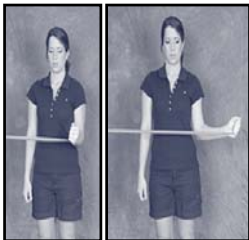




## Exercise Band Shoulder Strengthening

### 1. Theraband External Rotation:



**Starting Position:**  
Stand with your elbow bent at 90 degrees and at your side with your wrist against your stomach. Band should be attached to the side of your uninjured arm.

**Action:**

Turn your arm outward while maintaining the same elbow position until you feel pain or until you reach end range. Return slowly and repeat. It is very important that you maintain the same elbow position during above action. Perform 10 times for 2 sets.

### 4. Theraband Extension:



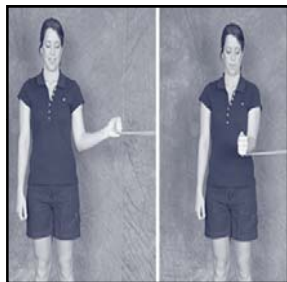
**Starting Position:**

Stand with your elbow straight out in front of you or in a pain-free position with the band tied to your front.

**Action:**

Pull your arm backward while maintaining the elbow straight until you feel pain or until your arm is straight down.

### 2. Theraband Internal Rotation:



**Starting Position:**  
Stand with your elbow bent at 90 degrees and at your side with your arm turned out fully. Band should be tied to the side of your injured arm.

**Action:**

While maintaining the same elbow position, turn your arm inward until your hand reaches your stomach or until you feel pain. Return slowly and repeat. It is important that you maintain the same elbow position during the entire exercise. Perform 10 times for 2 sets.

### 5. Theraband Adduction:



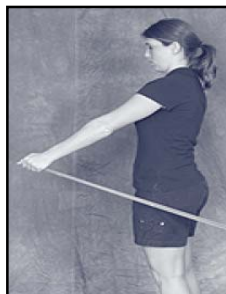
**Starting Position:**

Stand with your arm out to the side in a comfortable position. Band should be tied to your injured side.

**Action:**

Pull your arm inward to your side while maintaining your elbow straight. Return slowly and repeat 10 times for 2 sets.

### 3. Theraband Flexion:

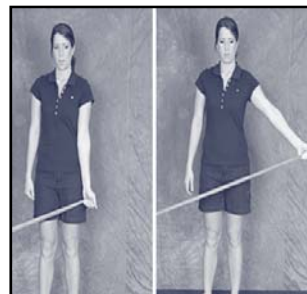


**Starting Position:**  
Stand with your elbow straight and your arm at your side with a band tied behind you.

**Action:**

Raise your arm forward, maintaining your elbow straight and good shoulder blade posture. Raise your arm until you feel pain or until horizontal. Return slowly and repeat 10 times for 2 sets.

### 6. Theraband Abduction:



**Starting Position:**

Stand with your elbow at your side and straight with a band across the front of your body, attached to the side of your uninjured arm.

**Action:**

Pull your arm outward with your palm facing forward until you feel pain or until your arm reaches horizontal. Return slowly and repeat 10 times for 2 sets.