

Shoulder 18-11-24

Rowing



Description

- Arms are straight; head is neutral; shoulders are level and not hunched
- Upper body is leaning forward from the hips with the shoulders in front of the hips
- Shins are vertical, or as close to vertical as is comfortable for you
- Start the drive by pressing with your legs, and then swing the back through the vertical position before finally adding the arm pull
- Legs are extended and handle is held lightly below your ribs
- Extend your arms until they straighten before leaning from the hips towards the flywheel
- Once your hands have cleared your knees, allow your knees to bend and gradually slide the seat forward on the monorail
- Repeat

Time: 3-5min

Sleeper Stretch



Description

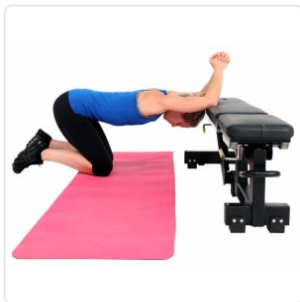
- Lie on your side so that you are resting a little weight on your shoulder blade to keep it still
- Bend your elbow and the shoulder to 90 degrees with your forearm pointing to the ceiling
- Keep your elbow still and gently lower your palm toward the floor

Sets Left: 1

Sets Right: 2

Hold: 20sec

Lat Dorsi Stretch on Bench



Description

- Kneel down with the hands together
- Rest the elbows on a bench in front of you and lower the chest down
- Keep the elbows bent with good posture and hold for the prescribed time

Sets: 2

Hold: 20sec

Pec Stretch In Doorway or Frame



Description

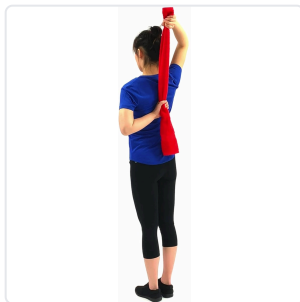
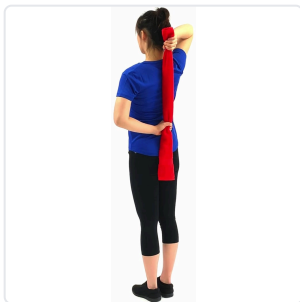
- Place the forearm vertically on a door frame or stationary object at head height
- Step forward, keeping the arm still to stretch the chest
- Hold for the time prescribed

Sets Left: 1

Sets Right: 2

Hold: 20sec

Shoulder Internal Rotation with Towel Behind Back



Description

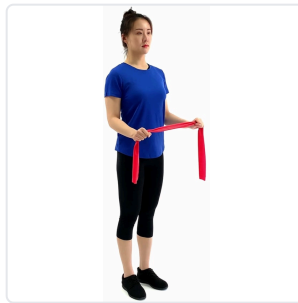
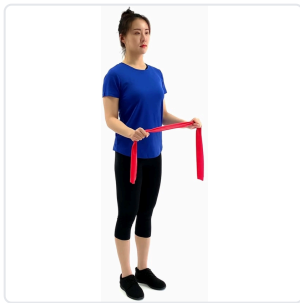
- Stand holding a towel behind your neck
- Reach the other hand behind your back and hold the other end of the towel
- Pull the towel up to stretch the shoulder of the lower hand

Sets Left: 1

Sets Right: 2

Hold: 20sec

Shoulder External Rotation with Resistance Band



Description

- Sit on a gym ball holding a resistance band
- Bend your elbows and tuck them into your side
- Pull the bands apart to rotate the shoulders
- Slowly release the hands together

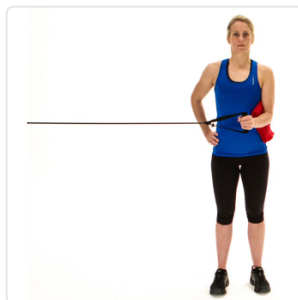
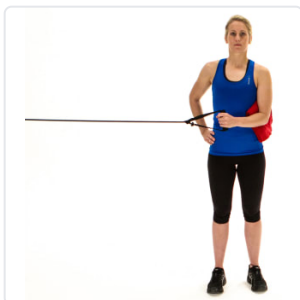
Sets: 1

Reps: 10

Hold: 2sec

Color: Green

External Shoulder Rotation With Resistance Band



Description

- Hold a resistance band that pulls across the body with the arm bent
- Keep the elbow close to the side and turn the arm out
- Release the arm across the body

Sets Left: 2

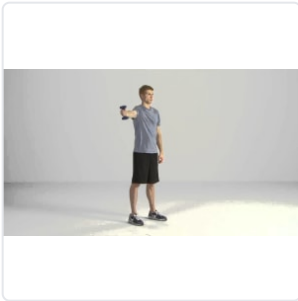
Sets Right: 1

Reps: 8

Hold: 2sec

Color: Green

Abduction in plane of scapula



Description

- Stand with arm at side holding a dumbbell with the thumb pointing out
- Set the scapula and raise the arm sideways at a 20-30 deg angle in front of the shoulder, keeping the shoulder down until the arm is parallel to the floor
- Lower again slowly with control

