

Weeks 1-2

STEP 1



STEP 2



Elbow Flexion PROM

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

Setup

Begin in a standing upright position.

Movement

Grasp one wrist with your other hand and gently bend your arm toward your body, then lower it back down and repeat.

Tip

Make sure to keep your moving arm relaxed.

STEP 1



STEP 2



Standing Wrist Extension Stretch

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

Setup

Begin in a standing position with one arm in front of your body, palm facing the ceiling.

Movement

With your other hand, apply a gentle downward pressure on your fingers, bending your wrist and keeping your elbow straight.

Tip

You should feel a stretch in your wrist. Try not to apply too much pressure, this should be a gentle stretch.

STEP 1



STEP 2



Standing Wrist Flexion Stretch

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

Setup

Begin in a standing upright position with one arm in front of your body, palm facing the floor.

Movement

With your other hand, bend your wrist downward until you feel a stretch.

Tip

Make sure to keep your elbow straight and try not to apply too much pressure, this should be a gentle stretch.

STEP 1



STEP 2

Seated Isometric Elbow Flexion

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

Setup

Begin sitting in an upright position with one elbow bent at 90 degrees, hand in a fist, and your other hand flat on top of your fist.

Movement

Try to bend your elbow upward, while resisting with your other hand so that your arm does not move. Relax, and repeat.

Tip

There should be little to no movement during this exercise.

STEP 1



Seated Isometric Elbow Flexion

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

Setup

Begin sitting in an upright position with one elbow bent at 90 degrees, hand in a fist, and your other hand flat on top of your fist.

Movement

Try to bend your elbow upward, while resisting with your other hand so that your arm does not move. Relax, and repeat.

Tip

There should be little to no movement during this exercise.

STEP 1



STEP 2



Seated Isometric Elbow Extension

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

Setup

Begin sitting in an upright position with one elbow bent at 90 degrees, hand in a fist, and your other hand flat underneath your fist.

Movement

Try to push your elbow downward, while resisting with your other hand so that your arm does not move. Relax, and repeat.

Tip

There should be little to no movement during this exercise.

STEP 1



Isometric Shoulder Flexion at Wall

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

Setup

Begin in a standing upright position with your elbow bent 90 degrees, and a small towel between your fist and a wall.

Movement

Push your arm directly into the wall, then relax and repeat.

Tip

Make sure to keep your back straight during the exercise. There should be little to no movement.

STEP 1



Standing Isometric Shoulder Internal Rotation at Doorway

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

Setup

Begin in a standing upright position facing a doorframe with your involved arm bent 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



Standing Isometric Shoulder External Rotation with Doorway

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

Setup

Begin in a standing upright position to the side of a doorframe with your involved arm bent 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



Standing Isometric Shoulder Extension with Doorway - Arm Bent

REPS: 10 | SETS: 3 | 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.

STEP 1



STEP 2



Seated Wrist Extension with Dumbbell

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

Setup

Sit with one arm resting on a table, grasping a lightweight dumbbell and palm facing downward.

Movement

Bend your wrist backwards towards your body, then slowly return to the starting position.

Tip

Make sure to only move your wrist, and avoid any forearm or shoulder movement during the exercise.

STEP 1



STEP 2



Seated Wrist Flexion with Dumbbell

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

Setup

Sit with one arm resting on a table, grasping a lightweight dumbbell and palm facing upward.

Movement

Curl your wrist towards your body, then slowly return to the starting position.

Tip

Make sure to only move your wrist, and avoid any forearm or shoulder movement during the exercise.

STEP 1



STEP 2



Seated Wrist Radial Deviation with Dumbbell

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

Setup

Sit with one arm resting on a table, holding a lightweight dumbbell firmly in your hand, fist facing inward.

Movement

Slowly bend your wrist, raising the dumbbell upward, then return to the starting position.

Tip

Make sure to keep your fist facing the middle of your body.

STEP 1



STEP 2



Seated Wrist Ulnar Deviation with Dumbbell

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

Setup

Begin sitting upright with your arm at your side and your thumb facing forward, holding the end of a dumbbell with the other end pointing behind you.

Movement

Slowly bend your wrist backward, then return to the starting position and repeat.

Tip

Make sure to keep the rest of your arm relaxed and do not rotate your forearm during the exercise.

STEP 1



STEP 2



Standing Elbow Extension with Anchored Resistance

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

Setup

Begin in a standing upright position, holding the ends of a resistance band that is anchored overhead in front of you.

Movement

Gently squeeze your shoulder blades together. Maintaining this position, slowly straighten your elbows, pressing your hands towards the floor, then reverse the movement, and repeat.

Tip

Make sure to keep your elbows close to your sides and do not shrug your shoulders during the exercise.

STEP 1



STEP 2



Forearm Pronation and Supination with Hammer

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

Setup

Begin sitting with your forearm resting on a table, holding a hammer.

Movement

Slowly rotate your forearm back and forth.

Tip

Make sure to keep your wrist straight throughout the movement.

STEP 1



STEP 2



Standing Bicep Curls with Resistance

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

Setup

Begin in a standing upright position holding the ends of a resistance band that is anchored below one foot.

Movement

Pull up against the resistance band, bending your elbows. Hold briefly, then return to the starting position and repeat.

Tip

Make sure to maintain an upright posture and do not shrug your shoulders during the exercise.

STEP 1



STEP 2



Standing Shoulder Flexion with Posterior Anchored Resistance

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

Setup

Begin in a standing upright position holding both ends of a resistance band anchored behind you, and your arms at your sides.

Movement

Lift your arms straight in front of your body with your thumbs pointing forward, then slowly lower them back to the starting position and repeat.

