

Shoulder Flexion Concentric - Mid Range 0-90° (Band)

Preparation:

- Stand with good posture, feet shoulder width apart
- Hold anchored band in your hand by your side

Execution:

- Lift arms forward up to shoulder height
- Keep elbows straight
- Return to the start position



Elbow straight, shoulders relaxed



Raise arm forward to shoulder height

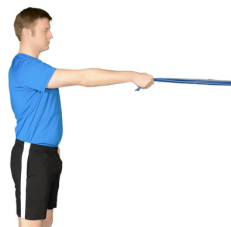
Shoulder Extension - Mid Range (Band)

Preparation:

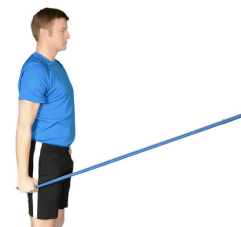
- Stand with good posture arm at shoulder height

Execution:

- Pull band straight down to your side



Arm at shoulder height



Pull band down to side

Shoulder Internal Rotation Concentric - Neutral (Band)

Preparation:

- Stand with good posture
- Tuck a folded towel between your body and your elbow as shown

Execution:

- Keeping elbow close to body, rotate hand inward, toward your stomach
- Return to start position



Start Position



Rotate hand inward

Shoulder External Rotation Concentric - Neutral (Band)

Preparation:

- Stand with good posture, elbow at 90 degrees
- Tuck a folded towel between your body and your elbow

Execution:

- Gently pull shoulder blades together
- Keeping elbow close to body, slowly rotate hand outward
- Return to start position



Start Position



Rotate hand outward

Shoulder Flexion Stretch | Unilateral (Doorframe)

Preparation:

- Stand with good posture, bring shoulder blades slightly together.

Execution:

- Raise one arm overhead high as possible by holding onto to top of a doorframe.
- Increase stretch by walking forward.



Stretch arm overhead

Shoulder Posterior Stretch

Preparation:

- Sit or stand with good posture

Execution:

- Reach across your chest
- Use your other arm to pull a little bit further



Start Position



Pull arm across chest

Shoulder Internal Rotation Stretch (Towel)

Preparation:

- Sit or stand with good posture
- Hold a towel behind back with the arm to be stretched

Execution:

- Use strong arm to pull bottom hand up back



Start Position



Pull hand up back with strong arm

Shoulder External Rotation ROM / Stretch (Doorframe)

External Rotation Stretch | Doorframe

Preparation:

- Brace wrist against doorframe.
- Elbow is bent and tucked against body.

Execution:

- Slowly rotate body away from doorframe.

Progression:

1. Keep elbow bent - arm at 45 degrees.
2. Keep elbow bent - arm straight out to side.



Keep your elbow tucked in



Rotate body away from doorframe

Shoulder Chest Stretch (Door Frame)

Preparation:

- Place arms at shoulder level on either side of a doorframe.

Execution:

- Step forward. You should feel a stretch across the front of your chest.

Important:

- Do not support your weight with your arms.



Arms against doorframe - Lean forward

Shoulder Posterior Capsule Stretch Sidelying - 90°

Preparation:

- Lie on affected side, but not directly on shoulder
- Bring your arm away from your body to shoulder height, elbow at 90 degrees

Execution:

- Grasp your forearm with the opposite hand
- Turn your arm down toward the bed



Start Position



Push arm toward bed