



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.

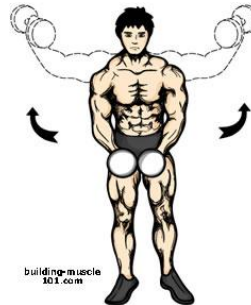


Sets: \_\_\_\_\_

Reps: \_\_\_\_\_

### 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: \_\_\_\_\_

### 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.

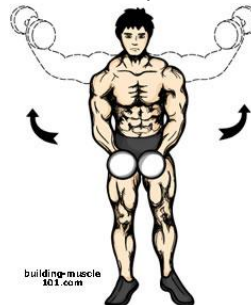


Sets: \_\_\_\_\_

Reps: \_\_\_\_\_

### Side Raise – Palm 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.

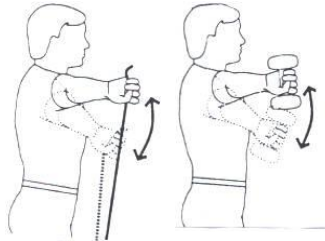


Sets: \_\_\_\_\_

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.

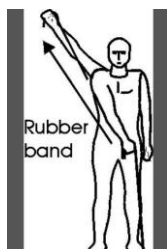


Sets: \_\_\_\_\_

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.

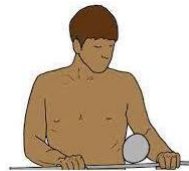


Sets: \_\_\_\_\_

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: \_\_\_\_\_

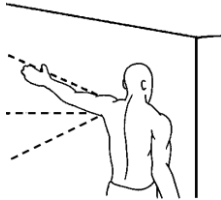
Reps: \_\_\_\_\_



## 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.

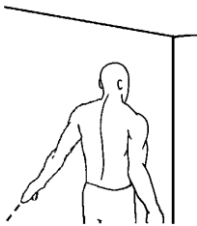


Duration: \_\_\_\_\_

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.

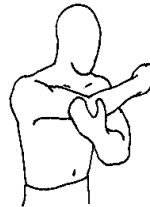


Duration: \_\_\_\_\_

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: \_\_\_\_\_

Disclaimer: The exercises provided on this website are for educational and entertainment purposes only, and are not to be interpreted as a recommendation for a specific treatment plan, product, or course of action. Exercise is not without its risks, and this or any other exercise program may result in injury. To reduce the risk of injury, before beginning this or any exercise program, please consult a healthcare provider for appropriate exercise prescription and safety precautions.