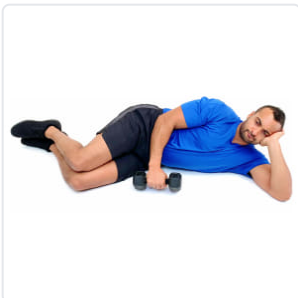
Sets Left: 2

Sets Right: 1

Reps: 10

Weight: 2kg

Shoulder External Rotation with Dumbbell



Description

- Lie on your side holding a dumbbell in your upper hand
- Tuck your elbow into your side then rotate the shoulder so the hand raises up
- Lower the hand down

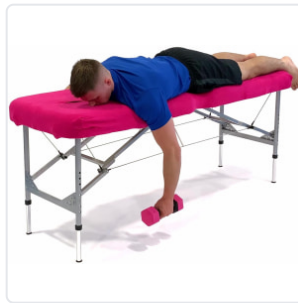
Sets Left: 2

Sets Right: 1

Reps: 10

Weight: 2kg

Horizontal Extension of Shoulder in Prone with Dumbbell



Description

- Lie face down on a bed holding a dumbbell that hangs off the bed
- Raise the arm out to the side
- Lower the hand down

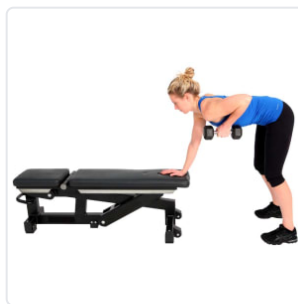
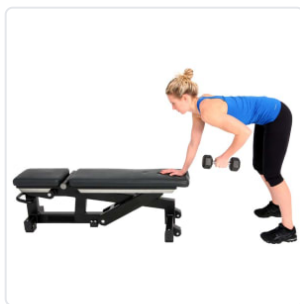
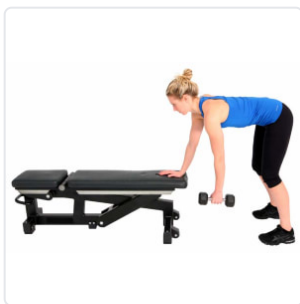
Sets Left: 2

Sets Right: 1

Reps: 10

Weight: 2kg

Supported Bent Over Row



Description

- Place one hand on a bench in front of you with feet shoulder width apart
- Bend forward with good posture holding a dumbbell in the other hand
- Row the dumbbell towards your shoulder
- Slowly lower the dumbbell down

Sets Left: 2

Sets Right: 1

Reps: 8

Weight: 7.5kg

Seated Low Row on Machine with Neutral Grip



Description

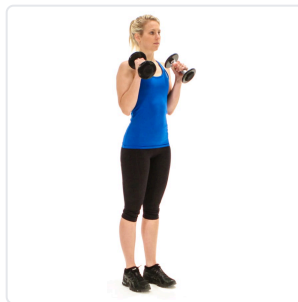
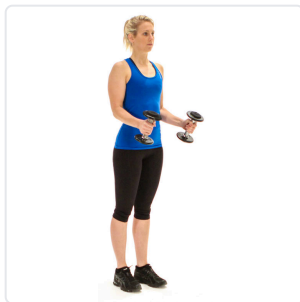
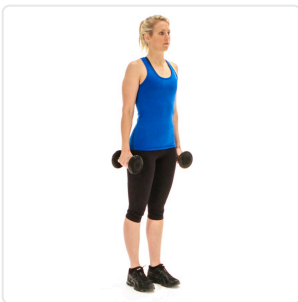
- Set the machine so when your arms are straight the weight is just lifted and choose an appropriate weight
- Pull the handles into your sides by squeezing your elbows and squeezing shoulder blades together
- Lower the weight by straightening your arms and repeat

Sets: 2

Reps: 10

Weight: 35kg

Dumbbell Hammer Curls



Description

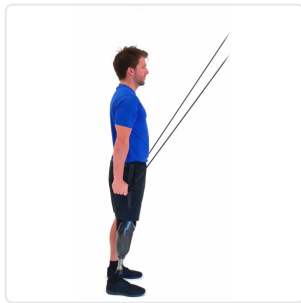
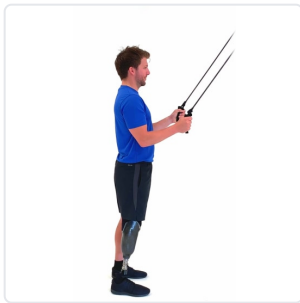
- Stand with a dumbbell in each hand so the palms are facing inwards
- Keeping your elbow close to your body lift the dumbbells toward your shoulders
- Lower the dumbbells to the starting position and repeat

Sets: 2

Reps: 10

Weight: 7.5kg

Tricep Pull Down in Standing with Cable Machine



Description

- Stand tall facing the cable machine with elbows bent to 90 degrees
- Straighten the elbows against the cable so arms are fully straight against your sides
- Release the arms to 90 degrees

Sets: 2

Reps: 10

Weight: 17.5kg