

Banded Exercises to Improve Shoulder Pain

Disclaimer: These spinal exercises are a great way to strengthen your shoulder and decrease your pain. You should not use these exercises to self-diagnose or treat conditions of the shoulder. If you are experiencing shoulder pain, or have a health condition that limits physical activity or exercise, it is best to consult a healthcare professional such as your medical doctor, chiropractor or physical therapist before performing these exercises to ensure. Please use common sense and use these exercises with good discretion.

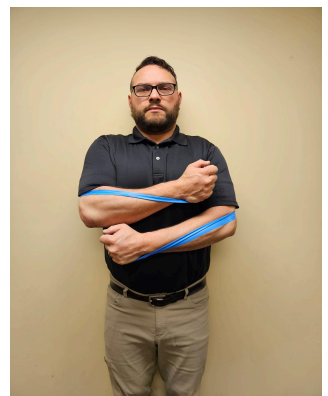
External Shoulder Rotation

Begin standing with your elbows bent to 90°. Holding the exercise band, remove most of the slack between your fists. Gently rotate your arms outwards, as though you are opening a door. Hold firmly for 2-3 seconds, and then relax. Repeat this for 10-15 repetitions.



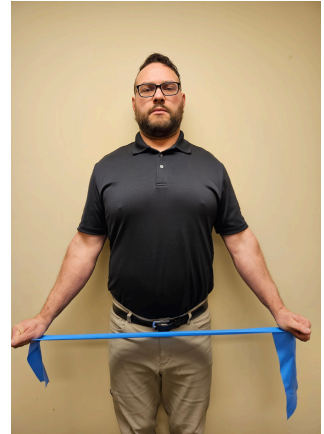
Internal Shoulder Rotation

Wrap the exercise band around your back and arms. Begin standing with your elbows bent to 90°. Holding the exercise band, remove most of the slack between your fists. Gently rotate your arms outwards, as though you are opening a door. Hold firmly for 2-3 seconds, and then relax. Repeat this for 10-15 repetitions.



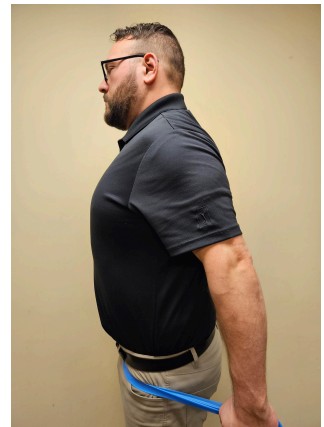
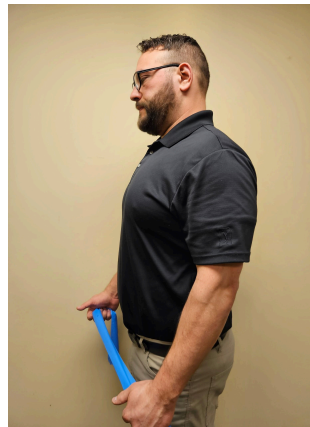
Shoulder Flyes at 20°

With your arms hanging down at your side, clinch the band in your fists. remove most of the slack between your fists. Gently elevate your arms out to the side, stopping at about 20° outwards. Hold at this position for 2-3 seconds, and then relax. Repeat this for 10-15 repetitions.



Shoulder Extension

With your arms hanging down at your side, clinch the band in your fists while holding the exercise band in front of you. Remove most of the slack between your fists. Gently push your arms backwards, as though you are pushing behind yourself with ski poles. Hold at this position for 2-3 seconds, and then relax. Repeat this for 10-15 repetitions.



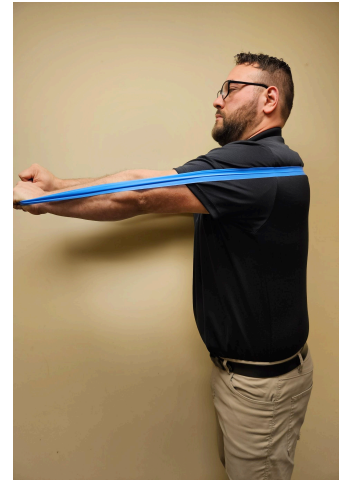
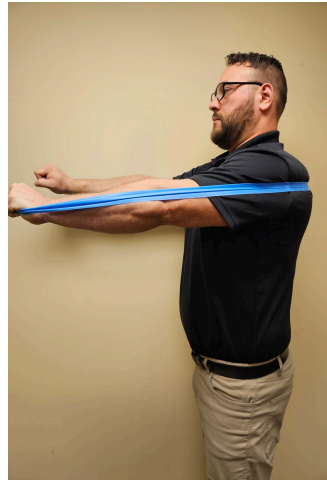
Shoulder Rows

Begin with the middle of the exercise band fastened around a pole, doorknob, or other secure fixture, at about waist height. Clinch each end of the band in your fists while holding the exercise band in front of you. Take several steps back to increase tension on the band. Firmly pull the band towards your sides, at level with your naval. Hold at this position for 2-3 seconds, and then relax. This action should mimic rowing a boat. Repeat this for 10-15 repetitions.



Horizontal Flyes

Standing while holding the band in your fists in front of you. Slack is needed in the band. Elevate your arms to 90°. Slowly pull your fists away from each other, until your arms are fully extended (imagine you are making the letter "T"). Hold at this position for 2-3 seconds, and then relax. Repeat this for 10-15 repetitions.



Scapular Push-up Plus

Stand while holding the band behind your upper back, gripping one end of the band in each fist. Remove most slack in the band. Elevate your arms to 90°. With your arms fully outstretched, spaced shoulder-width apart, press and hold your shoulders forward. You can imagine this action as the very end of a push-up, or moving the shoulders back and forth in the last few inches of a punch. Hold at this position for 2-3 seconds, and then relax. Repeat this for 10-15 repetitions.

