

General Shoulder Strengthening Exercises

External Rotation @ 0° Abduction

Standing with involved elbow fixed at side, elbow at 90° and involved arm across front of body. Grip tubing handle while the other end of the tubing is fixed. Pull out with the arm, keeping elbow at side. Return tubing slowly and controlled.

Perform ____ sets of ____ repetitions ____ times daily

Internal Rotation @ 0° Abduction

Standing with elbow at side fixed at 90 degrees and shoulder rotated out, Grip tubing handle while other end of tubing is fixed. Pull arm across body keeping elbow at side. Return tubing slowly and controlled.

Perform ____ sets of ____ repetitions ____ times daily

External Rotation @ 90° Abduction

Stand with shoulder abducted 90 degrees and elbow flexed 90 degrees. Grip tubing handle while the other end is fixed straight ahead, slightly lower than the shoulder. Keeping shoulder abducted, rotate shoulder back keeping elbow at 90 degrees. Return tubing and hand to start position.

Slow controlled: Perform ____ sets of ____ repetitions ____ times daily

Fast speed: Perform ____ sets of ____ repetitions/seconds ____ times daily

Internal Rotation @ 90° Abduction

Stand with shoulder abducted to 90 degrees, externally rotated 90 degrees and elbow bent to 90 degrees. Keeping shoulder abducted, rotate shoulder forward, keeping elbow bent at 90 degrees. Return tubing and hand to start position.

Slow controlled: Perform ____ sets of ____ repetitions ____ times daily

Fast speed: Perform ____ sets of ____ repetitions/seconds ____ times daily

Lower Trapezius Training

While in a quadruped position and hands placed on a fit-ball (or other stationary object), raise one arm from the ball moving your shoulder blade down your torso and hold for 2 seconds, then slowly lower your arm to the surface. Repeat this on both sides if necessary.

Perform ____ sets of ____ repetitions ____ times daily

Prone Rowing On Ball

Lying with your chest on the ball and with your arms hanging over the side of the ball, dumbbell in hands and elbows straight. Slowly raise arms, bending elbow, and squeeze shoulder blades together. Hold at the top for 2 seconds, then slowly lower.

Perform ____ sets of ____ repetitions ____ times daily

Scaption Ball on Wall Circles

Place hand of involved arm on a ball on the wall directly in front of you (45° away from your torso), just above shoulder height, and with elbow straight. Move ball in clockwise circles.

Perform ____ sets of ____ repetitions ____ times daily

Repeat this in a counterclockwise direction.

Scaption

Elevate arm in a diagonal plane to head height. Be sure that your shoulder does not hike up during the early phase of this exercise. Use a mirror for feedback.

Perform ____ sets of ____ repetitions ____ times daily

Pull Down Rowing

Anchor tubing in door jam above head level. Facing anchor, pull elbows towards trunk and squeeze shoulder blades together and downward.

Perform ____ sets of ____ repetitions ____ times daily

Single Arm Prone Rowing

Lying on your stomach with your involved arm hanging over the side of the table, dumbbell in hand and elbow straight. Slowly raise arm, bending elbow, and bring dumbbell as high as possible. Hold at the top for 2 seconds, then slowly lower.

Perform ____ sets of ____ repetitions ____ times daily

Standing Horizontal Rowing

Anchor tubing in door jam above head level. Facing anchor, pull elbows towards trunk and squeeze shoulder blades together and downward.

Perform ____ sets of ____ repetitions ____ times daily

Serratus Wall Pushups

With hands placed on the wall in front of you, just above shoulder height, with elbows straight, and body oriented at 30-45° from vertical. Push into the wall so that your shoulder blades move forward (protraction) and your torso moves back. Hold this position for two seconds, then slowly return to neutral.

Perform ____ sets of ____ repetitions ____ times daily