



## 1.) Side-lying Shoulder External Rotation (Dumbbell)

Repeat \_\_\_\_ Time(s)

Complete \_\_\_\_ Set(s)

Perform \_\_\_\_ Time(s) a Day

Weight \_\_\_\_ Lbs.

**INSTRUCTIONS:** Assume a side-lying position on an exercise mat holding a dumbbell with your elbow positioned on a towel at your side. In the starting position your shoulder will be internally (inwardly) rotated and your elbow flexed 90 degrees. Begin by externally (outwardly) rotating your shoulder to a point where your forearm is almost facing straight toward the ceiling. Pause briefly, then internally rotate your shoulder back down to complete the repetition. Be conscious that your elbow remains flexed 90 degrees throughout the entire movement. Switch sides, then take the appropriate rest between sets.



## 2.) Scaption, External Rotation (Dumbbells)

Repeat \_\_\_\_ Time(s)

Complete \_\_\_\_ Set(s)

Perform \_\_\_\_ Time(s) a Day

Weight \_\_\_\_ Lbs.

**INSTRUCTIONS:** Start with arms in a comfortable position with hands no more than shoulder width apart. Push up as high as possible, rolling shoulders forward after elbows are straight. Start with a push-up into the wall. Gradually progress to table top and eventually to floor as tolerable. If regular push-ups are too tough- you can do on knees or against wall. To activate the serratus anterior muscle ( a scapula stabilizer) you can finish the push-up by fully extending the elbows and trying to spread the shoulder blades apart as far as you can. This makes the arms "long as possible" and is an extra little benefit- as therapists we call this the push-up plus.



## 3.) Straight Arm Lat Pull (Low)

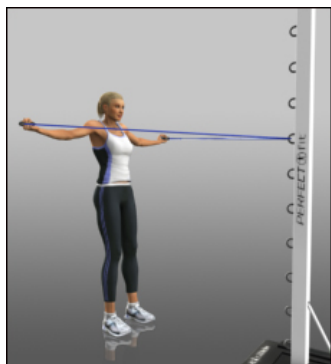
Repeat \_\_\_\_ Time(s)

Complete \_\_\_\_ Set(s)

Perform \_\_\_\_ Time(s) a Day

Tubing Color: \_\_\_\_

**INSTRUCTIONS:** Lie on table face down, with involved arm hanging straight to the floor, and thumb rotated up (hitchhiker). Raise arm out to the side with arm slightly in front of shoulder, parallel to the floor. Hold 2 seconds and lower slowly. This exercise can also be done effectively over a theraball doing both arms at the same time. Therapist commonly call this exercise the "Y" as when viewed from above you arms and body should create a "Y" shape .



## 4.) Standing Double Arm Sport Cord Horizontal Abduction with External Rotation

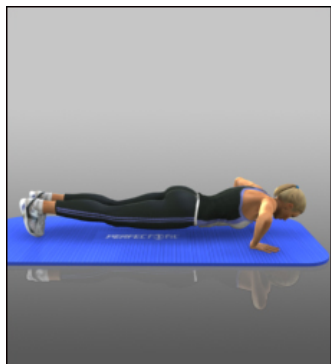
Repeat \_\_\_\_ Time(s)

Complete \_\_\_\_ Set(s)

Perform \_\_\_\_ Time(s) a Day

Tubing Color: \_\_\_\_

**INSTRUCTIONS:** Assume a front-lying (prone) position on the edge of a therapeutic table with one arm hanging straight down holding a dumbbell in your hand with your palm facing back. Begin by turning your palm forward (external rotation) and raising your arm directly out to the side from your shoulder; keep your elbows straight. Pause briefly when your arm is parallel to the floor, then rotate your palm down (internal rotation) and lower the dumbbell back to the starting position to complete each repetition. Switch arms, then take the appropriate rest between sets or perform over a therabal and do both arms at the same time. This exercise is commonly called the "T" as the arms and body creae a "T" shape when performed correctly.



## 5.) Push-Ups

Repeat \_\_\_\_ Time(s)

Complete \_\_\_\_ Set(s)

Perform \_\_\_\_ Time(s) a Day

**INSTRUCTIONS:** Start with arms in a comfortable position with hands no more than shoulder width apart. Push up as high as possible, rolling shoulders forward after elbows are straight. Start with a push-up into the wall. Gradually progress to table top and eventually to floor as tolerable.



## 6.) Standing Shoulder Internal Rotation (Sport Cord)

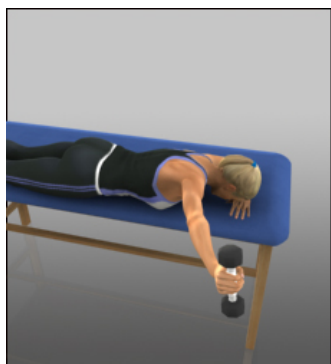
Repeat \_\_\_\_ Time(s)

Complete \_\_\_\_ Set(s)

Perform \_\_\_\_ Time(s) a Day

Tubing Color: \_\_\_\_

**INSTRUCTIONS:** Assume an upright standing position holding the handle of a sport cord or elastic resistance tubing attached to an immovable pole. Your shoulder performing the exercise should be positioned next to the pole. To assume the start position, flex your elbow 90 degrees and position it at your side with your palm facing in; your shoulder should be positioned in full external (outward) rotation. Begin by slowly internally (inwardly) rotating your shoulder to a position where your forearm almost touches your stomach. Allow your arm to externally rotate back out to complete each repetition.



## 7.) Prone Horizontal Abduction (Full ER, 100 degrees ABD)

Complete \_\_\_\_ Minutes

Repeat \_\_\_\_ Time(s)

Perform \_\_\_\_ Time(s) a Day

Complete \_\_\_\_ Set(s)

## Dr. Asp Shoulder Strengthening Exercises

Workout Code: ZEN2642

Enter your code at [www.tcomn.com/exercise](http://www.tcomn.com/exercise) to view and save your exercises online.

Perform \_\_\_\_ Time(s) a Day

Weight \_\_\_\_ Lbs.

**INSTRUCTIONS:** Lie on table face down, with involved arm hanging straight to the floor, and thumb rotated up (hitchhiker). Raise arm out to the side with arm slightly in front of shoulder, parallel to the floor. Hold 1 seconds and lower slowly. This exercise can also be done effectively over a theraball doing both arms at the same time. Therapist commonly call this exercise the "Y" as when viewed from above you arms and body should create a "Y" shape .



### 8.) Prone Horizontal Abduction with External Rotation

Repeat \_\_\_\_ Time(s)

Complete \_\_\_\_ Set(s)

Perform \_\_\_\_ Time(s) a Day

Weight \_\_\_\_ Lbs.

**INSTRUCTIONS:** Assume a front-lying (prone) position on the edge of a therapeutic table with one arm hanging straight down holding a dumbbell in your hand with your palm facing back. Begin by turning your palm forward (external rotation) and raising your arm directly out to the side from your shoulder; keep your elbows straight. Pause briefly when your arm is parallel to the floor, then rotate your palm down (internal rotation) and lower the dumbbell back to the starting position to complete each repetition. Switch arms, then take the appropriate rest between sets.