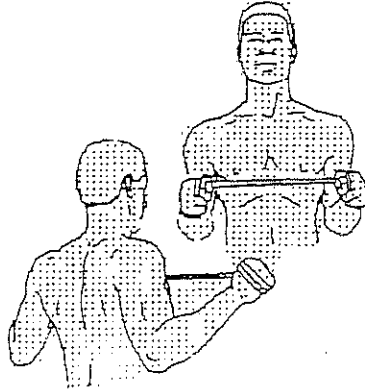


Advanced Shoulder Strengthening

1 – Scapular Squeeze

Hold exercise band in both hands, elbows at side, bent to 90°. Squeeze shoulder blades together and rotate forearms out.

3 sets of 10
2 sessions each day



2 – Scapular Clock

Anchor the middle of your exercise band under your foot, hold the ends in each hand. Shrug your shoulders up, back, forward and down.

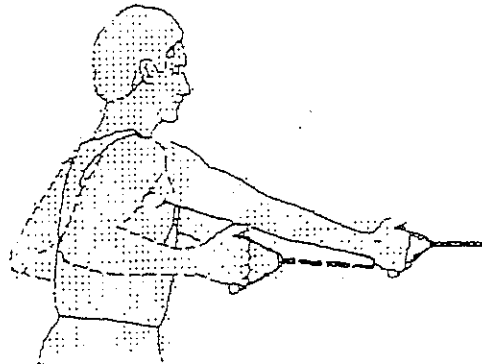
3 sets of 10
2 sessions each day



3 – Low Row

Tie a knot in the middle of the exercise band. Hold the ends in each hand. Thumbs up, pull elbows back, squeeze shoulder blades together.

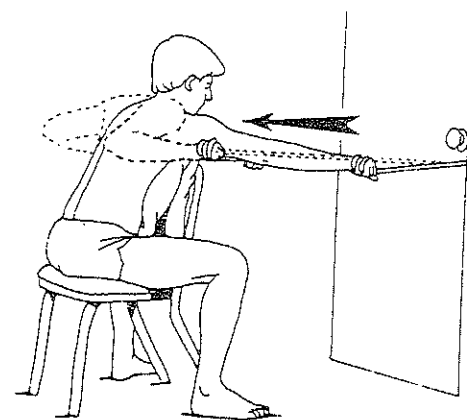
3 sets of 10
2 sessions each day



4 – Seated Row

Wrap exercise band around both fists. Pull arms back while bringing shoulder blades together as if rowing a boat.

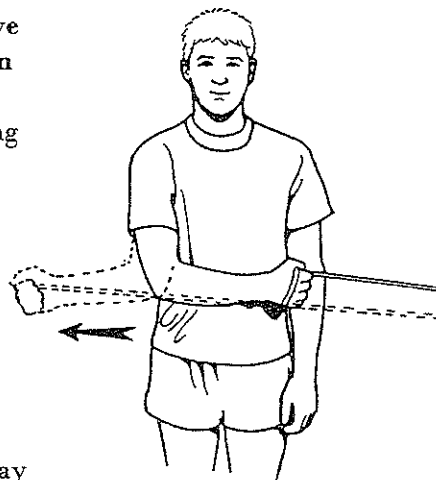
3 sets of 10
2 sessions each day



5 – Active resistive External Rotation

Using exercise band, and keeping elbow at side, rotate arm outward away from body. Be sure to keep forearm parallel to floor

3 sets of 10
2 sessions each day



6 – Active resistive Extension

Using exercise band, pull arm back. Be sure to keep elbow straight.

3 sets of 10
2 sessions each day

