

## Weeks 1-2

STEP 1



STEP 2



### Shoulder Flexion Overhead with Dowel

REPS: 10 | SETS: 2 | HOLD: 5 SECOND | DAILY: 1 | WEEKLY: 7

#### Setup

Begin in a standing upright position, holding a dowel with your involved arm at the end.

#### Movement

Using your uninvolved arm to guide the movement, move your other arm straight overhead. Return to the starting position, and repeat.

#### Tip

Make sure your involved arm is relaxed and keep your back straight during the exercise.

STEP 1



### Circular Shoulder Pendulum with Table Support

REPS: 20 | DAILY: 1 | WEEKLY: 7

CW/CCW, FWD/BWD

#### Setup

Begin in a standing position with your trunk bent forward, one arm resting on a table for support and your other arm hanging toward the ground.

#### Movement

Slowly shift your body weight in a circular motion, letting your hanging arm swing in a circle at the same time.

#### Tip

Make sure the movement comes from your body shifting and do not use your arm muscles to create the circular motion.

STEP 1



### Standing Isometric Shoulder Internal Rotation with Towel Roll at Doorway

REPS: 10 | SETS: 2 | HOLD: 5 SECOND | DAILY: 1 | WEEKLY: 7

#### Setup

Begin in a standing upright position facing a doorframe with a towel roll tucked under your involved arm, elbow bent to 90 degrees, and a towel between the inside of your hand and the doorframe.

#### Movement

Gently press your hand inward into the towel. Hold, then relax and repeat.

#### Tip

Make sure to maintain good posture and do not shrug your shoulder. There should be little to no movement during the exercise.

STEP 1



STEP 2



### Standing Isometric Shoulder External Rotation with Doorway and Towel Roll

REPS: 10 | SETS: 2 | HOLD: 5 SECOND | DAILY: 1 | WEEKLY: 7

#### Setup

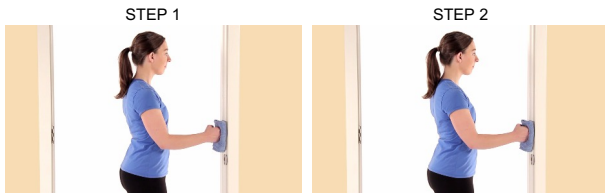
Begin in a standing upright position to the side of a doorframe with a towel roll tucked under your involved arm, elbow bent to 90 degrees, and a towel between the back of your hand and the doorframe.

#### Movement

Gently press your hand outward into the towel. Hold, then relax and repeat.

#### Tip

Make sure to maintain good posture and do not shrug your shoulder. There should be little to no movement during the exercise.



### Standing Isometric Shoulder Flexion with Doorway - Arm Bent

**REPS: 10 | SETS: 2 | HOLD: SECOND | DAILY: 1 | WEEKLY: 7**

**Setup**

Begin in a standing upright position facing a doorframe with your involved arm bent and a towel between your hand and the doorframe.

**Movement**

Gently press your hand forward into the towel. Hold, then relax and repeat.

**Tip**

Make sure to maintain good posture and do not shrug your shoulder. There should be little to no movement during the exercise.



### Standing Isometric Shoulder Extension with Doorway - Arm Bent

**REPS: 10 | SETS: 2 | HOLD: SECOND | DAILY: 1 | WEEKLY: 7**

**Setup**

Begin in a standing upright position facing away from a doorframe with your involved arm bent and a towel between your elbow and the doorframe.

**Movement**

Gently press your elbow backward into the towel. Hold, then relax and repeat.

**Tip**

Make sure to maintain good posture and do not shrug your shoulder. There should be little to no movement during the exercise.



### Isometric Shoulder Adduction

**REPS: 10 | SETS: 2 | HOLD: 5 SECOND | DAILY: 1 | WEEKLY: 7**

**Setup**

Begin in a standing upright position with your elbow bent at 90 degrees and a towel roll tucked in between your elbow and your body.

**Movement**

Gently press your elbow into your side and hold.

**Tip**

Make sure to keep your back straight during the exercise.



### Standing Isometric Shoulder Abduction with Doorway - Arm Bent

**REPS: 10 | SETS: 2 | HOLD: SECOND | DAILY: 1 | WEEKLY: 7**

**Setup**

Begin in a standing upright position in the center of a doorway with your involved arm bent and a towel between your arm and the doorframe.

