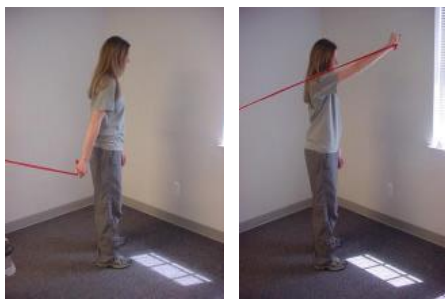




## **Shoulder theraband exercise handout**



**Start position**

**End position**

### **Shoulder Flexion:**

With the theraband still tied to the doorknob and the door completely closed, turn your body so that your back is facing the door. Grip the theraband in your affected hand beginning with your elbow straight at your side and slightly behind you, push forward until your arm is extended straight in front of you. Repeat this exercise in 3 sets of 10, 3 times per day.



**Start position**

**End position**

### **Shoulder Extension Strengthening:**

With the theraband still tied to the doorknob and the door completely closed turn your body so you are now facing the door. Grip the theraband in your affected hand and with your elbow straight, pull towards you to the end of your range of motion. Repeat this exercise in 3 sets of 10, 3 times per day.



**Start position**

**End position**

### **Shoulder Internal Rotation Strengthening:**

With the theraband still tied to the doorknob and the door completely closed turn your body so that your affected arm is closest to the door. Grip the theraband in your affected hand, and with your elbow bent at your side the entire time, rotate your forearm and hand in towards your body. Repeat this exercise in 3 sets of 10, 3 times per day.



**Start position**

**End position**

### **Shoulder External Rotation Strengthening:**

With the theraband still tied to the doorknob and the door completely closed turn your body so that your affected arm is furthest from the door. Grip the theraband in your affected hand, and with your elbow bent at your side the entire time, rotate your forearm and hand away from your body. Repeat this exercise in 3 sets of 10, 3 times per day.



**Start position**

**End position**

### **Shoulder Flexion:**

Begin by stepping on one end of the theraband, grip the other end in the hand of your affected arm. Starting with your arm straight at your side, slowly raise your arm straight up as far as you can go without pain, then return back to starting position. Repeat this exercise in 3 sets of 10, 3 times per day.



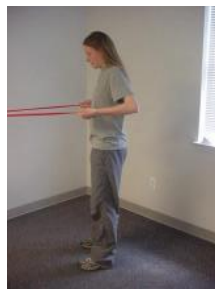
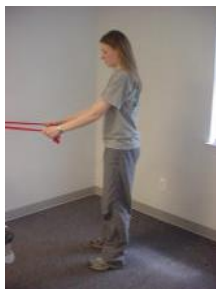
### Shoulder Abduction:

While still standing on the theraband, your arm is straight at your side, turn your palm so that it is facing up, and then lift your arm out to the side as far as you can go without pain. Then return back to starting position. Repeat this exercise in 3 sets of 10, 3 times per day.



### Empty Can Exercise:

While still standing on the theraband, and your arm straight at your side, turn your palm so that your thumb is pointing down, lift your arm diagonally in front of you, as high as you can go without pain. Slowly return your arm back to the starting position. Repeat this exercise in 3 sets of 10, 3 times per day.



### Rowing Exercise:

Wrap the theraband around a pole or something equally as sturdy, grip one end of the theraband in each hand. Begin with your arms straight in front of you then slowly pull backwards while bending your elbows and making sure to squeeze your shoulder blades together. Return your arms back to the starting position and repeat this exercise in 3 sets of 10, 3 times per day.



### Wall Push-ups:

Place your hands on a wall at shoulder level. Lean against the wall and perform a push-up against the wall. Do this exercise in 3 sets of 10 and repeat 1-2 times per day.

**Additional exercises / information:**

[illegible]

