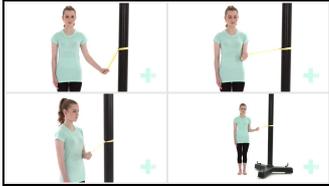


1. AROM shoulder external rotation resisted standing

Stand up straight holding a tensioned resistance band in both hands. Bend your weaker elbow to 90 degrees. Keeping your elbow at your side, rotate your forearm outwards. Hold this position before gently letting the band recoil as you bring your arm back into your body. Keep your back straight and avoid rotating your body during the exercise.

1 rep, 1 set, 1 s hold



2. Shoulder internal rotation against resistance

Stand upright and tie a resistance band to a solid object beside you. Hold the other end in your affected hand with some tension in the band. Bend your affected elbow to a right angle. Keep your shoulder blades back and down, and rotate the arm inwards, keeping your elbow loosely by your side and your shoulder blades in a good position. Control the movement back to the start position.

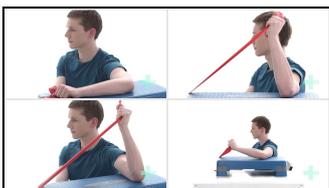
1 rep, 1 set



3. Resisted GHjt IR(90) unsupported in stand

Stand in an upright position with a resistance band tied off behind you. Lift your affected arm out to the side and up to a 90° angle to your body. Bend your elbow to a right angle. Maintaining good posture and shoulder blade control, rotate your forearm downwards from vertical to horizontal. Your elbow should remain at a right angle, and your upper arm still. Keep your posture straight and your shoulder blades back and down. Slowly return to start position and repeat.

1 rep, 1 set



4. Resisted shoulder external rotation at 90 degrees abduction - supported

Sit upright with your arm up on a high surface to your side. Hold a tensioned resistance band in both hands. Keeping your posture up tall, rotate your forearm up, lifting it off the table. Your elbow should remain in contact with the table throughout. Control the pull of the band as you return to the starting position.

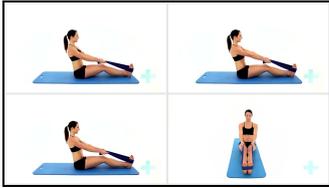
1 rep, 1 set



5. Resisted dynamic hug

Stand upright holding the ends of a resistance band in each hand. Take the band around you, behind your head and near your shoulder blades. Bend your elbows slightly and move the arms forward and out to the side, like you want to hug someone. Turn your arms slightly inwards and then move your arms out slightly and repeat the exercise.

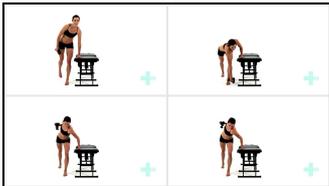
1 rep, 1 set



6. Resisted long-sit row

Sit on a mat with a resistance band around your feet. Hold onto either end and pull your elbows straight back towards you, squeezing your shoulder blades together. Keep your back in a straight, neutral position. Control the movement back to the start position.

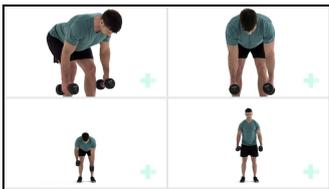
1 rep, 1 set



7. Single arm bent over row with weight

Hold a weight in your affected hand and lean onto a table to stabilize yourself, stepping the leg on the same side back behind you. Bring the weight down towards your opposite leg and pull back, like you were starting a lawnmower. Your elbow travels up towards the ceiling and your torso rotates with the movement. Control the movement as you lower the weight back down to the starting position, and repeat.

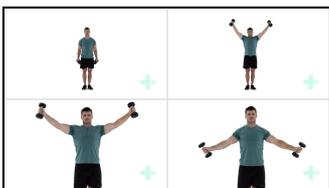
1 rep, 1 set, 2lbs weight



8. Bent over row - alternate arms, with dumbbells

Stand hinged over at the waist holding a pair of dumbbells shoulder-width apart. Keeping your back flat, slide your shoulder blades back and down towards your buttocks. Pull one dumbbell up towards your rib cage. Lower the weight back to the starting position and repeat with the opposite arm.

1 rep, 1 set, 2lbs weight



9. Shoulder abduction - standing with dumbbells

Stand with your feet shoulder-width apart, holding a dumbbell in each hand. Pull your shoulder blades back and down towards your backside. Contract your glutes and keep your stomach tight. Abduct your shoulders 180 degrees until the weight is directly above the crown of your head. Lower the weight back down to the starting position.

1 rep, 1 set, 2lbs weight



10. Incline press-up (chair height)

Kneel down in front of a stable high surface such as a box. Place your hands on the box shoulder width apart and lift your knees up. You should have a straight line from your head to your heels. Keeping a strong core and tightening your buttock muscles, bend your elbows, lowering your chest down towards the box. Your whole body should move in a line. Drive through the heels of your hands to straighten your arms out again.

1 rep, 1 set



11. Incline chest press - single arm with dumbbell

Lie face up on an incline bench holding a dumbbell at your shoulder. Keep your feet on the floor and your hips and shoulders on the bench and arch your thoracic spine. Press the dumbbell straight up over your shoulder. Lower the dumbbell, keeping your elbow close to the body until your upper arm just break parallel to the ground.

1 rep, 1 set, 2lbs weight