**Movement**

Gently press your arm out to the side into the towel. Hold, then relax and repeat.

**Tip**

Make sure to maintain good posture and do not shrug your shoulder. There should be little to no movement during the exercise.



### Prone Scapular Slide with Shoulder Extension

**REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7**

**Setup**

Begin lying on your front with your forehead resting on a towel roll. Your arms should be positioned at your sides with your palms facing down.

**Movement**

Gently squeeze your shoulder blades together, then slowly lift your arms so they are parallel to your body. Hold briefly, then lower your arms back down and repeat.

**Tip**

Make sure to keep your neck relaxed and do not shrug your shoulders during the exercise.

STEP 1



STEP 2



### Prone Shoulder Row

**REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin lying on your front with one arm hanging off the edge of a bed or table.

#### Movement

Bend your elbow as you pull your arm up, keeping it tucked towards your side. Slowly return to the starting position and repeat.

#### Tip

Make sure to keep your arm close to your side and think of squeezing your shoulder blades together as you pull your arm up. Do not shrug your shoulder during the exercise.

STEP 1



STEP 2



### Standing Shoulder External Rotation AAROM with Dowel

**REPS: 10 | SETS: 2 | HOLD: 5 SECOND | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin in a standing upright position with a towel roll under one arm, elbow bent 90 degrees, holding a dowel in both hands. Your involved arm should have the palm facing up.

#### Movement

Using the dowel to guide the motion, slowly rotate your arm away from your body. Return to the starting position and repeat.

#### Tip

Make sure to keep your elbow bent throughout the movement and let the movement come from your uninvolved arm.

## Weeks 3-4

STEP 1



### Standing Isometric Shoulder Internal Rotation with Towel Roll at Doorway

**REPS: 10 | SETS: 2 | HOLD: 5 SECOND | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin in a standing upright position facing a doorframe with a towel roll tucked under your involved arm, elbow bent to 90 degrees, and a towel between the inside of your hand and the doorframe.

#### Movement

Gently press your hand inward into the towel. Hold, then relax and repeat.

#### Tip

Make sure to maintain good posture and do not shrug your shoulder. There should be little to no movement during the exercise.

STEP 1



STEP 2



### Standing Isometric Shoulder External Rotation with Doorway and Towel Roll

**REPS: 10 | SETS: 2 | HOLD: 5 SECOND | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin in a standing upright position to the side of a doorframe with a towel roll tucked under your involved arm, elbow bent to 90 degrees, and a towel between the back of your hand and the doorframe.

#### Movement

Gently press your hand outward into the towel. Hold, then relax and repeat.

#### Tip

Make sure to maintain good posture and do not shrug your shoulder. There should be little to no movement during the exercise.

STEP 1



STEP 2



### Prone Scapular Slide with Shoulder Extension

**REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin lying on your front with your forehead resting on a towel roll. Your arms should be positioned at your sides with your palms facing down.

#### Movement

Gently squeeze your shoulder blades together, then slowly lift your arms so they are parallel to your body. Hold briefly, then lower your arms back down and repeat.

#### Tip

Make sure to keep your neck relaxed and do not shrug your shoulders during the exercise.

STEP 1



STEP 2



### Prone Shoulder Row

**REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin lying on your front with one arm hanging off the edge of a bed or table.

#### Movement

Bend your elbow as you pull your arm up, keeping it tucked towards your side. Slowly return to the starting position and repeat.

#### Tip

Make sure to keep your arm close to your side and think of squeezing your shoulder blades together as you pull your arm up. Do not shrug your shoulder during the exercise.

STEP 1



STEP 2



### Standing Shoulder External Rotation AAROM with Dowel

**REPS: 10 | SETS: 2 | HOLD: 5 SECOND | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin in a standing upright position with a towel roll under one arm, elbow bent 90 degrees, holding a dowel in both hands. Your involved arm should have the palm facing up.

#### Movement

Using the dowel to guide the motion, slowly rotate your arm away from your body. Return to the starting position and repeat.

#### Tip

Make sure to keep your elbow bent throughout the movement and let the movement come from your uninvolved arm.

STEP 1



STEP 2



STEP 3



### Standing Shoulder Scaption

**REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin in a standing upright position with your arms resting at your sides.

#### Movement

Slowly raise your arms diagonally at roughly a 30 degree angle from your body, then lower your arms back to your sides.

