

## Phase 2

### GOOD FOR:

- Improving shoulder stability and neuromuscular control
- Warm-up for phase 3 exercises

### GUIDELINES:

- Perform 3 or 4 days a week
- Do 3 sets of 10–15 reps
- Tools: resistance tube band, dumbbells, bench, towel
- All banded exercises can be done using a cable machine

**Add phase 3 when you can do the exercises with no more than mild pain (3/10)**

## kneeling banded single-arm press

Facing away from the rack, press your arm straight out in front of your body. As you extend your elbow, rotate your palm toward the ground.



## kneeling banded single-arm row

Kneel on the ground and anchor 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. Keep your shoulders square and don't lean back as you pull.





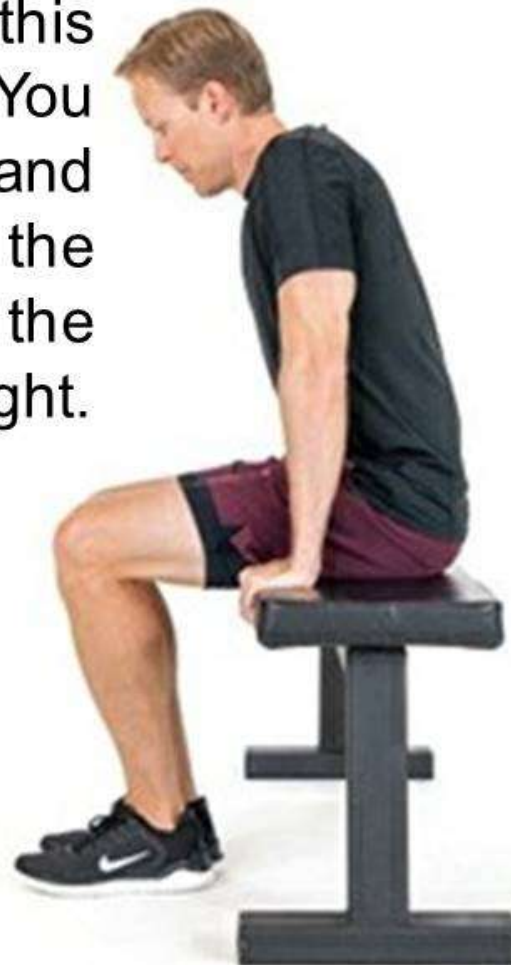
## lateral raise

Holding dumbbells at your sides, raise your arms to shoulder level with your palms facing downward and elbows straight.



## bench lift-off

Sit on a bench and grip the edge with both hands. Tilt your torso forward, drive through your palms, and push your shoulders toward the ground. Hold this position for 2–3 seconds. You can keep your knees bent and lift your entire body off the ground or keep your feet on the floor to help support your weight.



## **banded internal rotation**

Anchor the 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.





## **banded external rotation**

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.



## side-lying dumbbell variation

Lie on your side 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.

