

Phase 2

GOOD FOR:

- Improving shoulder range of motion
- Strengthening the shoulder and biceps tendon
- Warm-up for phase 3 exercises

GUIDELINES:

- Perform the mobility exercises every day and the resistance exercises 3 or 4 times a week
- Tools: dumbbell, resistance tube band, towel

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

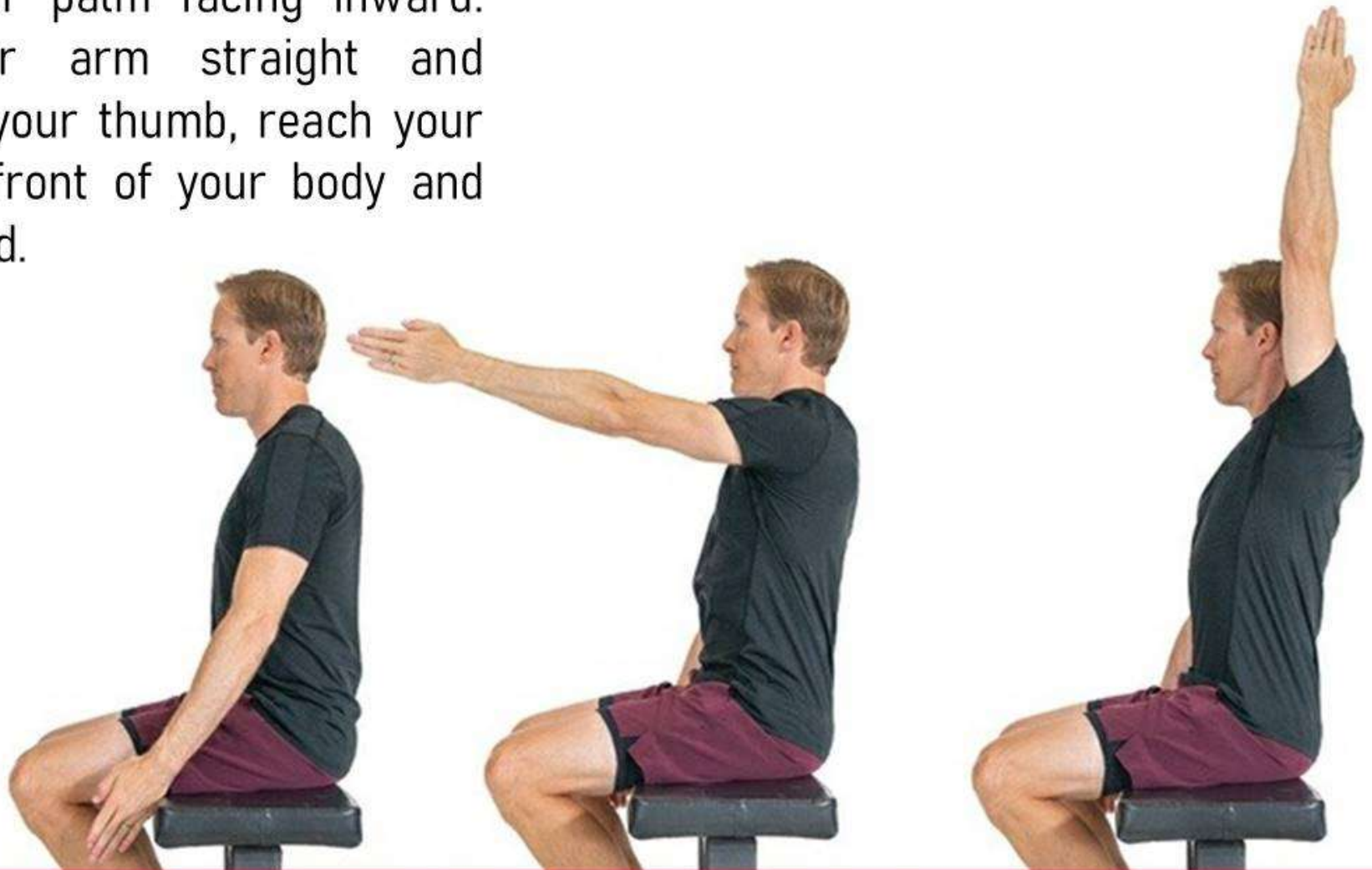
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MOBILITY EXERCISES:

- Do 3 sets of 10–15 reps
- Active range of motion (AROM)—move as far as you can without pain
- Pause at end range for 2–3 seconds

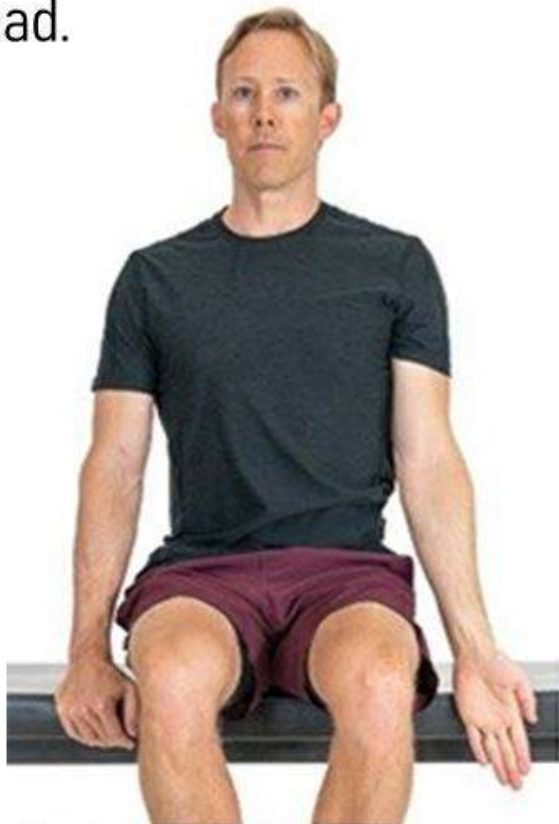
shoulder flexion mobility

Stand or sit with your arm at your side and your palm facing inward. Keeping your arm straight and leading with your thumb, reach your hand out in front of your body and over your head.



shoulder abduction mobility

Stand or sit with your arm at your side and your palm facing forward. Keeping your arm straight and leading with your thumb, reach your hand out to your side and over your head.



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RESISTANCE EXERCISES:

- Do 3 sets of 10–15 reps
- Push sets to fatigue
- All banded exercises can be done using a cable machine

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).



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.



banded external rotation

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.



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