#### Tip

Make sure to keep your elbows straight and avoid shrugging your shoulders. Try not to arch your low back while raising and lowering your arms.

STEP 1



STEP 2



### Seated Shoulder Horizontal Abduction with Resistance - Palms Down

**REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin sitting in an upright position holding the ends of a resistance band in each hand, with your arms straight forward and palms facing downward.

#### Movement

Keeping your elbows straight, slowly pull your arms apart, pinching your shoulder blades together. Pause briefly, then return to starting position and repeat.

#### Tip

Make sure to maintain an upright seated posture without letting your back arch or shoulders shrug.

STEP 1



STEP 2



### Single Arm Shoulder Extension with Anchored Resistance

**REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin in a standing position holding one end of a resistance band with your arm straight in front of your body. You should be facing the anchor point.

#### Movement

Pull your arm down to your side against the resistance band, then return to start and repeat.

#### Tip

Make sure to keep your elbow straight and maintain good posture during the exercise.

STEP 1



STEP 4



STEP 2



STEP 3



### Wall Clock

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

CW/CCW

#### Setup

Begin standing upright facing a wall. Place your hand flat on a towel on the wall at shoulder height.

#### Movement

Slide your arm along the wall out to the different times of a clock, returning to the starting position between each repetition.

#### Tip

Make sure to gently squeeze your shoulder blade down and back during the exercise.

STEP 1



STEP 2



### Wall Push Up

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

#### Setup

Begin in a standing upright position with your arms straight and your hands resting on a wall at shoulder height.

#### Movement

Bend your elbows, leaning your body toward the wall, then push yourself back into the starting position and repeat.

#### Tip

Make sure to bend only at the elbows and keep the rest of your body straight during the exercise

## Weeks 5-6

STEP 1



STEP 2



STEP 3



### Standing Shoulder Scaption

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

#### Setup

Begin in a standing upright position with your arms resting at your sides.

#### Movement

Slowly raise your arms diagonally at roughly a 30 degree angle from your body, then lower your arms back to your sides.

#### Tip

Make sure to keep your elbows straight and avoid shrugging your shoulders. Try not to arch your low back while raising and lowering your arms.

STEP 1



STEP 2



### Seated Shoulder Horizontal Abduction with Resistance - Palms Down

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

#### Setup

Begin sitting in an upright position holding the ends of a resistance band in each hand, with your arms straight forward and palms facing downward.

#### Movement

Keeping your elbows straight, slowly pull your arms apart, pinching your shoulder blades together. Pause briefly, then return to starting position and repeat.

#### Tip

Make sure to maintain an upright seated posture without letting your back arch or shoulders shrug.

STEP 1



STEP 2



### Single Arm Shoulder Extension with Anchored Resistance

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

#### Setup

Begin in a standing position holding one end of a resistance band with your arm straight in front of your body. You should be facing the anchor point.

#### Movement

Pull your arm down to your side against the resistance band, then return to start and repeat.

#### Tip

Make sure to keep your elbow straight and maintain good posture during the exercise.

STEP 1



STEP 4



STEP 2



STEP 3



### Wall Clock

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

CW/CCW

#### Setup

Begin standing upright facing a wall. Place your hand flat on a towel on the wall at shoulder height.

#### Movement

Slide your arm along the wall out to the different times of a clock, returning to the starting position between each repetition.

#### Tip

Make sure to gently squeeze your shoulder blade down and back during the exercise.

STEP 1



STEP 2



### Wall Push Up

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

#### Setup

Begin in a standing upright position with your arms straight and your hands resting on a wall at shoulder height.

#### Movement

Bend your elbows, leaning your body toward the wall, then push yourself back into the starting position and repeat.

#### Tip

Make sure to bend only at the elbows and keep the rest of your body straight during the exercise

STEP 1



STEP 2



STEP 3



### Prone Shoulder Row with External Rotation with Dumbbell

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

#### Setup

Begin lying on your front with one arm hanging off the edge of a bed or table, holding a dumbbell.

#### Movement

Squeeze your shoulder blades inward toward your spine and pull your arm up, bending your elbow and keeping it close to your body. Then rotate your forearm out to your side. Reverse the movement and repeat.

#### Tip

Make sure to keep your shoulder blades gently squeezed together during the exercise and do not shrug your shoulders.

