

Shoulders:

Exercise:	Muscles primarily worked:	Description :	Comments:
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Gym Exercises:



Figure A: Shoulder Press [1]
(Bodycraft, 2020)

Triceps (back of the arm) and Deltoids (shoulder)	The seat needs to be adjusted back so it aligns to the shoulder position. The trainee needs to have this aligned at the most comfortable angle. Next, the seat needs to be adjusted so that the press handles are in shoulder	- Need to ensure that the back is locked in and in a secured position, not causing any pressure on the back.
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height
making the
trainee lean
forward
and the
body is
aligned with
the path of
motion that
the press
arm takes.
Grabbing
the
handles,
the trainee
needs to
press away
from the
shoulders
then return
to start
position
slowly.



**Figure B: Cable Shoulder Press [1]
(Bodycraft, 2020)**

Triceps (back of the arm) and Deltoids (shoulder) .

This exercise works by adjusting the seat to the most upright position with training arms in a vertical position.

The seat needs to be adjusted to ensure that the cable handles are at shoulder level.

Pressing the handles, the arms lift the cable overhead, returning to start position

- Slight variations can occur in this exercise as the grip needs to be neutral (not too tight or loose).

- This exercise can also be performed with one arm at a time.

slowly. This is an important exercise for the shoulder as well as the back of the arm.

At home exercises:

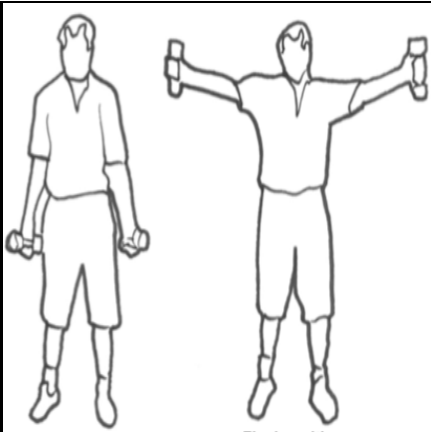


Figure C: Lateral arm raise [2]
(Cancer Council WA, 2020)

Deltoids

This at home exercise works by beginning at the starting position with dumbbells pointing downwards. The shoulders need to be abducted up until the arms are horizontal,

- When extending arms out, the dumbbells can be held in the for 2-3 seconds.

basically making a 90 degree angle with the body. When the dumbbells are lifted, the trainee should breath out, with the head looking straight ahead. This exercise can be repeated 4-5 times in 3-4 sets throughout the day.



Triceps
brachii
and
Deltoids.

This
exercise
works the
shoulders
and arms
mainly.

**Figure D: Seated
shoulder press [2]
(Cancer Council
WA, 2020)**

Shoulder
abduction
occurs with
elbow
extension.
The trainee
needs to
start at the
starting
position
sitting with
the back
rested to
the back of
the chair.
While the
back stays
flat, the
elbows get
flexed with
the
resistance
held in
hands. The
elbows get
extended
with
shoulders
flexion,

ensuring
the trainee
breaths out
while
lifting.
Return back
to starting
position
gently.

References:

- [1] Bodycraft - Exercise Guide | Bodycraft 2020 | Exercise Guides: The Art and Science of Movement | Figure A – Figure B exercises | Available online at: <https://www.bodycraft.com/pdfs/exercise/ExerciseBook.pdf> | Accessed 18 March 2020
- [2] Cancer Council Western Australia | Guidelines for implementing exercise programs for cancer patients | Figure C – Figure D exercises | The Cancer Council WA <https://www.racgp.org.au/FSDEDEV/media/documents/Clinical%20Resources/HANDI/Guidelines-for-implementing-exercise.pdf> | Accessed 19 March 2020