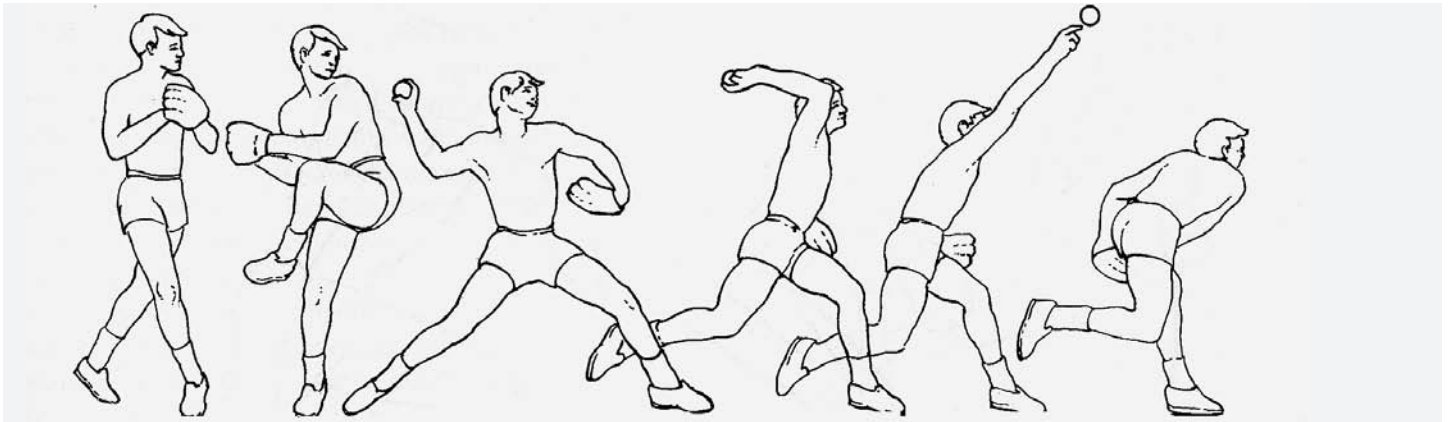


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Shoulder Strengthening Exercises



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Patient Information Series

Shoulder Strengthening

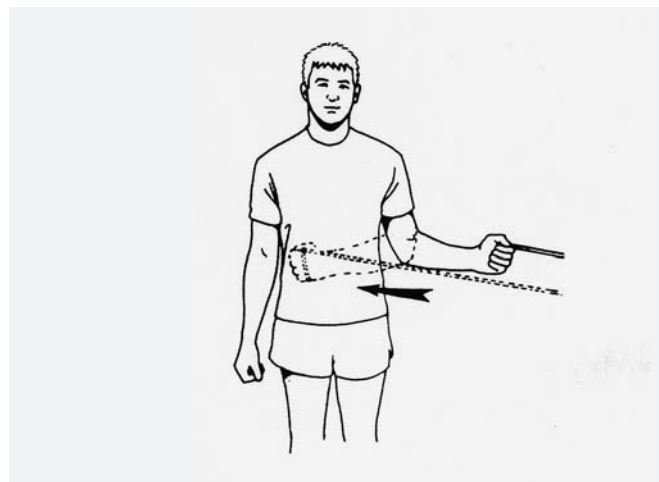
These exercises can be done at home with exercise tubing and a door strap, or at a health club using a cable column weight machine.

For Best Results

- Try to exercise regularly: 2-3 times per week.
- Start with one set of 15 repetitions for each exercise. Over time, you can increase to two sets and then three sets.
- Adjust the tension in the tubing by how far you stand away from the door.
- Some muscle soreness in the 24-48 hours following an exercise session is normal, it should resolve before your next session.
- You should not have pain while doing the exercises. - If you do experience pain, decrease the resistance.

Internal Rotation (Heavy)

- Stand perpendicular to door, tubing at waist height. Keep elbow bent at 90 degrees as you rotate shoulder and arm across body, keeping forearm parallel to floor.



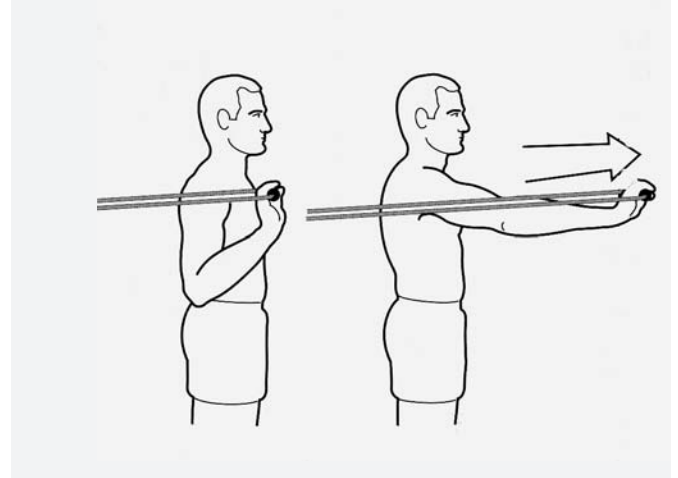
External Rotation (Heavy)

- Stand perpendicular to door, tubing at waist height. Keep elbow bent at 90 degrees as you rotate shoulder and arm away from body, keeping forearm parallel to floor.