STEP 1



STEP 2



STEP 3



### Isometric Standing Shoulder External Rotation in Abduction

REPS: 10 | SETS: 2 | HOLD: 5 SECOND | DAILY: 1 | WEEKLY: 7

#### Setup

Begin in a standing upright position with one arm out to the side and your elbows bent 90 degrees with your palm facing forward, holding a resistance band. You should be facing the anchor point.

#### Movement

Walk backwards one step at a time before returning to the start position. Make sure to keep the same arm position as you step backwards.

#### Tip

Maintain a gentle chin tuck throughout the exercise and do not let your back arch.

STEP 1



STEP 2



### Isometric Standing Shoulder Internal Rotation - 90 Degrees Abduction

REPS: 10 | SETS: 2 | HOLD: SECOND | DAILY: 1 | WEEKLY: 7

#### Setup

Begin in a standing upright position with one arm out to the side and your elbow bent 90 degrees with your palm facing forward, holding a resistance band. You should be facing away from the anchor point.

#### Movement

Walk forward one step at a time then return to the starting position and repeat.

#### Tip

Make sure to keep the same arm position as you step forward. Maintain a gentle chin tuck throughout the exercise and do not let your back arch.

STEP 1



STEP 2



### Prone Shoulder Flexion

REPS: 5 | SETS: 3 | DAILY: 1 | WEEKLY: 7

#### Setup

Begin lying face down with your head resting on a small towel roll and your arms resting straight overhead, hands in fists, palms facing inward.

#### Movement

Lift your arms off the ground as far as far as your can, then lower them back to the ground and repeat. Think of squeezing your shoulder blades together as you lift your arms.

#### Tip

Make sure not to arch your back as you lift your arms.

STEP 1



STEP 2



### Prone Shoulder Horizontal Abduction with Thumbs Up

REPS: 5 | SETS: 3 | DAILY: 1 | WEEKLY: 7

#### Setup

Begin lying on your front with your arms straight out to your sides, thumbs pointing up.

#### Movement

Raise your arms off the ground as far as is comfortable, then lower them back to the ground, and repeat. Think of squeezing your shoulder blades together as you lift your arms.

#### Tip

Do not arch your back as you lift your arms.

STEP 1



STEP 2



### Prone Scapular Retraction Y

REPS: 5 | SETS: 3 | DAILY: 1 | WEEKLY: 7

#### Setup

Begin lying on your front with your arms straight overhead in a "Y" position.

#### Movement

Lift your arms off the ground, squeezing your shoulder blades together. Hold, then relax and repeat.

#### Tip

Make sure to keep your back relaxed.

STEP 1



STEP 2



### Prone Shoulder Row

REPS: 5 | SETS: 3 | DAILY: 1 | WEEKLY: 7

#### Setup

Begin lying on your front with one arm hanging off the edge of a bed or table.

#### Movement

Bend your elbow as you pull your arm up, keeping it tucked towards your side. Slowly return to the starting position and repeat.

#### Tip

Make sure to keep your arm close to your side and think of squeezing your shoulder blades together as you pull your arm up. Do not shrug your shoulder during the exercise.

STEP 1



STEP 2



### Seated Shoulder Row with Resistance Anchored at Feet

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

#### Setup

Begin sitting in an upright position holding both ends of a resistance band that is anchored under your feet, with your legs straight and your palms facing inward.

#### Movement

Pull your arms backward, bending your elbows, then slowly straighten them and repeat. Think of squeezing your shoulder blades together as you pull back.

#### Tip

Make sure to keep your back straight and do not shrug your shoulders during the exercise.

STEP 1



STEP 2



### Standing Single Arm Shoulder PNF D1 Flexion

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

With dumbbell

#### Setup

Begin in a standing upright position with one arm held out to your side, thumb pointing down.

#### Movement

Bring your arm upward across your body, rotating your thumb to point up. Then reverse this motion back to the starting position and repeat.

#### Tip

Make sure to keep your back straight and do not let your body turn as you move your arm.

STEP 1



STEP 2



### Standing Single Arm Shoulder PNF D1 Extension

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

With dumbbell

#### Setup

Begin in a standing upright position with one arm raised overhead and your thumb pointing up.

#### Movement

Bring your arm downward across your body, rotating your thumb to point down. Then reverse this motion back to the starting position and repeat.

#### Tip

Make sure to keep your back straight, and do not let your body turn as you move your arm.

