

General Phase IV – Scapular and Shoulder Strengthening Exercises

General Instructions

- I recommend applying heat to your shoulder for 5 minutes to warm-up and then icing your shoulder for 15 minutes after completing these exercises. Do not apply heat or ice directly to skin.
- As your strength increases, you may start using free-weight (i.e. dumbbells) or more weight to repeat these exercises. **Always abide by weight restrictions set in your rehab protocol.**
- After 4-6 weeks of performing these exercises daily you may decrease the daily repetitions to 2-3x week and then to once per week for long-term maintenance

Recommended Equipment

- Elastic bands can be attached to door frames using a door anchor, tying a knot in the middle of the band, or tying the elastic band to the door handle.



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THERABAND Resistance Band Set, Professional Elastic Bands for Upper & Lower Body, Core Exercise, Physical Therapy, Lower Pilates, At-Home Workouts, & Rehab, 5 Foot, Yellow, Red & Green, Beginner



Exercises



ELASTIC BAND ROWS

Tie the middle section of an elastic band in a knot and place it at elbow height on the other side of a door and shut the door on it. Alternatively, you can use the door anchor provided in most elastic band kits.

Hold the elastic band with both hands and then pull the bands back as you allow your elbows to bend near the side of your body. Squeeze your shoulder blades down and together.

Return to starting position and repeat.

Repeat 10 Times

Complete 3 Sets

Hold 2 Seconds

Perform 1 Time a Day



SHOULDER SHRUGS

Stand in the middle of the theraband and grab both ends of the band. With your arms by your side, shrug your shoulders towards your ears. Hold for 1-2 seconds and then release. Adjust the width of your feet on the band to adjust the resistance felt.

Repeat 10 Times

Complete 3 Sets

Hold 2 Seconds

Perform 1 Time a Day



SCAPULAR WALL CLOCKS

Face a wall and bend both elbows, placing your forearm on the wall at shoulder height. Hold both ends of the theraband (may need to fold band in half). Imagine a clockface in front of you on the wall. Move your elbow/arm to try and touch each hour on the clockface (right arm 12-6 and left arm 6-12 o'clock)

Repeat 5 Times
Complete 3 Sets

Perform 1 Time a Day



ELASTIC BAND SERRATUS PUNCHES

While seated, wrap an elastic band around your back and hold the other end with your hand.

Start by extending your arm out in front of your body with the elbow straight and then protract your shoulder blade forward so that your hand/arm reaches a few inches further forward. Return to starting position and repeat.

Keep your elbows straight the entire time.

Repeat 10 Times
Complete 3 Sets

Hold 2 Seconds
Perform 1 Time a Day



ELASTIC BAND SHOULDER FLEXION

Tie the end of an elastic band in a knot and place it at knee height on the opposite side of a door and shut the door on it. Alternatively you may use a door anchor provided in most elastic band kits.

Stand with your back towards the door and hold the end of the band while your elbow is fully straight. Pull the band forward and upwards in front of your body.

Return to starting position and repeat.

Repeat 10 Times
Complete 3 Sets

Hold 1 Second
Perform 1 Time a Day



ELASTIC BAND SHOULDER ABDUCTION

Tie the end of an elastic band in a knot and place it at knee height on the opposite side of a door and shut the door on it. Alternatively you may use a door anchor provided in most elastic band kits.

Stand to the side of the door and hold the other end of the elastic band at your side. Then, move your arm up and to the side. Lower back down and repeat.

Maintain your elbow straight and your thumb in the "up" position the entire time.

Repeat 10 Times

Hold 1 Second

Complete 3 Sets

Perform 1 Time a Day



ELASTIC BAND SHOULDER EXTERNAL ROTATION - ER

Tie the end of an elastic band in a knot and place it at elbow height on the other side of a door and shut the door on it. Alternatively you may use a door anchor provided in most elastic band kits.

Place a small rolled up towel between your arm and the side of your body while pressing it against your body.

Hold the other end of the elastic band with your hand and bend your elbow to 90 degrees. Position your shoulder so that it is rotated inward towards your stomach. Next, pull the band away from your stomach as you rotate your shoulder outward. Allow your shoulder to relax as you rotate your shoulder back to starting position with your hand near your stomach. Repeat.

Repeat 10 Times

Hold 1 Second

Complete 3 Sets

Perform 1 Time a Day



ELASTIC BAND SHOULDER INTERNAL ROTATION - IR

Tie the end of an elastic band in a knot and place it at elbow height on the other side of a door and shut the door on it. Alternatively you may use a door anchor provided in most elastic band kits.

Place a small rolled up towel between your arm and the side of your body while pressing it against your body.

Hold the other end of the elastic band with your hand and bend your elbow to 90 degrees. Position your shoulder so that it is rotated out to the side as shown. Next, pull the band towards your stomach as you rotate your shoulder inward. Allow your shoulder to relax as you rotate your shoulder back to starting position with your hand out to the side again and repeat.

Repeat 1 Time

Hold 1 Second

Complete 1 Set

Perform 1 Time a Day



ELASTIC BAND EXTERNAL ROTATION WITH ABDUCTION - ER 90 90

With theraband attached to an anchor or doorknob, start by holding the band with your arm up at 90 degrees away from your side and elbow bent to 90 degrees. Your forearm should be directed forward in the beginning position as shown. Next, roll your shoulder back so that your forearm is directed upward.

Repeat 10 Times

Hold 1 Second

Complete 3 Sets

Perform 1 Time a Day