



The following exercises may be performed using a dumbbell, elastic resistance band, water bottle or other form of weight.

It is important to note that when performing these exercises and stretches you should **avoid** excessive overhead work including military press, shoulder press and bench press.

EXERCISES

Front Raise – Palm Up

- Stand with feet shoulder width apart.
- Lift one arm (keeping the elbow straight and palm facing down) to shoulder height.
- Lower back down to start position.
- Repeat on other arm.



Sets: _____
Reps: _____

Front Raise – Palm Down

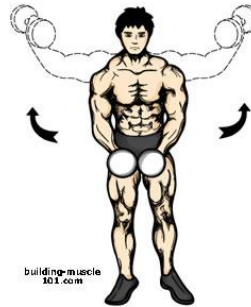
- Stand with feet shoulder width apart.
- Lift one arm (keeping the elbow straight and palm facing up) to shoulder height.
- Lower back down to start position.
- Repeat on other arm.



Sets: _____
Reps: _____

Side Raise – Palm up

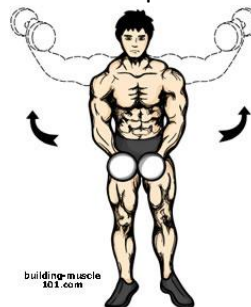
- Stand with feet shoulder width apart.
- Raise both arms (with palms facing up) in an arc to the side of your body until shoulder height.
- Lower back down to start position.
- Repeat.



Sets: _____
Reps: _____

Side Raise – Palm down

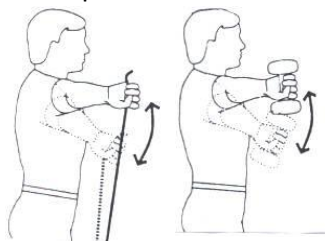
- Stand with feet shoulder width apart.
- Raise both arms (with palms facing down) in an arc to the side of your body until shoulder height.
- Lower back down to start position.
- Repeat.



Sets: _____
Reps: _____

Empty Can

- Stand with feet shoulder width apart.
- Raise your arm at a 45° angle in front of your body to shoulder height.
- Thumb points down and elbow is kept straight.
- Lower arm back down to starting point.
- Repeat



Sets: _____
Reps: _____

External Rotation

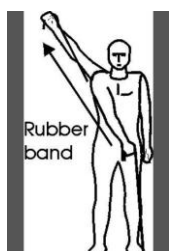
- Lie on your side with the side being exercised up.
- Place a towel between your body and elbow.
- Keep your elbow bent 90°.
- Rotate your arm towards the ceiling.
- Lower to start position and repeat.
- This exercise may also be performed standing.



Sets: _____
Reps: _____

Sword Exercise

- Stand with your feet shoulder width apart and knees slightly bent.
- Brace your core.
- Begin with your arm across your body and your hand in front of your opposite hip.
- Keeping your elbow straight, lift your arm diagonally across your body.
- Lower your arm back down to starting position.



Sets: _____
Reps: _____

Subscapularis Exercise

- Roll up a towel and place it between your elbow and your body.
- Stand with feet shoulder width apart.
- Lower your shoulder and bring your elbow towards your body, squeezing the towel.
- Hold this contraction for 10-30 seconds before resting.



Sets: _____
Reps: _____

Bicep Curls

- Standing with feet shoulder width apart and arms by your body. Palms face forward.
- Do with body leaning forwards to take pressure off front of shoulder.
- Bend arm at the elbow until your palm reaches shoulder height.
- Lower back down to starting position.
- Repeat on the opposite side.



Sets: _____
Reps: _____

Triceps Extensions

- Stand with feet shoulder width apart.
- Bend at the hips, keeping your back straight (not like the illustrated man).
- Start with your elbow bent 90° and tucked against your body.
- Extend elbow until your arm is straight.
- Return to the starting position.
- Repeat



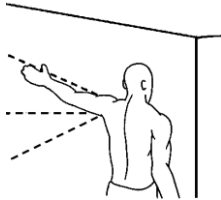
Sets: _____
Reps: _____



STRETCHES

Against wall – Thumb up

- Face a wall and place your hand on it with your thumb pointing up.
- Keep your hand in this position whilst you turn your body away from it.
- Hold this position when you feel a stretch in your chest.

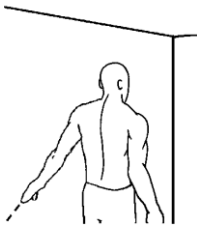


Duration: _____

Reps: _____

Against wall – thumb down

- Face a wall and place your hand on it with your thumb pointing down.
- Keep your hand in this position whilst you turn your body away from it.
- Hold this position when you feel a stretch in your arm.

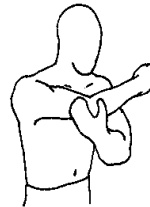


Duration: _____

Reps: _____

Across body – in front

- Stand with feet shoulder width apart.
- Place 1 arm across the front of your body, horizontally.
- Use the opposite arm to increase the stretch.



Duration: _____

Reps: _____

Across body – behind

- Stand with feet shoulder width apart.
- Place 1 arm around the back of your body and tilt your head to the opposite side.
- Use your other arm to increase the stretch.



Duration: _____

Reps: _____