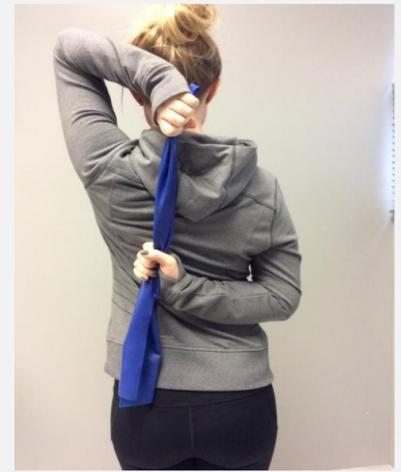
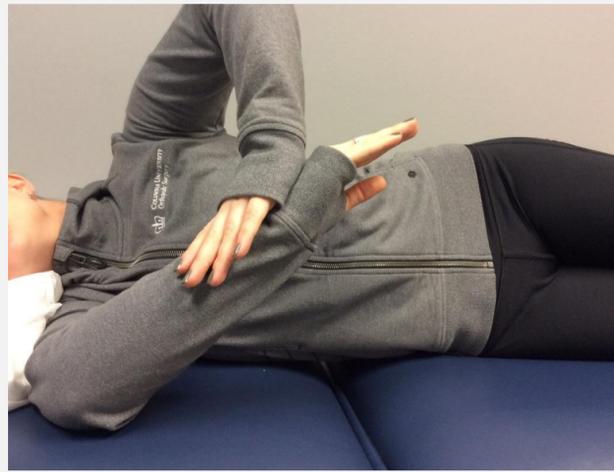


Shoulder Stretches & Strengthening Exercises



Pull Down: Secure a band against a door. bring your shoulder blades together and slowly bring your arms down to your sides while holding both ends straight and your arms at shoulder height. 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 the abdomen

Pull Apart: 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 the starting position.



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

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