SHOULDER EXERCISES

1. **ISOMETRIC SHOULDER EXTERNAL ROTATION AT 90°**
   a. Stand with right or left (circle one) side to wall, arm at side, and elbow at 90°.
   b. Position towel between arm and wall, and push wrist against wall.
   c. Hold for 10 seconds. Relax.
   d. Repeat ___ times.
   e. Do ___ sessions per day.

2. **ISOMETRIC SHOULDER INTERNAL ROTATION AT 90°**
   a. Stand with right or left (circle one) side to wall, arm at side, and elbow at 90°.
   b. Position towel between arm and wall, push arm against wall.
   c. Hold for 10 seconds. Relax.
   d. Repeat ___ times.
   e. Do ___ sessions per day.

3. **ISOMETRIC SHOULDER FLEXION AT 90°**
   a. Stand facing wall with elbow bent at 90°.
   b. Make a fist. With a towel between hand and wall, push against wall.
   c. Hold for 10 seconds. Relax.
   d. Repeat ___ times.
   e. Do ___ sessions per day.

4. **ISOMETRIC SHOULDER EXTENSION AT 90°**
   a. Stand facing away from wall with elbow bent at 90°.
   b. Place towel between elbow and wall and push against wall.
   c. Hold for 10 seconds. Relax.
   d. Repeat ___ times.
   e. Do ___ sessions per day.

5. **T-BAR SHOULDER ABDUCTION**
   a. In a seated or standing position, grasp pole at both ends.
   b. Keep right or left (circle one) arm relaxed and extended as you push out and up.
   c. Repeat ___ times ___ sets
   d. Do ___ sessions per day.

6. **T-BAR SHOULDER FLEXION**
   a. In a seated or standing position, grasp pole at both ends.
   b. Starting from the hips, keep right or left (circle one) arm relaxed and extended as you push forward and up.
   c. Repeat ___ times ___ sets
   d. Do ___ sessions per day.
SHOULDER ABDUCTION WITH RESISTANCE
a. Stand on one end of resistance band.
b. With arm at side, hold other end of resistance band in right or left (circle one) hand.
c. Lift arm up and out to side to shoulder level, keeping elbow straight.
d. Repeat ___ times ___ sets
e. Do ___ sessions per day.

SHOULDER FLEXION WITH RESISTANCE
a. Stand on one end of resistance band.
b. With arm at side, hold other end of resistance band in right or left (circle one) hand.
c. Lift arm up in front and over head, keeping elbow straight.
d. Repeat ___ times ___ sets
e. Do ___ sessions per day.

SHOULDER INTERNAL ROTATION WITH RESISTANCE
a. Secure resistance band at waist level.
b. Stand with right or left (circle one) side to resistance band, elbow at 90°, and arm at side.
c. Position towel between elbow and body, hold resistance band and pull hand inward, keeping elbow at side.
d. Repeat ___ times ___ sets
e. Do ___ sessions per day.

SHOULDER EXTERNAL ROTATION WITH RESISTANCE
a. Secure resistance band at waist level.
b. Stand with right or left (circle one) side to resistance band, elbow at 90°, and arm at side.
c. Position towel between elbow and body, hold resistance band and pull across body. Pull hand outward, keeping elbow at side.
d. Repeat ___ times ___ sets
e. Do ___ sessions per day.

SHOULDER RETRACTION WITH RESISTANCE
a. Secure resistance band in door at chest level.
b. Hold elastic in hands with both arms extended.
c. Pull back, bending elbows and keeping them close to sides, squeeze shoulder blades together.
d. Repeat ___ times ___ sets
e. Do ___ sessions per day.

SHOULDER SUPRASPINATUS LIFT WITH RESISTANCE
a. Stand on one end of resistance band.
b. Grasp other end of resistance band and hold right or left (circle one) arm out from side at 45° with thumbs down.
c. Raise arm to shoulder height, keeping elbow straight.
d. Repeat ___ times ___ sets
e. Do ___ sessions per day.
SHOULDER DIAGONAL FLEXION WITH RESISTANCE

a. Attach resistance band to secure object at floor level.
b. Grasp resistance band with palm inward and crossed over trunk to opposite hip.
c. Raise arm up and diagonally across the trunk, rotating palm up as you go through the movement.
d. Repeat ___ times ___ sets 
e. Do ___ sessions per day.

SHOULDER DIAGONAL EXTENSION WITH RESISTANCE

a. Attach resistance band to secure object above head level.
b. Grasp resistance band with palm forward and arm up and out to the side.
c. Pull down and across body, ending at opposite hip and palm inward.
d. Repeat ___ times ___ sets 
e. Do ___ sessions per day.

SHOULDER OVERHEAD PRESS WITH WEIGHT

a. Sit or stand, hold weight in right or left (circle one) hand, shoulder and elbow are bent at 90°.
b. Lift weight up and over head, then return to start position.
c. Repeat ___ times ___ sets 
d. Do ___ sessions per day.
**SHOULDER EXTENSION (PRONE) WITH WEIGHT**

a. Lie face down with **right or left (circle one)** arm off side of table. Hold weight in hand.

b. Raise arm up above back, keeping elbow straight.

c. Repeat ___ times ___ sets

d. Do ___ sessions per day.

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**SHOULDER HORIZONTAL ABDUCTION (PRONE) WITH WEIGHT**

a. Lie face down holding weight in **right or left (circle one)** hand with thumb up.

b. With arm extended at 45°, lift arm upward slightly above head.

c. Repeat ___ times ___ sets

d. Do ___ sessions per day.

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**SHOULDER EXTERNAL ROTATION (PRONE) WITH WEIGHT**

a. Lie face down while holding weight in **right or left (circle one)** hand.

b. Position shoulder and elbow at 90°.

c. Rotate arm upward, keeping elbow bent.

d. Repeat ___ times ___ sets

e. Do ___ sessions per day.

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