STEP 1



STEP 2



### Shoulder PNF D2 Flexion

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

With dumbbell

#### Setup

Begin in a standing upright position with one arm crossed in front of your body, thumb pointing down.

#### Movement

Slowly raise your arm overhead across your body, and rotate it so your thumb is pointing up. Then reverse this motion back to the starting position, and repeat.

#### Tip

Make sure to keep your back straight, and do not let your body turn as you move your arm.

STEP 1



STEP 2



STEP 3



### Shoulder PNF D2 Extension

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

With dumbbell

#### Setup

Begin in a standing upright position with one arm held out to your side overhead and your thumb pointing up.

#### Movement

Bring your arm downward across your body, rotating your thumb to point down. Then reverse this motion back to the starting position and repeat.

#### Tip

Tips



STEP 1



STEP 2



### Shoulder External Rotation with Anchored Resistance

**REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin standing upright with your elbow bent at 90 degrees and a towel roll tucked under your arm, holding a resistance band that is anchored out to your opposite side.

#### Movement

Rotate your arm out to your side, pulling against the resistance, then slowly return to the starting position and repeat.

#### Tip

Make sure to keep your hips and shoulders facing forward and maintain a gentle chin tuck. Do not shrug your shoulders during the exercise.

STEP 1



STEP 2



STEP 3



### Shoulder Internal Rotation with Resistance

**REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin in a standing upright position with your elbow bent at 90 degrees and a towel roll tucked under your arm, holding a resistance band. The anchor point should be on the side closest to your bent arm.

#### Movement

Slowly rotate your arm inward.

#### Tip

Make sure to keep your hips and shoulders facing forward and maintain a gentle chin tuck throughout the exercise.

STEP 1



STEP 2



### Push Up with Plus

**REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin on all fours with your hands underneath your shoulders.

#### Movement

Raise your body into a plank position, slowly lower your chest toward the floor then push back up, then continue by lifting your upper back toward the ceiling. Repeat this movement.

#### Tip

Make sure to keep your trunk stiff and maintain a gentle chin tuck throughout the exercise.

STEP 1



STEP 2



### Standing Lat Pull Down with Resistance - Elbows Bent

**REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin in a standing upright position holding both ends of a resistance band that is anchored high above you, with your arms straight.

#### Movement

Pull your arms down against the resistance, bending your elbows and bringing your hands to your shoulders. Slowly return to the starting position and repeat.

#### Tip

Make sure to keep your back straight and do not shrug your shoulders during the exercise.

## Weeks 7-8

STEP 1



STEP 2



### Prone Shoulder Flexion

**REPS: 5 | SETS: 3 | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin lying face down with your head resting on a small towel roll and your arms resting straight overhead, hands in fists, palms facing inward.

#### Movement

Lift your arms off the ground as far as your can, then lower them back to the ground and repeat. Think of squeezing your shoulder blades together as you lift your arms.

#### Tip

Make sure not to arch your back as you lift your arms.

STEP 1



STEP 2



### Prone Shoulder Horizontal Abduction with Thumbs Up

REPS: 5 | SETS: 3 | DAILY: 1 | WEEKLY: 7

#### Setup

Begin lying on your front with your arms straight out to your sides, thumbs pointing up.

#### Movement

Raise your arms off the ground as far as is comfortable, then lower them back to the ground, and repeat. Think of squeezing your shoulder blades together as you lift your arms.

#### Tip

Do not arch your back as you lift your arms.

STEP 1



STEP 2



### Prone Scapular Retraction Y

REPS: 5 | SETS: 3 | DAILY: 1 | WEEKLY: 7

#### Setup

Begin lying on your front with your arms straight overhead in a "Y" position.

#### Movement

Lift your arms off the ground, squeezing your shoulder blades together. Hold, then relax and repeat.

#### Tip

Make sure to keep your back relaxed.

STEP 1



STEP 2



### Prone Shoulder Row

REPS: 5 | SETS: 3 | DAILY: 1 | WEEKLY: 7

#### Setup

Begin lying on your front with one arm hanging off the edge of a bed or table.

#### Movement

Bend your elbow as you pull your arm up, keeping it tucked towards your side. Slowly return to the starting position and repeat.

#### Tip

Make sure to keep your arm close to your side and think of squeezing your shoulder blades together as you pull your arm up. Do not shrug your shoulder during the exercise.

