

Shoulder Strengthening Program



ELASTIC BAND SHOULDER FLEXION

While holding an elastic band at your side, draw up your arm up in front of you keeping your elbow straight.



ELASTIC BAND SHOULDER ABDUCTION

While holding an elastic band at your side, draw up your arm to the side keeping your elbow straight.



ELASTIC BAND SHOULDER EXTERNAL ROTATION

While holding an elastic band at your side with your elbow bent, start with your hand near your stomach and then pull the band away. Keep your elbow at your side the entire time.



ELASTIC BAND SHOULDER INTERNAL ROTATION

While holding an elastic band at your side with your elbow bent, start with your hand away from your stomach, then pull the band towards your stomach. Keep your elbow near your side the entire time.



ELASTIC BAND SHOULDER ADDUCTION

While holding an elastic band away from your side, pull the band towards your side. Keep your elbow straight.



ELASTIC BAND SHOULDER EXTENSION

While holding an elastic band in front of you with your elbows straight, pull the band down and back towards your side.



ELASTIC BAND-EXTENSION BILATERAL

With the feet on the door handle, pull the band down with both arms. In the final part of your pull, your elbows will be slightly past your head. Inhale and exhale as you pull.



ELASTIC BAND-EXTENSION BILATERAL

With the feet on the door handle, pull the band up with both arms. In the final part of your pull, your elbows will be slightly past your head. Inhale and exhale as you pull.



ELASTIC BAND-EXTENSION BILATERAL

With the feet on the door handle, pull the band up with both arms. In the final part of your pull, your elbows will be slightly past your head. Inhale and exhale as you pull.



STANDING OVERHEAD ROW

Holding elastic band with both hands, draw back the band as you bend your elbows. Keep your elbows near the side of your body.



STANDING OVERHEAD ROW

Holding elastic band with both hands, draw back the band as you bend your elbows. Keep your elbows near the side of your body.



ELASTIC BAND ROWS

Holding elastic band with both hands, draw back the band as you bend your elbows. Keep your elbows near the side of your body.



**ELASTIC BANDS: BRANCH BRANIFFERIAL SCOT'S BRONAL
BIOCELLULAR**

Multiple modeling and elastic band with
power-activated bands, pulling force through
bandage through neck and shoulder area. Elastic
band activated under other side of neck
bandage.



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1. Stand with feet shoulder-width apart and hold the ends of the band behind your head with both hands. Pull the band forward and down towards your chest, squeezing your shoulder blades together. Hold for 10 seconds.



2. Stand with feet shoulder-width apart and hold the ends of the band in front of your chest with both hands. Pull the band upwards and back towards your shoulders, squeezing your shoulder blades together. Hold for 10 seconds.