

SHOULDER EXERCISES

Perform ___25_ repetitions. Repeat ___2_ times per day.

Band resisted shoulder abduction



With shoulder blades down and together, pull band out to the side

Band Resisted Shoulder Adduction



With shoulder blades down and together and elbow straight, pull arm in towards your body (hip).

Band Resisted Internal and External Rotation



With shoulder blades down and together, place a towel roll between elbow and body. Keep elbow bent at a 90 degree angle and rotate your forearm in towards your stomach, **then turn your body 180 degrees and rotate outwards away from your body** using the resistance.

Perform 25 repetitions. Repeat 2 times per day.

Band resisted shoulder extension



With shoulder blades down and together, pull arm back towards body.

Perform 25 repetitions. Repeat 2 times per day.

Band Resisted Shoulder Flexion



With shoulder blades down and together and elbow straight, pull arm forward.

Perform 25 repetitions. Repeat 2 times per day.