STEP 1



STEP 2



### Seated Shoulder Row with Resistance Anchored at Feet

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

#### Setup

Begin sitting in an upright position holding both ends of a resistance band that is anchored under your feet, with your legs straight and your palms facing inward.

#### Movement

Pull your arms backward, bending your elbows, then slowly straighten them and repeat. Think of squeezing your shoulder blades together as you pull back.

#### Tip

Make sure to keep your back straight and do not shrug your shoulders during the exercise.

STEP 1



STEP 2



### Standing Single Arm Shoulder PNF D1 Flexion

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

With dumbbell

#### Setup

Begin in a standing upright position with one arm held out to your side, thumb pointing down.

#### Movement

Bring your arm upward across your body, rotating your thumb to point up. Then reverse this motion back to the starting position and repeat.

#### Tip

Make sure to keep your back straight and do not let your body turn as you move your arm.

STEP 1



STEP 2



### Standing Single Arm Shoulder PNF D1 Extension

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

With dumbbell

#### Setup

Begin in a standing upright position with one arm crossed overhead and your thumb pointing up.

#### Movement

Bring your arm downward across your body, rotating your thumb to point down. Then reverse this motion back to the starting position and repeat.

#### Tip

Make sure to keep your back straight, and do not let your body turn as you move your arm.

STEP 1



STEP 2



### Shoulder PNF D2 Flexion

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

With dumbbell

#### Setup

Begin in a standing upright position with one arm crossed in front of your body, thumb pointing down.

#### Movement

Slowly raise your arm overhead across your body, and rotate it so your thumb is pointing up. Then reverse this motion back to the starting position, and repeat.

#### Tip

Make sure to keep your back straight, and do not let your body turn as you move your arm.

STEP 1



STEP 2



STEP 3



### Shoulder PNF D2 Extension

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

With dumbbell

#### Setup

Begin in a standing upright position with one arm held out to your side overhead and your thumb pointing up.

#### Movement

Bring your arm downward across your body, rotating your thumb to point down. Then reverse this motion back to the starting position and repeat.

#### Tip

Tips

STEP 1



STEP 2



### Shoulder External Rotation with Anchored Resistance

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

#### Setup

Begin standing upright with your elbow bent at 90 degrees and a towel roll tucked under your arm, holding a resistance band that is anchored out to your opposite side.

#### Movement

Rotate your arm out to your side, pulling against the resistance, then slowly return to the starting position and repeat.

#### Tip

Make sure to keep your hips and shoulders facing forward and maintain a gentle chin tuck. Do not shrug your shoulders during the exercise.



### Shoulder Internal Rotation with Resistance

**REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7**

**Setup**

Begin in a standing upright position with your elbow bent at 90 degrees and a towel roll tucked under your arm, holding a resistance band. The anchor point should be on the side closest to your bent arm.

**Movement**

Slowly rotate your arm inward.

**Tip**

Make sure to keep your hips and shoulders facing forward and maintain a gentle chin tuck throughout the exercise.



### Push Up with Plus

**REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7**

**Setup**

Begin on all fours with your hands underneath your shoulders.

**Movement**

Raise your body into a plank position, slowly lower your chest toward the floor then push back up, then continue by lifting your upper back toward the ceiling. Repeat this movement.

**Tip**

Make sure to keep your trunk stiff and maintain a gentle chin tuck throughout the exercise.



### Standing Lat Pull Down with Resistance - Elbows Bent

**REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7**

**Setup**

Begin in a standing upright position holding both ends of a resistance band that is anchored high above you, with your arms straight.

**Movement**

Pull your arms down against the resistance, bending your elbows and bringing your hands to your shoulders. Slowly return to the starting position and repeat.

**Tip**

Make sure to keep your back straight and do not shrug your shoulders during the exercise.



### Plank with Feet on Swiss Ball

**REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7**

**Setup**

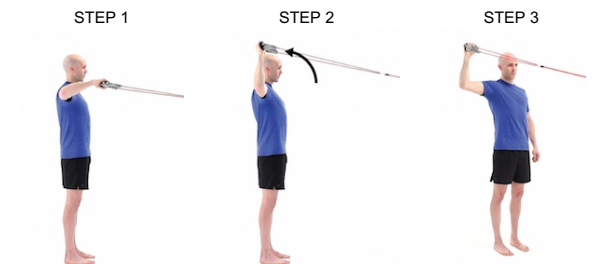
Begin lying on your front with your trunk resting on a swiss ball and your legs out straight.

