

Phase 3

GOOD FOR:

- Strengthening the shoulder and surrounding muscles
- Preventing shoulder pain and injury

GUIDELINES:

- Perform 3 or 4 days a week
- Do 3 sets of 10–15 reps
- Push sets to fatigue
- When there are multiple exercise options, choose a variation based on your injury type, equipment availability, and personal preference
- Tools: bench, dumbbells, resistance bands, towel
- All banded exercises can be done using a cable machine

Phase 3

Row (choose one)

row (dumbbell row)

Place one hand and knee on a bench with your spine neutral. Let your opposite arm hang down to the side of the bench, then bend your elbow and pull the dumbbell straight up toward your chest.



row (banded row)

Kneel on the ground and position a band at shoulder height. Start with your arm extended in front of your body, then draw your elbow back and pull the handle toward your armpit, keeping your thumb facing upward.



Phase 3

External Rotation (choose one)

external rotation (side-lying dumbbell)

Lie on your side on the bench with your injured arm on top. Position a folded/rolled-up towel between your elbow and body. Keep your elbow at 90 degrees and start with your hand next to your stomach. Keeping your elbow pinned to your side, lead with your knuckles and lift the dumbbell by externally rotating from your shoulder.



external rotation (prone 90/90)

Lie facedown on the bench. Start with your shoulder and elbow at 90 degrees. Keeping your elbow bent, lift the dumbbell by externally rotating your shoulder until your arm is parallel with the ground.



external rotation (banded variation)

Anchor a band at about belly button level. With a folded/rolled-up towel positioned between your elbow and body, bend your arm to 90 degrees and grip the handle near your stomach. Keeping your elbow pinned to your side, lead with your knuckles and pull the band outward by externally rotating from your shoulder.



Phase 3

Internal Rotation

banded internal rotation

Anchor a band just above hip height. With a folded/rolled-up towel positioned between your elbow and body, bend your arm to about 90 degrees. Keeping your elbow pinned to your side, internally rotate your shoulder and slowly pull the handle to your stomach.



Phase 3

Raise (choose one)

raise (d2 raise)

Secure an overhand grip on a resistance band so that it's in front of your body with your arms at your sides. Start by moving your injured arm across your body, positioning your hand near your centerline with your thumb down. Keeping your uninjured arm at your side, move your injured arm out and away from your body while externally rotating your shoulder. Finish with your arm overhead and your thumb up.



raise (scaption raise)

Hold dumbbells at your sides with your palms facing forward. Keeping your elbows straight and leading with your thumbs, lift your arms out to the side and slightly in front of your body, creating a “V” shape. Stop the movement at shoulder level. Do not lift your shoulder blades (shrug your shoulders toward your ears).



raise (lateral raise)

With your thumbs facing forward, lift your arms out to the side to shoulder level. You can also do this variation with one arm using a resistance band or cable machine.



raise (frontal raise)

With your thumbs facing forward, raise your arms to shoulder level.

