

Notes :

These are various exercises using a loop band that are used to help strengthen and stabilize your shoulder and shoulder blades. Talk with your healthcare professional to see if these exercises are right for you!

1 Standing alphabet



Sets: 3 Reps: 10 Hold: 1-2 seconds

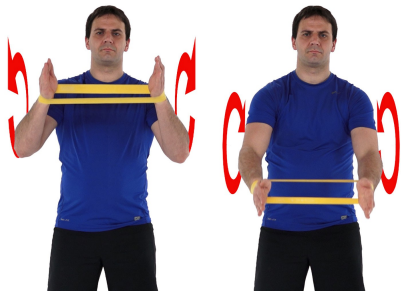
Stand straight with elbows extended forward, a band around your wrists, and arms shoulder width apart- so the band is taut.

Keep one arm still and draw the capital letters of the alphabet with the other arm.

Repeat the exercise with the opposite arm.



2 Shoulder dynamic isometric exercise



Sets: 1 Reps: 10 Duration: 2 minutes total

Stand tall-with a good posture-and put a mini-band around your forearms, just above your wrists.

Pull the band apart so there is tension, but keep your wrists in line with your elbows.

Perform 4 movements for the specified number of repetitions:

- 1- Forward circles.
- 2- Backward circles.
- 3- Sideways circles.
- 4- Reverse sideways circles.



3 Horizontal abduction

Sets: 3 Reps: 10 Hold: 1-2 seconds

Stand with your arms straight in front, shoulder width apart, and elbows straight.

Place the band around your wrists, with palms facing each other and tension in the band.

Move your hands apart in a controlled movement, keeping your arms straight.



4 Shoulder abduction w/ elastic

Sets: 3 Reps: 10 Hold: 1-2 seconds

Sit up straight in front of a table with your arms bent and resting comfortably on it.

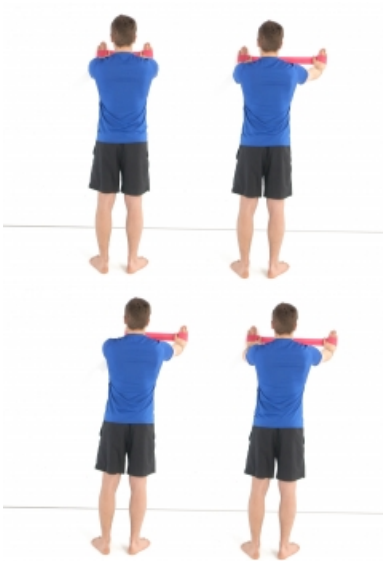
Move one arm away from the other in a semicircular motion, while keeping your elbow fixed on the table.

Return your arm to its original position by moving it back in the other direction, in a semicircular motion.

To progress, repeat with an elastic strap tied around your wrists.



5 Lateral wall walk



Sets: 3 Reps: 10 Hold: 1-2 seconds

Tie an elastic band around your hands. Keep your arms straight and place your hands flat against a wall at shoulder height. Walk your hands sideways along the wall, keeping tension on the band. Make sure to control your movements.

6 Shoulder cocking



Sets: 3 Reps: 10 Hold: 1-2 seconds

Stand in a staggered stance-as if preparing to throw. Place a band around your wrist and hold your hands in front of your face. Take your throwing arm back into a cocked position, keeping one arm stationary. Move the band out in a controlled movement.

7 External rotation



Sets: 3 Reps: 10 Hold: 1-2 seconds

Stand with your elbows bent at 90 ° on your sides. Place the band around your wrists, with palms facing each other and tension in the band.

Move your hands apart in a controlled movement, keeping your elbows in place.



8 Scapular strength, upward rot.



Sets: 3 Reps: 10 Hold: 1-2 seconds

Stand up with a band held in both hands.

Start the exercise with the band taut and pull it slightly apart as you lift your arms overhead.

Keep your shoulders low and focus on the rotation of the scapulas on the ribcage.



9 Shoulder flexion with band

Sets: 3 Reps: 10 Hold: 1-2 seconds

Using your free hand, anchor the band at the hip level, on the opposite side of the affected hand. Slowly raise the affected arm forward against the resistance of the band with the elbow extended-avoiding any pain or until your hand is at shoulder height.

Slowly lower the affected arm to the starting position and repeat as prescribed.



10 Shoulder extension with band

Sets: 3 Reps: 10 Hold: 1-2 seconds

With your free hand, anchor the band at the hip on the opposite side of the affected hand. Slowly push the affected arm backward against the resistance of the band with the elbow extended-right until pain or full range of motion is reached.

Make sure your shoulder doesn't tilt forward so you can lift higher.

Slowly bring back the affected arm to the starting position and repeat as prescribed.



11 2 arms raise with band



Sets: 3 Reps: 10 Hold: 1-2 seconds

Stand up with a band around the wrists.