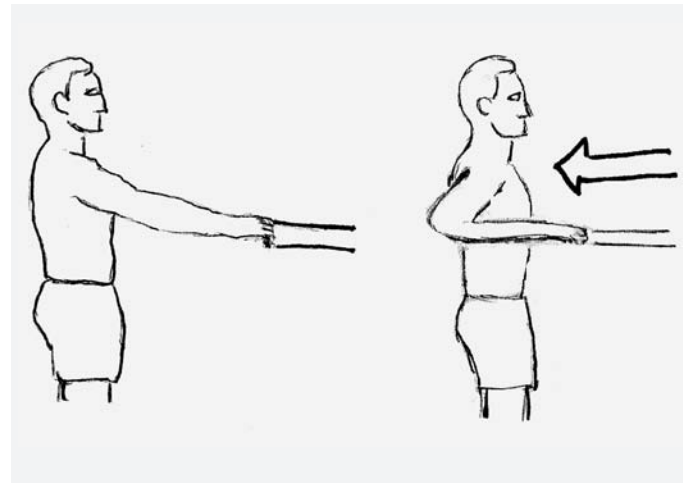
Forward Press (Heavy)

- Position tubing in door at shoulder height.
- Keep palm facing down, press out straight ahead and slowly return.



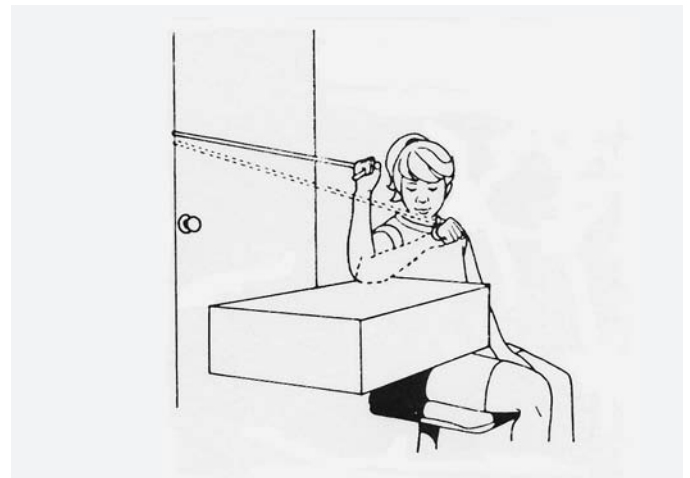
Upright Row (Heavy)

- Position tubing in door just below shoulder height.
- Keep palm facing down, pull inward all the way like a rowing motion, then slowly return.



Elevated Internal Rotation (Light)

- Face away from door, tubing at shoulder height. Keep elbow bent 90 degrees as you rotate shoulder downwards.
- You can do this sitting on a chair with arm resting on table or standing up with arm unsupported.



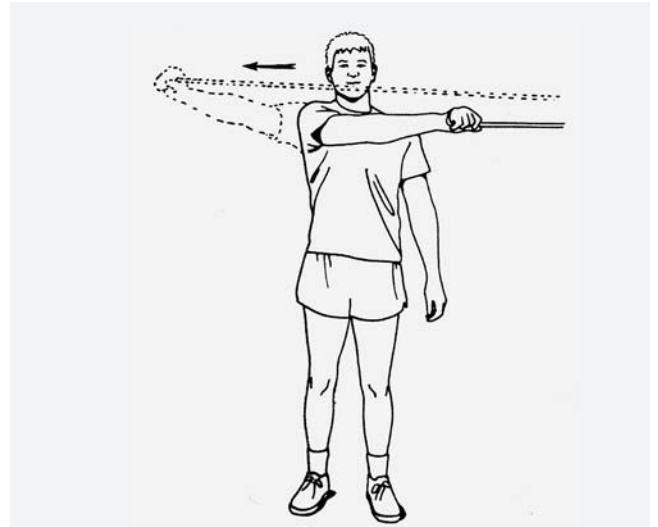
Elevated External Rotation (Light)

- Face door, tubing at shoulder height. Keep elbow bent at 90 degrees as you rotate shoulder upwards.
- You can do this sitting on a chair with arm resting on table or standing up with arm unsupported.



Cross Body Abduction (Light)

- Stand perpendicular to door, tubing at shoulder height.
- Keep elbow straight, thumb pointing up and bring arm across front of body.



Pull Down (Light)

- Stand perpendicular to door with tubing over top of door.
- Keep elbow straight and thumb pointing up, pull arm down and across front of body.