**Movement**

Slowly walk your hands forward until the ball reaches your ankles. Then slowly walk your hands backward to roll the ball back up to your trunk and repeat.

**Tip**

Make sure to keep your back straight during the exercise.



### Standing Single Arm Shoulder External Rotation in Abduction with Anchored Resistance

**REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7**

**Setup**

Begin in a standing upright position with one arm out to the side and your elbows bent 90 degrees with your palm facing the floor.

**Movement**

Slowly rotate your arm upward until your palm is facing forward and hold.

**Tip**

Make sure not to let your elbow drop as you rotate your arms and maintain a gentle chin tuck throughout the exercise.



### Isometric Standing Shoulder Internal Rotation - 90 Degrees Abduction

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

**Setup**

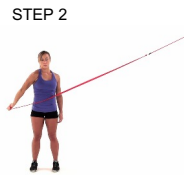
Begin in a standing upright position with one arm out to the side and your elbow bent 90 degrees with your palm facing forward, holding a resistance band. You should be facing away from the anchor point.

**Movement**

Walk forward one step at a time then return to the starting position and repeat.

**Tip**

Make sure to keep the same arm position as you step forward. Maintain a gentle chin tuck throughout the exercise and do not let your back arch.



### Standing Single Arm Shoulder PNF D1 Extension with Anchored Resistance

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

**Setup**

Begin in a standing upright position with one arm crossed in front of your body, thumb pointing up, holding a resistance band anchored on that side above your head.

**Movement**

Bring your arm downward across your body, rotating your thumb to point down. Then reverse this motion back to the starting position and repeat.

**Tip**

Make sure to keep your back straight and do not let your body turn as you move your arm.



### Standing Single Arm Shoulder PNF D1 Flexion with Anchored Resistance

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

**Setup**

Begin in a standing upright position with one arm held out to your side, thumb pointing down, holding a resistance band anchored on that side near the ground.

**Movement**

Bring your arm upward across your body, rotating your thumb to point up. Then reverse this motion back to the starting position and repeat.

**Tip**

Make sure to keep your back straight and do not let your body turn as you move your arm.



### Standing Shoulder Single Arm PNF D2 Flexion with Anchored Resistance

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

**Setup**

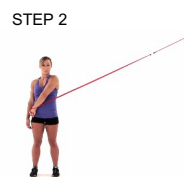
Begin in a standing upright position with one arm crossed in front of your body, thumb pointing down, holding the end of a resistance band that is anchored below.

**Movement**

Slowly raise your arm overhead across your body, rotating your arm so your thumb points up. Reverse this motion back to the starting position, and repeat.

**Tip**

Make sure to maintain an upright posture and do not let your body turn as you move your arm.



### Standing Shoulder Single Arm PNF D2 Extension with Anchored Resistance

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

**Setup**

Begin in a standing upright position with one arm out to your side overhead, thumb pointing up, holding a resistance band anchored on that side above your head.

**Movement**

Bring your arm downward across your body, rotating your thumb to point down. Then reverse this motion back to the starting position and repeat.

**Tip**

Make sure to keep your back straight and do not let your body turn as you move your arm.

STEP 1



STEP 2



### Push Up on Step

**REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7**

**Setup**

Begin on all fours with your hands shoulder width apart on a small step or platform, then lift yourself into a plank position.

**Movement**

Keeping your shoulders over your hands, bend your elbows to lower your body toward the ground, then push yourself back up into the starting position and repeat.

**Tip**

Make sure to keep your back straight during the exercise and don't let your hips drop toward the floor.

STEP 1



STEP 2



STEP 3



STEP 4



### Half-Kneeling Medicine Ball ER at 90/90 Throws with Partner

**REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7**

**Setup**

Begin in a half kneeling position facing away from your partner.

**Movement**

With your arm out to your side at a 90 degree angle and hand up toward the ceiling, have your partner toss a small weighted ball toward your hand. Catch the ball as you rotate your arm forward so your palm and forearm move toward the ground, then reverse the movement to throw the ball back to your partner. Repeat.

**Tip**

Make sure to keep your core engaged and your shoulder blade squeezed down and back. Focus on keeping your movements quick and fluid.