

SHOULDER STRENGTHENING EXERCISES

1. Shoulder pinches/retractions



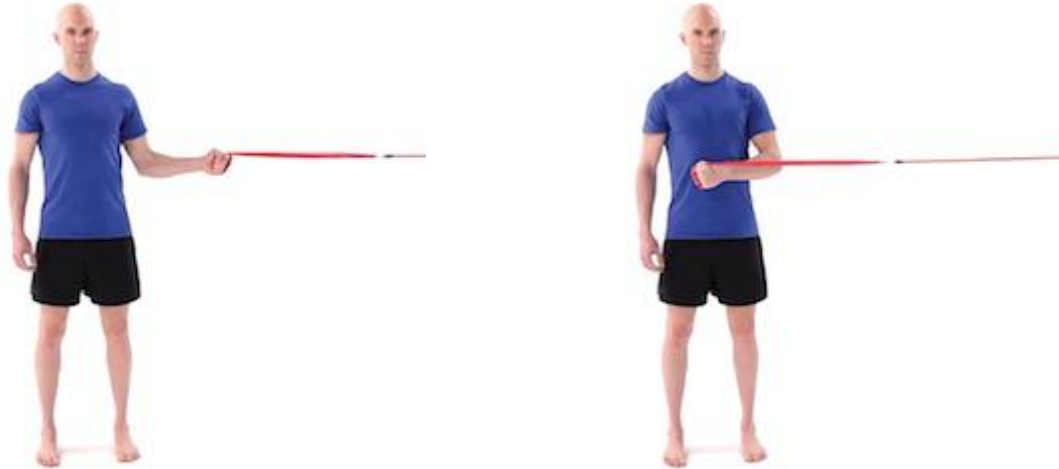
- Sit with your arm supported at the elbow and pull your shoulder blades together trying to get them to touch each other

2. Theraband external rotation



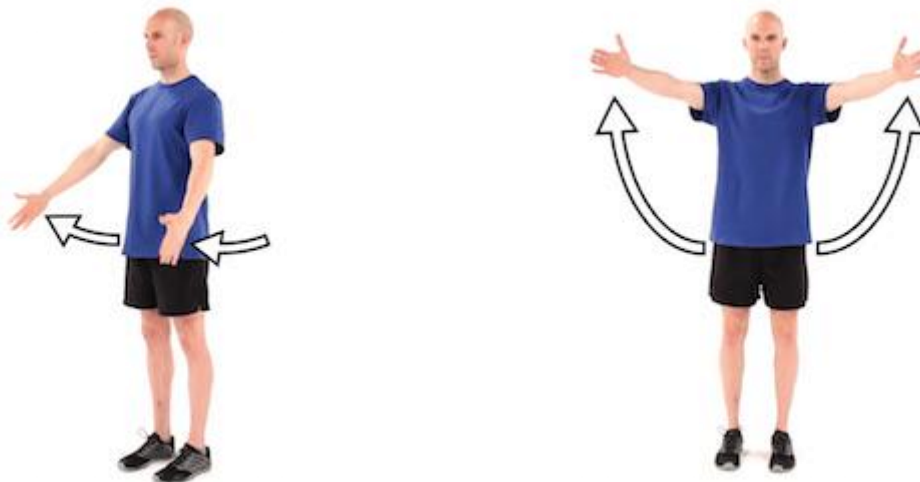
- Secure theraband at bottom of door (not shown in pic), place small towel/pillow under involved arm; start with hand at belly button, keep your shoulders retracted and pull the band out maintaining a 90° angle at your elbow and thumb up
- Hold for a long second, then slowly return band back to starting position
- Repeat 3 sets of 10 and work to 3 sets of 20 before moving to next color
- Theraband resistance levels: yellow, red, green, blue, charcoal, light grey

3. Theraband internal rotation



- Secure band at waist height to door
- Place towel under arm and hold band with elbow bent 90°
- Keeping shoulders retracted, pull band toward belly button keeping your thumb up
- Slowly control back to start position
- Repeat 3 sets of 10 and work up to 3 sets of 20

4. Scaption



- Stand upright with shoulders back and arms at side
- Keeping elbows straight, lift arms to shoulder height keeping your thumbs up
- End result is a “V”; repeat 3 sets of 10 with 30 sec rest in between