

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.



Raise arm to shoulder height



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



Hold band



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'