



ELASTIC BAND EXTENSION BILATERAL SHOULDER

While holding an elastic band with both arms in front of you with your elbows straight, pull the band downwards and back towards your side.

Alternate arms in the first set, then pull with both arms in the second.

This can also be done as a straight arm lat pulldown on a machine. (cable stack)

Repeat 10 Times
Hold 1 Second
Complete 2 Sets
Perform 3 Times a Week



VIDEO



ELASTIC BAND LAT PULLS

Hold an elastic band with both arms in front of you and with your elbows straight. Your arms should be elevated. Next, pull the band downwards and back towards your side as you bend your elbows.

Alternate arms in the first set, then use both arms together in the second.

Repeat 10 Times
Hold 1 Second
Complete 2 Sets
Perform 3 Times a Week



VIDEO



ELASTIC BAND SCAPULAR RETRACTIONS WITH MINI SHOULDER EXTENSIONS

While holding an elastic band with both arms in front of you with your elbows straight, squeeze your shoulder blades together as you pull the band back. Be sure your shoulders do not raise up.

You want to focus on moving the shoulder blades together rather than getting your hands behind your back.

Repeat 10 Times
Hold 1 Second
Complete 2 Sets
Perform 3 Times a Week



VIDEO



Horizontal Abduction:

Lie on your back with your arms out straight and pointed toward the ceiling.

Slowly lower your arms down, keeping them straight until they touch the floor/ bed.



If it is difficult to keep them at shoulder height, you can bring them somewhere above hip height and below shoulder height.

As this becomes easier you can add a resistance band if you like.

Repeat 10 Times
Hold 1 Second
Complete 2 Sets
Perform 3 Times a Week



VIDEO



WALL ANGELS

Stand with your head, tailbone and back of both hands against a wall (this can be done lying on your back on the floor too).

Keep your arms straight and raise them up on both sides to shoulder height (like a "T").

See if you can bend both elbows to 90 degrees keeping your elbow, wrist and hand in contact with the wall. Raise overhead as high as possible maintaining contact with the wall.

Try this for 1 minute.

Perform 1 Times a Day



VIDEO