Preventative Shoulder Exercises

SHOULDER - 26 ROM: Pendulum (Circular)
Let right arm move in circle clockwise, then counterclockwise, by rocking body weight in circular pattern.

Circle 10 times each direction per set. Do 2 sets per session. Do 1-3 sessions per day.

SHOULDER - 28 ROM: Cross (Horizontal Abduction / Adduction)
Reach right arm across body as far as possible, then pull arm out from side.

Repeat 10 times per set. Do 2 sets per session. Do 1-3 sessions per day.

SHOULDER - 29 Strengthening: Isometric Flexion
Using wall for resistance, press right fist into ball using light pressure.
Hold 10 seconds.

Repeat 3 times per set. Do 1 sets per session. Do 1-3 sessions per day.

SHOULDER - 30 Strengthening: Isometric Extension
Using wall for resistance, press back of left arm into ball using light pressure.
Hold 10 seconds.

Repeat 3 times per set. Do 1 sets per session. Do 1-3 sessions per day.

SHOULDER - 31 Strengthening: Isometric Abduction
Using wall for resistance, press left arm into ball using light pressure.
Hold 10 seconds.

Repeat 3 times per set. Do 1 sets per session. Do 1-3 sessions per day.

SHOULDER - 32 Strengthening: Isometric Adduction
Using body for resistance, gently press right arm into ball using light pressure.
Hold 10 seconds.

Repeat 3 times per set. Do 1 sets per session. Do 1-3 sessions per day.

SHOULDER - 34 Strengthening: Isometric Adduction
Using body for resistance, gently press right arm into ball using light pressure.
Hold 10 seconds.

Repeat 3 times per set. Do 1 sets per session. Do 1-3 sessions per day.

SHOULDER - 42 Strengthening: Resisted Abduction
Hold tubing with right arm across body. Pull up and away from side. Move through pain-free range of motion.

Repeat 12-15 times per set. Do 2 sets per session. Do 1-3 sessions per day.

SHOULDER - 46 Strengthening: Resisted Adduction
Hold tubing in left hand, arm out. Pull arm toward opposite hip. Do not twist or rotate trunk.
Repeat 12-15 times per set. Do 3 sets per session. Do 1-3 sessions per day.

SHOULDER - 43 Strengthening: Resisted External Rotation
Hold tubing in right hand, elbow at side and forearm across body. Rotate forearm out.

Repeat 12-15 times per set. Do 3 sets per session. Do 1-3 sessions per day.

SHOULDER - 81 Strengthening: Wall Push-Up
With arms slightly wider apart than shoulder width, and feet inches from wall, gently lean body toward wall.

Repeat 10 times per set. Do 2 sets per session. Do 1-3 sessions per day.

SHOULDER - 58 Scapular: Stabilization (Prone)
Holding 3-8 pound weights, raise both arms out from sides. Keep elbows straight.

Repeat 3 times per set. Do 1 sets per session. Do 1-3 sessions per day.

Disclaimer: The content of this handout is provided as general information and may not apply to specific individuals or injuries. The information is not intended to replace the medical advice of a physician.

Copyright © VHI. All rights reserved.