

Shoulder Strength with Thera-Band®

Do these exercises x daily

These exercises are designed to strengthen the stabilising muscles of your shoulder. Doing these exercises will help to treat and prevent shoulder injury.

Always make sure that you do the exercises in a slow and controlled manor. This is more difficult, however, you will get a lot more from the exercise.

If you feel the exercises are aggravating your symptoms then stop immediately.

Do not carry out these exercises unless recommended by your Chiropractor.

Flexion

Repeat times and do sets

- Hold one end of the band under your foot and wrap the other end around your wrist.
- Keeping your elbow straight, lift your arm in front of your body as high as you can.



Extension

Repeat times and do sets

- Hold one end of the band under your foot and wrap the other end around your wrist.
- Keeping your elbow straight, lift your arm in behind your body as high as you can.



Abduction

Repeat times and do sets

- Hold one end of the band under your foot and wrap the other end around your wrist.
- Keeping your elbow straight, lift your arm out to the side of your body as high as you can.



Adduction

Repeat times and do sets

- Hold one end of the band under your foot and wrap the other end around your wrist.
- Keeping your elbow straight, lift your arm across your body as high as you can.



External Rotation

Repeat times and do sets

- Tie a knot half way along the length of the band and shut the knot in a door. If you are exercising your right shoulder, stand with your left shoulder closer to the door and wrap the end of the band around your right wrist.
- Keeping your right arm against your side, slowly externally rotate it away from your body.
- Vice versa for exercising the left arm.



Internal Rotation

Repeat times and do sets

- Tie a knot half way along the length of the band and shut the knot in a door. If you are exercising your left shoulder, stand with your left shoulder closer to the door and wrap the end of the band around your right wrist.
- Keeping your left arm against your side, slowly internally rotate it towards your body.
- Vice versa for exercising the left arm.

