



Shoulder Band Strengthening Exercises

- Anchor the exercise band to a door at waist level.
- Repeat each exercise 5 repetitions. Holding each repetition for 5 seconds.
- All motion should be slow and controlled.
- Increase repetitions to 10, 15 & up to 20 as tolerated, holding each repetition for 5 seconds
- Use the white band first. When this band is easy at 20 reps move to the next band color and repeat the process. The order for the band strength is white, orange, green, purple & blue bands. Use them in order.
- Perform this exercise program 1-2 times a day



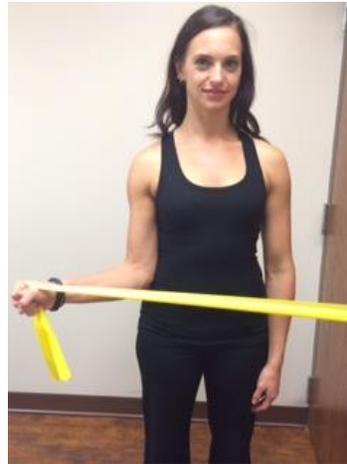
1 External Rotation

Stand with your strong side toward the door.

Place light tension on the band.

Relax both shoulders.

Bend your elbow 90 degrees.



Rotate your hand out away from your body 45 degrees while keeping your elbow touching your side.

Hold for 5 seconds and return to the start position.



2 Abduction

Stand with your strong side toward the door.

Place light tension on the band.

Relax both shoulders.

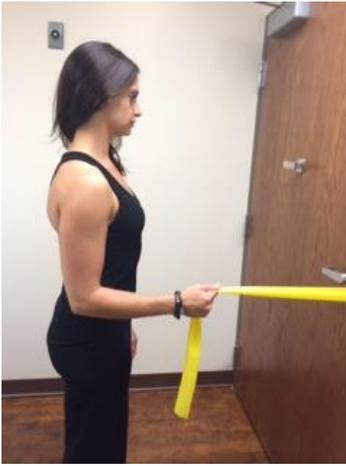
Bend your elbow 90 degrees.



Lift your elbow out to the side 45 degrees.

Keep your wrist straight and the thumb pointing up toward the ceiling.

Hold for 5 seconds and return to the start position.



3 Extension

Stand facing the door and bend your elbow 90 degrees.

Place light tension on the band.

Relax both shoulders.



Pull back about 45 degrees.

Hold for 5 seconds and return to the start position.



4 Internal Rotation

Stand with your weak side toward the door.

Place light tension on the band.

Relax your shoulders.



Rotate your hand in toward your body. Keep your elbow touching your side.

Hold for 5 seconds and return to the start position.



5 Flexion

Stand with your back toward the door.

Place light tension on the band.

Relax your shoulders.



Lift your arm up toward chest level.

Keep the wrist straight and thumb pointed up.

Hold for 5 seconds and return to the start position.