



T Shoulder

Starting with 1 or 2 lb. weights in both hands pull the shoulders back and down (scapula set) then raise the weights up to the "T" position and lower down slowly. Do this exercise in the scapula plane 30 degrees forward.

Repeat 10 times
Complete 3 sets

Hold 1 second
Perform 3 times a week



I Shoulder

Starting with 1 or 2 lb. weights in both hands pull the shoulders back and down (scapula set) then raise the weights up to the "I" position and lower down slowly. Do this exercise in the scapula plane 30 degrees forward.

Repeat 10 times
Complete 3 sets

Hold 1 second
Perform 3 times a week

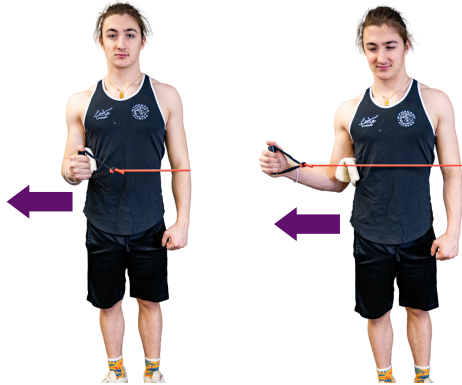


Y Shoulder

Starting with 1 or 2 lb. weights in both hands pull the shoulders back and down (scapula set) then raise the weights up to the "Y" position and lower down slowly. Do this exercise in the scapula plane 30 degrees forward.

Repeat 10 times
Complete 3 sets

Hold 1 second
Perform 3 times a week

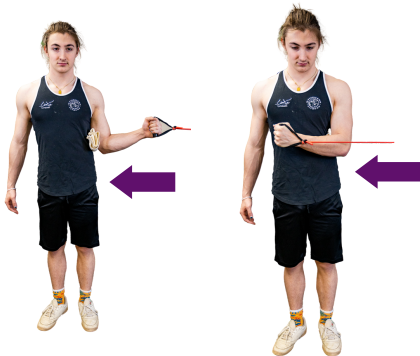


External Shoulder Rotation

Using a band attached to a doorknob or wall with a rolled-up towel between your elbow and body keeping the elbow bent at 90 degrees pull the band outwards, then contract your scapula back and release slowly.

Repeat 10 times
Complete 3 sets

Hold 1 second
Perform 3 times a week

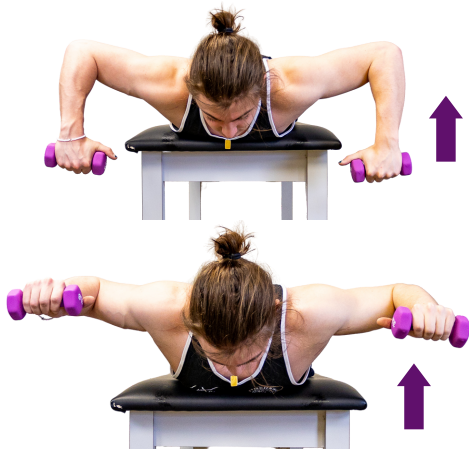


Internal Shoulder Rotation

Using a band attached to a doorknob or wall keeping the elbow bent at 90 degrees pull the band inwards and release slowly.

Repeat 10 times
Complete 3 sets

Hold 1 second
Perform 3 times a week

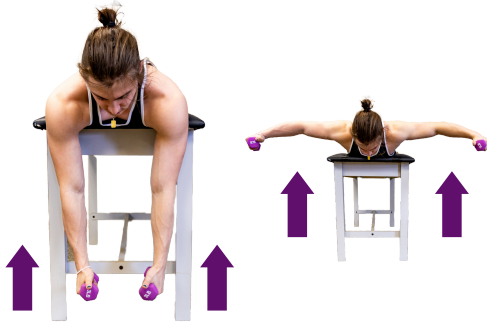


Field Goal Shoulder

Lying on a bench, the corner of a bed, or a physio ball starting with 1 or 2 lb. weights pull the elbows up to 90 degrees then as you maintain the 90 degrees rotate the hands up 90 degrees and hold for 1 second. Then reverse the movement back to the starting position.

Repeat 10 times
Complete 3 sets

Hold 1 second
Perform 3 times a week



Reverse Fly

Lying on a bench, the corner of a bed, or on a physioball starting with 1 or 2 lb. weights pull the elbows up to 90 degrees then as you maintain the 90 degrees rotate the hands up 90 degrees and hold for 1 second. Then reverse the movement back to the starting position.

Repeat 10 times
Complete 3 sets

Hold 1 second
Perform 3 times a week



Scapula Pushup

In the quadrupedal position with the knees under the hips and the hands under the shoulders drop your chest down to the floor without bending the elbows or moving the spine. Then push your chest away from the floor with straight arms as your back rises back up.

Repeat 10 times
Complete 3 sets

Hold 1 second
Perform 3 times a week