise arm up diagonally out to the side to shoulder height (about 1/2 of the way up)
- Lower arm back down to starting position.



Tuck chin



Raise arm diagonally to shoulder height



# **Shoulder Blade Exercises**

## **Scapular Retraction**

Sets: 3 Reps: 15 Hold: 5

## Preparation:

· Sit with good posture

#### Execution:

· Bring your shoulder back and shoulder blades together



Sit tall



Think about using the muscles at the bottom of your shoulder blades

# Shoulder "Y" Slides Standing (Wall)

Sets: 3 | Reps: 12-15 | Hold: 3

## Preparation:

• Stand with both arms up in a "Y" position

## Execution:

- Slide your forearms up the wall using your shoulder blades, then lift your forearms off the wall
- · Slowly lower your arms to the start position



Arms against wall, creating a "Y"



Slide forearms up wall



Lift forearms off wall



## Shoulder 'W' Bilateral

Sets: 3 | Reps: 12-15 | Hold: 3

## Preparation:

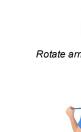
• Stand with band in hands in front of you.

#### Execution:

- Rotate your arms outwards to make a 'W'
- · Keep the elbows stationary







Rotate arms out to make a 'W'



Back view

# **Row Bilateral Standing Wide Grip (Band)**

Sets:4 Reps:10 Hold:5

### Preparation:

· Stand with good posture, hold tubing

### **Execution:**

· Row toward chest, elbows out



Start Position



Row toward chest, elbows out

# T-Row (Band)

Sets: 3 | Reps: 12-15 | Hold: 3

## Preparation:

- Stand with arms in front of body at shoulder height, elbows straight
- Hold bands in hand

### Execution:

. Bring arms out to the side to make a 'T' with your body



Hold band, arms out front



Make a 'T'