Place the feet and hands hip width.

Keep the band taut and raise the arms overhead as you flex the knees and push the hips back to do a small squat.

Keep the spine neutral.

The knees should not come in front of the toes.

12 Shoulder flexion with resisted ER



Sets: 3 Reps: 10 Hold: 1-2 seconds

Bend your elbows at 90 ° and put a mini-band around your forearms-just above your wrists.

Put a little bit of tension on the band.

Lift your arms at 90 ° or as indicated.

Keep your hands shoulder width apart.



13 Shoulder flexion with band

Sets: 3 Reps: 10 Hold: 1-2 seconds

Stand up with a band around the wrists and elbows bent 90 degrees.

Keep the band taut and raise the arms overhead as you take a step forward.

Lower the arms and come back to the starting position.

Repeat.



14 Shoulder flexion with resisted ER

Sets: 3 Reps: 10 Hold: 1-2 seconds

Lay down on your back.

Bend your elbows at 90 ° and put a mini-band around your forearms-just above your wrists.

Put a little bit of tension on the band.

Lift your arms at 90 ° or as indicated.

Keep your hands shoulder width apart.



15 Shoulder flexion with resisted ER

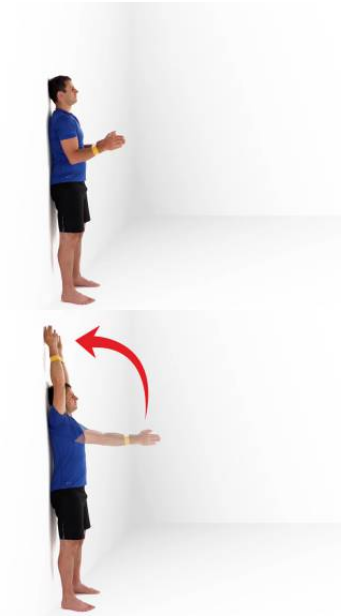
Sets: 3 Reps: 10 Hold: 1-2 seconds

Stand back to a wall.

Bend your elbows at 90 ° and put a mini-band around your forearms-just above your wrists.

Put a little bit of tension on the band.

Lift your arms overhead or as indicated.



16 Arm crawl up the wall with band

Sets: 3 Reps: 10 Hold: 1-2 seconds

Stand in a good upright posture facing a wall with your elbows and hands resting on the wall and an elastic held in front of you

Maintain tension in the band for the entire duration of the exercise.

Engage the muscles at the bottom of the shoulder blades to hold the blades back and down throughout the exercise.

Hold one arm steady in position, slightly move the other arm up and out in a sweeping motion.

Then, repeat with the opposite arm.

Alternate sides until your elbows are at face height, then reverse the motion to lower your arms to the starting position.



17 Full shoulder flexion (mini-band)

Sets: 3 Reps: 10 Hold: 1-2 seconds

Put the band around your wrists with your elbows extended and arms by your side.

Put a minimal amount of pressure into the band and rotate your thumbs 45° out.

Maintaining the pressure, lift your arms all the way overhead.

Do not extend your spine or thrust your chin forward. Lower the arms to come back to the starting position and repeat.



18 2 arms raise with band

Sets: 3 Reps: 10 Hold: 1-2 seconds

Stand up with a band around the wrists.

Keep the band taut and raise the arms overhead as you take a step forward, shifting your weight on the front foot.

Lower the arms and come back to the starting position.

Repeat.



19 Bear crawl - Sideways

Sets: 3 Reps: 10 Hold: 1-2 seconds

Stand on hands and toes, with a band around your wrists.



Move the left leg and the left arm to the side at the same time. Then follow with the right leg and arm. Walk sideways as prescribed and then in the other direction.

Make sure the band stays taut at all times.



20 Bear crawl - Forward / Backward

Sets: 3 Reps: 10 Hold: 1-2 seconds

Begin on hands and toes, with the band around your wrists.



Move the left leg and the right arm forward, at the same time. Then move the right leg and left arm forward, at the same time.

Walk forward as prescribed, then backward.

Make sure the band stays taut when walking backward.



21 Plank with band



Sets: 3 Reps: 10 Hold: 1-2 seconds

Place a taut band around your wrists, with arms shoulder width apart, and forearms and hands on the ground with thumbs up.

Push up into a plank position keeping your head in a neutral position.

Hold the position for the prescribed time-or until unable to hold the position correctly.

Moving the band closer to the elbows will decrease the resistance and make the exercise easier.

22 Wall squat with arms lift



Sets: 3 Reps: 10 Hold: 1-2 seconds

Start with a Swiss ball in the middle of your upper back and a light elastic loop around your wrists-the band should be tight enough so there is gentle tension without providing too much resistance.

Your fingers should point upward and your wrists should be slightly wider than your elbows.

Squat down and straighten your arms up into a narrow 'V'.

Come back up and repeat.