Crossover Shoulder Stretch

• Lean against the wall with your shoulders aligned with one another.

• Place your right/left hand on your right/left shoulder

• Then with your right/left arm gently bring your arm away from the wall, across your body until a strong but comfortable stretch is felt in your shoulder region.

• Hold for _____ seconds.
• Repeat _____ x.
• Do _____ sets.
• _____x a ______.
Crossover Shoulder Stretch

• Lie on your back with your shoulders aligned.

• Place your right/left hand on your right/left shoulder.

• Then with your right/left arm gently bring your arm across your body until a strong but comfortable stretch is felt in your shoulder region.

• Hold for _____ seconds.

• Repeat _____ x.

• Do _____ sets.

• _____ x a _______.
Isometric External Rotation Walk Out

• Securely anchor the theraband in the door and place a rolled towel underneath your left arm.

• Bend your arm to 90 degrees and with the slack taken out of the theraband.

• Keeping this position, walk horizontally away from the door until the theraband is taught and you feel a strong but comfortable resistance in your right/left shoulder.

• Hold this position for __ seconds.
• Ensure your arm is kept at 90 degrees and not bending in towards the door.
• Ensure your shoulder IS NOT shrugged up towards your ears.

• Repeat _____x.
• Do _____ sets.
• ____x a ______.
Isometric Walkout Internal Rotation

• Securely anchor the theraband in the door and place a rolled towel is underneath your right/left arm.

• Bend your arm to 90 degrees with the slack taken out of the theraband.

• Walk horizontally away from the door until the theraband is taught and you feel a strong but comfortable resistance in your right/left shoulder.

• Hold this position for ___ seconds
• Repeat _____x.
• Do _____ sets of _____.
• ____x a ______.
Isometric Shoulder Exercises

- Securely anchor the theraband in the door and grasp it with both hands.
- Start with both shoulders externally rotated to 90 degrees.
- Then straighten out your arms with your thumb pointing up towards the ceiling and hold____.
- Then extend your arms 45 degrees and hold for____
- Then fully extend your arms and hold for____
- Repeat _____x.
- Do _____ sets.
- _____x a _____. 
PNF Extension

• Securely anchor the theraband in the door.
• Grasp the theraband with your arm flexed and across your body.
• From this position extend your arm to your hip, ensuring that you do not pass your trunk.

• Hold for ____ seconds
• Repeat ____ x.
• Do ____ sets of ____.
• ____ x a _____.

NISMAT
Protraction

• Lie on your back with your shoulder flat against the table
• Raise your arm to 90 degrees, so your wrist, elbow and shoulder are aligned.
• Holding a ___ lb weight punch up towards the ceiling, raising your shoulder off the table.
• Slowly bring your shoulder back down against the table.
• Ensure you do not shrug your shoulder up towards your ears as you perform this exercise.
• Repeat _____ x.
• Do _____ sets.
• ____ x a ______.
Shoulder Protraction Rhythmic Stabilization

• Lie on your back with your shoulder flat against the table
• Raise your arm to 90 degrees, so your wrist, elbow and shoulder are aligned.

• Holding a ___lb weight, make miniature circles with your shoulder, ensuring your arm is still full extended.

• Repeat _____x.
• Do _____ sets.
• _____x a _______. 
Shoulder Extension

• Securely anchor the theraband in the door and grasp it with both hands.

• Keeping your hands in-between your hips and your shoulders, extend your arms back to, but not past, your trunk.

• Keep your shoulders down and back, ensuring that you do not shrug your shoulders up towards your ears.

• Repeat _____x.
• Do _____ sets.
• _____x a _______.

NISMAT
Seated Rows

Sitting comfortably in a chair, ensure the theraband is securely anchored in the door. 
• Simultaneously extend your shoulders and flex your arms to 90 degrees. 
• Ensure your wrist, shoulder and elbow make a 90-degree angle. 
• Do not extend your elbows past your shoulders. 
• Hold this position for ___ seconds. 
• Ensure your shoulders DO NOT shrug up towards your ears 
• Repeat _____x. 
• Do _____ sets. 
• ___x a ______.
External Rotation at 90 Degrees

- Securely anchor the theraband in the door.

- Raise your arm to 90 degrees and bend your elbow to a 90 degree angle.

- Keeping this position, bring your hand so that it is in line with your ears.

- Slowly return to the starting position.

- Repeat _____x.
- Do _____ sets.
- _____x a ______.
External Rotation

• Securely anchor the theraband in the door and place a towel underneath your arm.

• Bend your elbow to a 90 degree angle and grasp the theraband.

• Keeping this position, slowly externally rotate your shoulder until a comfortable resistance is felt.

• Slowly return to the starting position.

• Repeat _____x.
• Do _____ sets.
• _____x a ______.
Bilateral External Rotation

- Lie on your back with both of your knees bent to 90 degrees.
- Bend your arms to a 90 degrees angle.
- Hold a piece of theraband with no slack.
- In a slow and controlled manner, externally rotate both of your arms at the same time, moving them the same distance until a comfortable resistance is felt in your shoulders and in between your shoulder blades.