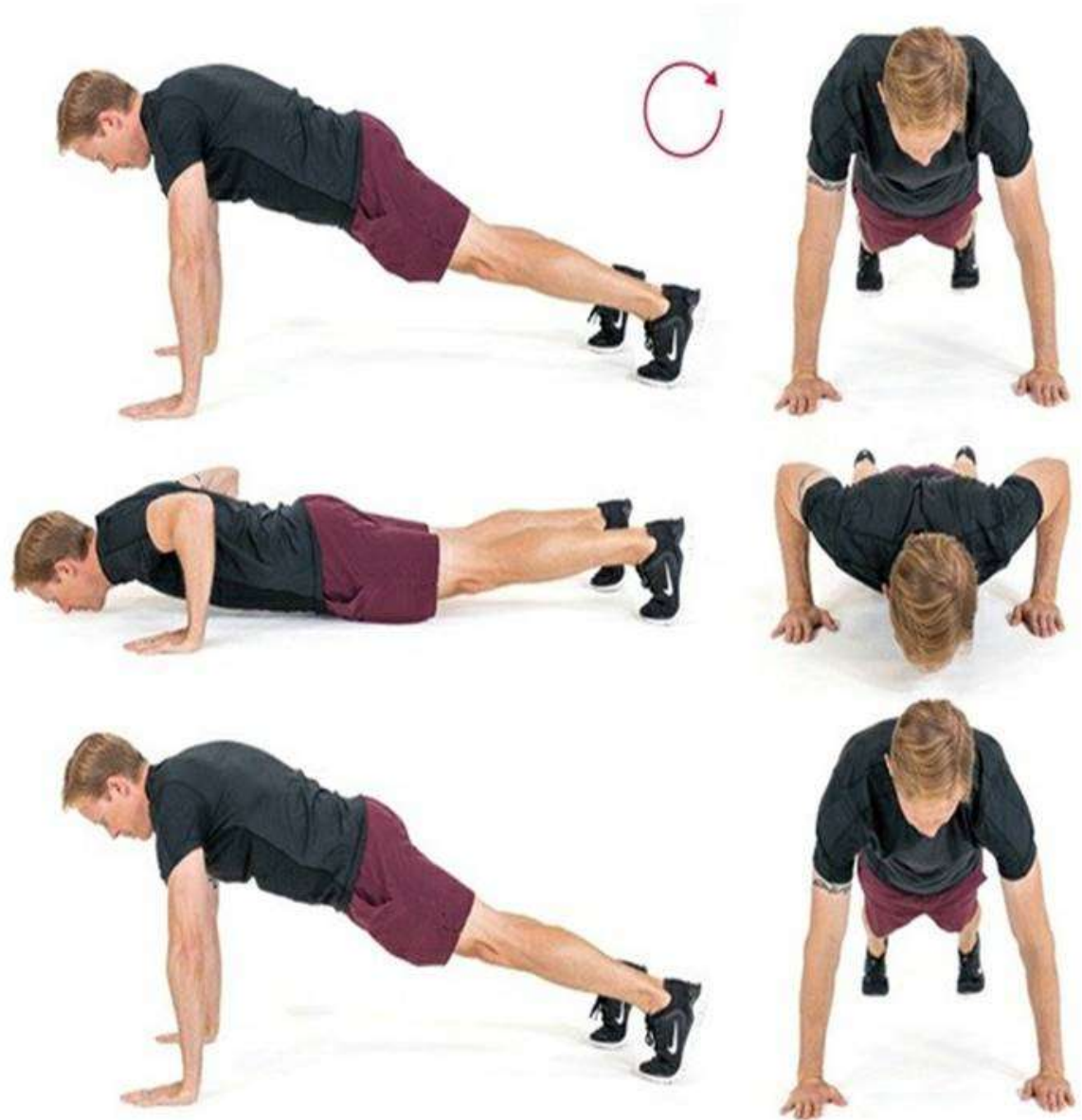


Phase 3

Press (choose one)

press (push-up plus)

Get into the plank position: hands shoulder width apart, shoulders aligned over your wrists, and back flat. Perform a standard push-up by lowering your chest to the ground. Try to keep your elbows in (about 45 degrees from your body), forearms vertical, and back flat as you lower into the bottom position. As you reverse the movement and return to the start position with your elbows extended, protract your shoulder blades by pushing your shoulders toward the ground. This should raise your body a few inches..



press (floor press)

Lie on the floor, position the dumbbells over your lower chest with your palms facing your legs, and get your triceps flush with the ground. Position your elbows slightly away from your body (at a 45-degree angle) and keep your forearms vertical. As you press the dumbbells straight up, rotate your shoulders so that your palms are facing each other at the top of the movement.



press (bench press)

Lie on a bench and position the dumbbells over your lower chest with your palms facing your legs. Position your elbows slightly away from your body (at a 45-degree angle) and keep your forearms vertical. As you press the dumbbells straight up, rotate your shoulders so that your palms are facing each other at the top of the movement.



press (banded press with protraction)

Anchor the band at about chest height. Press your arms straight out. As you extend your elbows, rotate your palms toward the ground and protract your shoulders (push your shoulder blades forward).



single-arm supinated curl

Hold a dumbbell with your arm at your side and your palm facing inward. Keeping your elbow close to your side, lift the dumbbell toward your shoulder. As you curl your arm, rotate your palm upward and toward your body (supination).

