



Theraband EXTERNAL ROTATION

Close the knotted end of the Theraband in the side of the door. Grasp the other end of the band with the involved hand. Place a small pad or pillow under the arm and squeeze it against the ribs.. Bend and keep the elbow to a 90 degree angle. Rotate the forearm outward until the hand is in a handshake position. Pause, then slowly return the arm to the starting position against the stomach. Repeat.

Repeat 10 Times

Hold 1 Second

Complete 2 Sets

Perform 3 Times a Week



Theraband Shoulder Extension

Start with your neck fully retracted. Keep your stomach braced.

Stand with arms 45 degrees forward, elbows straight. Pull back as far as able. Do not let your chest dip forward.

Repeat 10 Times

Hold 1 Second

Complete 2 Sets

Perform 3 Times a Week



Shoulder Abduction - Theraband

Place one end of theraband under foot and one in hand. Keeping elbow straight, raise the arm out to the side.

Repeat 10 Times

Hold 1 Second

Complete 2 Sets

Perform 3 Times a Week



Standing Theraband 90/90 External Rotation

Bring your elbow out to side of body at the same height as your shoulder with palm facing down to floor. Hold onto theraband and rotate your arm and hand towards sky keeping elbow bent. Do not lean back. Finish with palm facing forward and slowly lower back to starting position. Do not shrug shoulders or lower elbow below 90 degrees.

Repeat 10 Times
Complete 2 Sets

Hold 1 Second
Perform 3 Times a Week



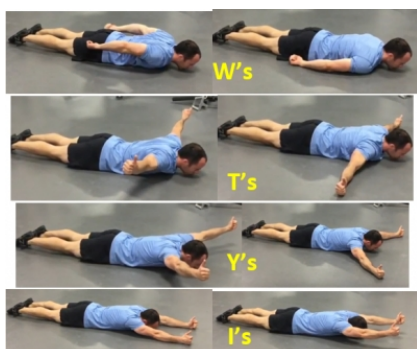
Tricep Overhead Extension

Grab theraband starting behind your back. Bend right elbow behind your head and left behind your back. Secure theraband with left hand and extend right elbow.

Switch hand placement and repeat.

Repeat 10 Times
Complete 2 Sets

Hold 1 Second
Perform 3 Times a Week



I/Y/T/W

This exercise's focus is on scapular retraction with the only variation being the position of the arms. Throughout, your feet, hips, chest and head (chin or forehead) should maintain planted. In the chosen letter position for the arms, pull your scapula together and down. **If you don't get much motion, don't force it through your shoulders. Only activate the muscles between your scapula.**

Repeat 10 Times
Complete 2 Sets

Hold 1 Second
Perform 3 Times a Week



Theraband Wall Slide

Stand facing wall with theraband around your forearm. Place elbows and forearm against wall at shoulder width apart. Slide arms up the wall toward ceiling, maintaining space between arms. Return to starting position.

Repeat 10 Times
Complete 2 Sets

Hold 1 Second
Perform 3 Times a Week



T's or shoulder horizontal abduction

Standing with 1/2 foam roll behind your back, bring arms out to the side to shoulder height or just before going into pain. Lower back down and repeat for the specified amount of times.

Repeat 10 Times

Complete 2 Sets

Hold 1 Second

Perform 3 Times a Week