

Shoulder exercises

(412) Wall Angel: 10 reps, 3 sec hold, 1 set



Stand with back and shoulders against wall.



Slide arms toward side.



Squeeze shoulder blades together.

(193) Isometric Shoulder External Rotation: 2 reps, 30 sec hold, 1 set [\(Show Movie\)](#)



Place a towel between your arm and body.



Grasp the outside of your involved-side wrist.



Press your wrist outward toward your hand.

(195) Isometric Shoulder Internal Rotation: 2 reps, 30 sec hold, 1 set [\(Show Movie\)](#)



Place a towel roll between your arm and body.



Grasp the inside of your involved-side wrist.



Press your wrist inward toward your hand.

Supine Serratus Anterior with Ball

Ball on Wall (stretch)

Shoulder exercises



Hold ball over your body with elbow straight. Push ball up towards the ceiling separating your shoulder blades.

Roll ball up the wall, lean body forward and hold for a stretch.

Hold _____ seconds. Perform _____ repetitions. Repeat _____ times/day.

Band Resisted Internal Rotation

Band resisted shoulder abduction

Band Resisted Shoulder Adduction



With shoulder blades down and together, place a towel roll between elbow and body. Keep elbow bent at a 90 degree angle and pull hand in towards your stomach.

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

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

Perform _____ repetitions. Repeat _____ times per day.

Band resisted shoulder extension

Band Resisted Shoulder Flexion



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

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

Perform _____ repetitions. Repeat _____ times per day.

Wall Push-ups with a Plus

Push-ups on table

Shoulder exercises

<p>Stand with hands on a wall. Lower body towards wall and draw shoulder blades together. Push body away from the wall and separate shoulder blades.</p>		<p>Stand with hands on table, bend elbows to lower your body towards the table and squeeze shoulder blades together. Straighten elbows and push away separating shoulder blades.</p>
<p>Perform _____ repetitions. Repeat _____ times per day.</p>		

Scapular Retraction (Rows)	Scapular Retraction with Depression	Scapular Retraction with Elevation
<p>Pull band towards your chest while squeezing your shoulder blades together.</p>	<p>Pull band towards the floor while squeezing your shoulder blades together.</p>	<p>Band resisted scapular retraction (rows) with elevation: Pull band up and towards your chest while squeezing your shoulder blades together.</p>
<p>Perform _____ repetitions. Repeat _____ times per day.</p>		