- Ensure that your shoulders are not shrugging up towards your ears.
- Repeat _____ x.
- Do _____ sets.
- _____ x a ______.
Internal Rotation at 90 Degrees

• Securely anchor the theraband in the door.
• Raise your arm to 90 degrees and bend your elbow to a 90 degree angle.
• Keeping this position, bring your hand towards the floor until your wrist is parallel with your elbow.
• Slowly return to the starting position.
• Ensure that your shoulder does not shrug up towards your ears.

• Repeat _____x.
• Do _____ sets.
• ____x a ______.
Internal Rotation

• Securely anchor the theraband in the door and place a towel underneath your arm.

• Bend your elbow to a 90 degree angle and grasp the theraband.

• Keeping this position, slowly internally rotate your shoulder until a comfortable resistance is felt.

• Ensure your shoulder does not shrug up towards your ears.

• Slowly return to the starting position.

• Repeat _____x.
• Do _____ sets.
• _____x a _____.
Adduction

- Securely anchor the theraband in the door.
- Start with your arm raised to 45 degrees and in line with your trunk.
- In a slow and controlled motion bring your arm towards your hip.
- Slowly return to the starting position.
- Ensure your shoulder does not shrug up to your ears.
- Repeat _____x.
- Do _____ sets.
- ____x a ______.
Shoulder Extension

- Sitting comfortably in a chair, ensure the theraband is securely anchored in the door.
- While grasping the theraband, slowly extend your arms backwards, keeping your thumbs pointed up.
- Once your wrist is parallel with your shoulders hold this position for ___ seconds.
- Ensure you do not shrug your shoulders up towards your ear.
- Ensure your elbows are straight.
- Repeat _____x.
- Do _____ sets.
- ____x a ______.
Shoulder Flexion

• Standing with feet shoulder width apart and knees slightly bent.

• Hold a ____lb weight.

• Raise your arms with elbow straight to the height of your shoulders.

• Hold for ____ seconds.

• Slowly lower to the starting position.

• Ensure that you aren’t shrugging your shoulders up to your ears.

• Repeat _____x.

• Do _____ sets.

• ____x a ______.
Scaption

• Standing with feet shoulder width apart and knees slightly bent.

• Hold a ____lb weight.

• Raise your arms diagonally from your hip to the height of your shoulders with both elbows straight.

• Hold for ____ seconds.

• Slowly lower to the starting position.

• Repeat _____x.

• Do ____ sets.

• ____x a ______.
Sleeper Stretch

• Lie comfortably on your involved side with your shoulders parallel to one another.
• Bring your involved arm to a 90 degree angle between your wrist, elbow and shoulder.
• With your uninvolved arm gently pull down towards the table, keeping the involved arm in a 90 degree angle.

• Hold for _____ seconds.
• Repeat _____x.
• Do _____ sets.
• _____x a ______.
Tyler Twist

Figure 1A: Rubber bar held in involved (right) hand in maximum wrist extension.

Figure 1B: Other end of rubber bar grasped by noninvolved (left) hand.

Figure 1C: Rubber bar twisted by flexing the noninvolved wrist while holding the involved wrist in extension.

Figure 1D: Arms brought in front of body with elbows in extension while maintaining twist in rubber bar by holding with noninvolved wrist in full flexion and the involved wrist in full extension.

Figure 1E: Rubber bar slowly untwisted by allowing involved wrist to move into flexion i.e. eccentric contraction of the involved wrist extensors.
Wall Clocks

• Stand with your elbow straight and hand against the wall.
• Pretending that you hand is a clock, slowly move your hand from 6 to 9 to 12 then 3 o’clock and back.

• Hold each position for at least ____ seconds.
• Repeat ____ x a day
Wall Posture Exercise

• Stand with your back flat against the wall and your knees slightly bent.

• Bring your shoulders back into the wall, so you feel the muscles between your shoulder blades working.

• Hold this position with your palms facing up for ___ seconds.

• Relax

• Repeat _____x.

• Do _____ sets.

• _____x a ______.
**Wand Exercise- External Rotation**

- Lie on your back with both of your knees bent.
- Bring your shoulder up to 45 degrees with your arm flexed to 90 degrees.
- Holding a cane or umbrella with both hands. Have your ____ hand gently push your ___ hand into external rotation until a gentle stretch is felt in the shoulder.
- Hold this position for ____ seconds.
- Ensure your arm is kept flexed the entire time.
- Do not push past the point of pain.

- Repeat _____ x.
- Do _____ sets.
- ____ x a ______.
Wand Exercise- Shoulder Flexion

• Lie on your back with both of your knees bent.

• Holding a cane or umbrella with both hands, punch both arms up to the ceiling so that your arms are at a 90 degree angle.

• Then slowly bring both arms up and over head until a comfortable stretch is felt.

• Slowly return to the starting position.
• Repeat _____x.
• Do _____ sets.
• _____x a ______.