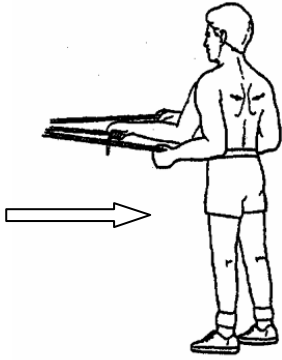




CU SPORTS MEDICINE

Shoulder Exercises

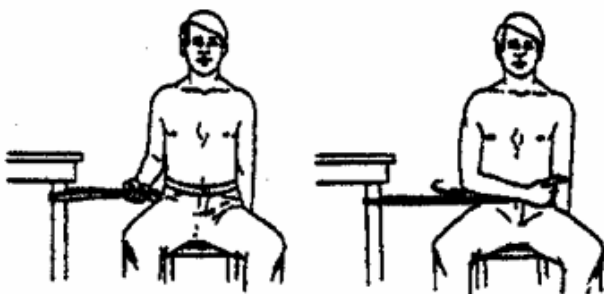
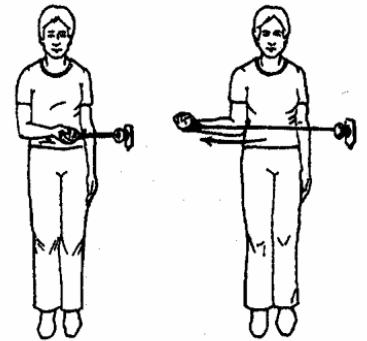


Exercise 1

- Anchor your rubber tubing to a solid object.
- Hold the rubber tubing in both hands, with your elbows bent.
- Squeeze your shoulder blades together.
- Pull your arms backward as shown, only until your elbows come to the side of your body.
- Hold for _____ seconds.
- Do _____ repetitions, _____ times each day.

Exercise 2

- Anchor your rubber tubing to a solid object. Stand with your arm tucked to your side. Place a towel roll under the affected arm.
- Grasp the rubber tubing as shown in your _____ hand.
- Rotate your arm outward until your fist is pointing straight ahead. Keep your elbow bent and tucked into your side.
- Hold for _____ seconds and slowly lower.
- Do _____ repetitions, _____ times each day.



Exercise 3

- Anchor your rubber tubing to a solid object.
- Sit or stand with your arm at your side, elbow bent as shown.
- Rotate your arm inward toward your body, keeping your elbow tucked into your side.
- Hold for _____ seconds and slowly relax.
- Do _____ repetitions, _____ times each day.

Exercise 4

- Place both arms at your sides with your thumbs turned upward.
- Raise both arms upward, just to below shoulder height as shown.
- Make sure the arm is positioned 30 degrees forward as you raise it. (See small diagram which is looking down from the top.)
- Hold for _____ seconds.
- Do _____ repetitions, _____ times each day.

