

Phase 3

GOOD FOR:

- Strengthening the shoulder and surrounding muscles
- Maintaining shoulder range of motion and mobility
- Preventing shoulder pain and injury

GUIDELINES:

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

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.



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.



side-lying external rotation

Choose either the dumbbell or banded variation. To perform the 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.



banded internal rotation

Anchor the band to belly button level. 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

Anchor the 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.



shoulder press

Start in a kneeling position with your lead shin vertical and torso upright. Position a dumbbell over one shoulder, keeping your elbow tight to your body and palm facing inward. Push the weight straight up and fully lock out your elbow. Return to the start position slowly and with control.