Tip

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

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



Standing Shoulder Row with Anchored Resistance

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

Setup

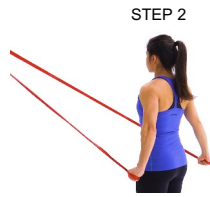
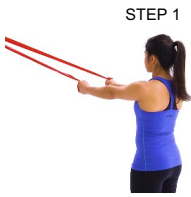
Begin standing upright, holding both ends of a resistance band that is anchored in front of you at chest height, with your palms facing inward.

Movement

Pull your arms back with your elbows tucked at your sides, then return to the starting position and repeat.

Tip

Make sure to keep your core engaged and focus on squeezing your shoulder blades together as you pull on the band.



Shoulder extension with resistance - Neutral

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

Setup

Begin standing upright with your arms straight forward and palms facing inward, holding the ends of a resistance band that is anchored overhead in front of you.

Movement

Pull your arms down to your sides, squeezing your shoulder blades together. Then bring them back up to the starting position and repeat.

Tip

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

Weeks 5-6



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.



Shoulder PNF D2 with Resistance

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

Setup

Begin standing upright with one arm crossed in front of your body, thumb pointing down, holding a resistance band that is looped around the opposite foot.

Movement

Diagonally raise your arm overhead across your body, turning your arm so your thumb points up. Slowly reverse the movement and repeat.

Tip

Make sure to keep your elbow straight. Do not shrug your shoulders or arch your low back during the exercise.



Prone Shoulder Row

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.

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.



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.

STEP 1



STEP 2



Standing Single Arm Shoulder Internal Rotation in Abduction with Anchored Resistance

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

Setup

Begin in a standing upright position with your arm out to the side, bent at 90 degrees, holding a resistance band anchored behind you at shoulder height.

Movement

Rotate your arm forward, without letting your elbow drop, then slowly return to the starting position and repeat.

Tip

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

STEP 1



STEP 2



Prone Shoulder Extension - Single Arm

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

Setup

Begin lying face down on a table or bed with one arm hanging off the edge.

Movement

Keeping your elbow straight and leading with your pinky finger, raise your arm up and backward as far as is comfortable, then return to the starting position and repeat.

Tip

Make sure not to arch your back during the exercise.

STEP 1



STEP 2



Prone Single Arm Shoulder Horizontal Abduction with Scapular Retraction and Palm Down

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

Setup

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

Movement

Raise your arm straight out to your side with your palm down. Slowly lower your arm back down, then repeat the movement.

Tip

Make sure not to arch your back or shrug your shoulder as you lift your arm.

STEP 1



STEP 2



Prone Single Arm Shoulder Y

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

Setup

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

Movement

Keeping your elbow straight and thumb pointing up, raise your arm forward and up toward the ceiling. Slowly lower your arm down, then repeat the movement.

Tip

Make sure not to arch your back as you lift your arm. Keep your thumb up throughout the exercise.

STEP 1



STEP 2



Push Up

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

Setup

Begin on all fours on a comfortable surface. Move your body forward into a push-up position, with your arms slightly wider than shoulder width apart, knees straight, and feet together.

Movement

Slowly lower your body to the ground then push yourself back up and repeat.

Tip

Keep your back straight and maintain a gentle chin tuck throughout the exercise.

STEP 1



STEP 2



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.

STEP 1



STEP 2



STEP 3



Shoulder PNF D2 with Resistance

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

Setup

Begin standing upright with one arm crossed in front of your body, thumb pointing down, holding a resistance band that is looped around the opposite foot.

Movement

Diagonally raise your arm overhead across your body, turning your arm so your thumb points up. Slowly reverse the movement and repeat.

Tip

Make sure to keep your elbow straight. Do not shrug your shoulders or arch your low back during the exercise.

STEP 1



STEP 2



Prone Shoulder Row

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.

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



STEP 3



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.

STEP 1



STEP 2



Standing Single Arm Shoulder Internal Rotation in Abduction with Anchored Resistance

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

Setup

Begin in a standing upright position with your arm out to the side, bent at 90 degrees, holding a resistance band anchored behind you at shoulder height.

Movement

Rotate your arm forward, without letting your elbow drop, then slowly return to the starting position and repeat.

Tip

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

STEP 1



STEP 2



Prone Shoulder Extension - Single Arm

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

Setup

Begin lying face down on a table or bed with one arm hanging off the edge.

Movement

Keeping your elbow straight and leading with your pinky finger, raise your arm up and backward as far as is comfortable, then return to the starting position and repeat.

Tip

Make sure not to arch your back during the exercise.

STEP 1



STEP 2



Prone Single Arm Shoulder Horizontal Abduction with Scapular Retraction and Palm Down

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

Setup

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

Movement

Raise your arm straight out to your side with your palm down. Slowly lower your arm back down, then repeat the movement.

Tip

Make sure not to arch your back or shrug your shoulder as you lift your arm.

STEP 1



STEP 2



Prone Single Arm Shoulder Y

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

Setup

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

Movement

Keeping your elbow straight and thumb pointing up, raise your arm forward and up toward the ceiling. Slowly lower your arm down, then repeat the movement.

Tip

Make sure not to arch your back as you lift your arm. Keep your thumb up throughout the exercise.

STEP 1



STEP 2



Push Up

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

Setup

Begin on all fours on a comfortable surface. Move your body forward into a push-up position, with your arms slightly wider than shoulder width apart, knees straight, and feet together.

Movement

Slowly lower your body to the ground then push yourself back up and repeat.

Tip

Keep your back straight and maintain a gentle chin tuck throughout the exercise.