

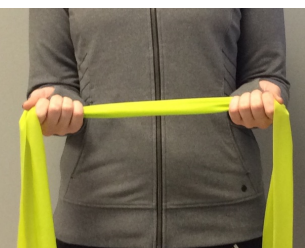
SHOULDER STRETCHES & STRENGTHENING EXERCISES



Pull Down: Secure a band to a door. Holding both ends with straight arms at shoulder height, pull your shoulder blades together and slowly pull your arms down to your side. Repeat with hands at shoulder height and pulling shoulder blades together then pull elbows back

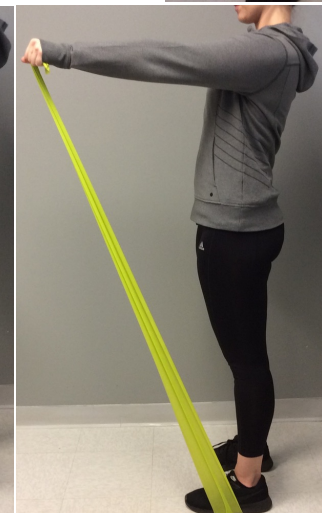
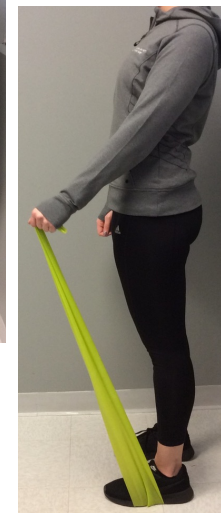


Internal/External Rotation: Secure a band to a door, place a towel between your elbow and rib to keep a neutral shoulder position. Pull towards your abdomen, repeat with pulling away from abdomen



Pull Aparts: Hold a band between both hands with elbows at your side. Slowly pull your hands apart away from your body and pull your shoulder blades together. Slowly return to starting position.

Lateral Raise: Pull your shoulder blades together, then raise your arms out to the side, no higher than shoulder height, slowly lower back down. Can be done with weights, no weights or with elbows at 90 degrees



Forward Raise: Pull your shoulder blades together, then raise arm no higher than shoulder level with your knuckles up. Slowly lower arms to starting position. You can alternate arms or raise both together.