

# Phase 3

## GOOD FOR:

- Strengthening the shoulder with higher stabilization demands
- Improving shoulder stability and neuromuscular control

## GUIDELINES:

- Perform 3 or 4 days a week
- Do 3 sets of 10–15 reps
- Push sets to fatigue
- • Tools: dumbbell, resistance band, bench, resistance loop

## 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).



### d2 flexion

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.





## **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.



## shoulder taps

Get into the plank position (top of a push-up): hands shoulder width apart, shoulders aligned over your wrists, and back flat. Shifting your weight on to one side, reach your opposite hand across your body, touch the shoulder of your supporting arm (quick tap), and then go back to the start position. Immediately repeat on the other side, and that's one rep.



## shoulder clock

With a resistance loop around your wrists, get into plank position. The idea is to move your hand forward, outward, and toward your hips, returning to the start position after every step. Add diagonal steps to hit every clock position to make the exercise more challenging. If you're moving your left hand, you would go 12 o'clock, 11 o'clock, and so on until you get to 7 o'clock.





## dolphin press

Get into the plank position with your elbows positioned underneath your shoulders and your forearms flush with the ground. Walk your feet forward and elevate your hips, keeping your back as flat as possible. Lower your head to the ground and allow your shoulders to retract. Maintaining your back and hip angle, protract your shoulders (push your shoulders toward the ground) and lift your body.



## 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.

