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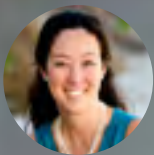
STRETCHES & EXERCISES

FOR SHOULDER REHAB



A program by

SPORTY DOCTOR



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Before you begin...

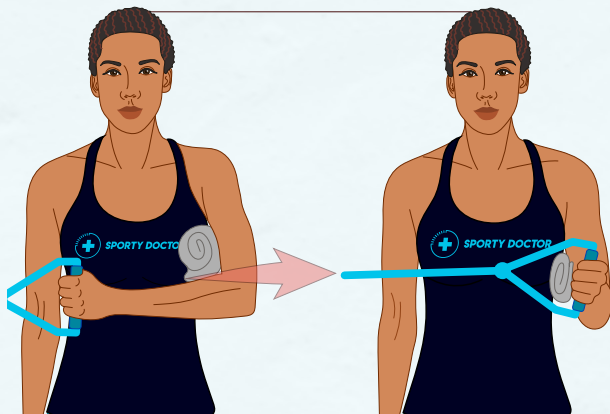
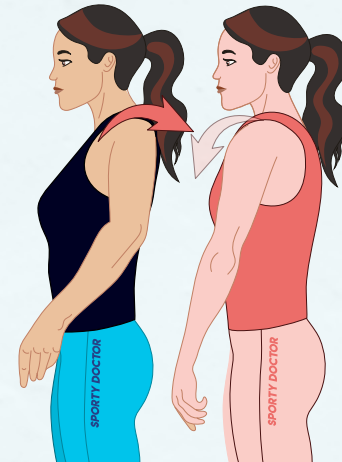
Keep in mind that exercise is most effective when prioritizing proper breathing technique, slow/controlled movement, and repeated movements (reps).

Take deep breaths in through the nose and out through the mouth, breathe throughout the exercise movements, and determine a set number of reps ideal for your fitness level and goals.



1. Shoulder Roll

(1) Stand with your arms at your side. **(2)** Breathe in and roll your shoulders back, making sure to squeeze your shoulder blades together. **(3)** Exhale and roll them forward; you should feel a stretch along the backside of your shoulders. **(4)** Repeat 10 times, then switch directions.

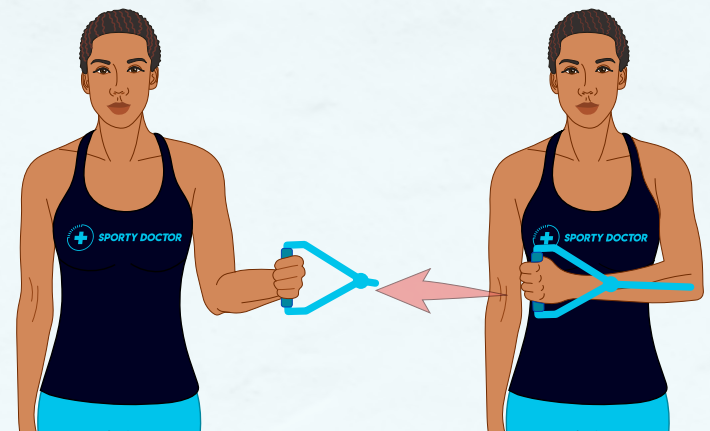


2. External Band Rotation

(1) Attach a resistance band to an elbow-level object. **(2)** Grab the band, keeping your elbow at your ribs. Start with your hand in front of you and slowly pull the band away from the center, keeping your arm at a right angle. **(3)** Reverse the movement back to the starting position.

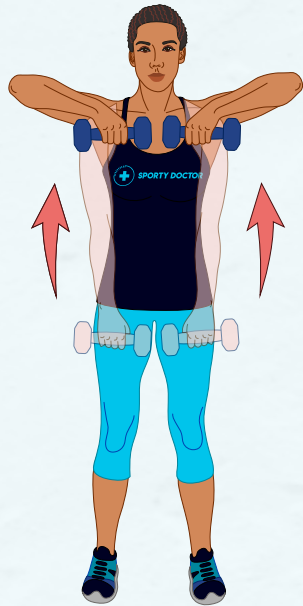
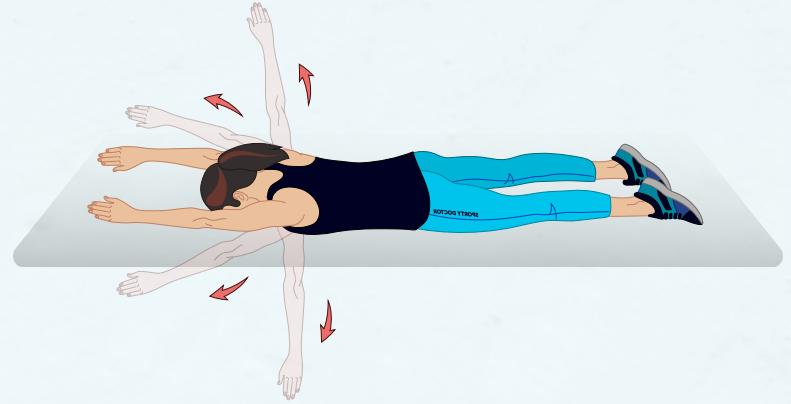
3. Internal Band Rotation

(1) Use the same band from the previous exercise. **(2)** Begin with the hand grasping the band parallel with the side of your body. **(3)** Keeping your elbow by your ribs, rotate your hand towards the center of your body. **(4)** Reverse the movement back to the starting position.



4. Shoulder I-Y-T's

- (1)** Begin on your stomach with palms on the mat. **(2)** Flex your core and lift your arms up. Hold them forward to form an 'I', diagonally to form a 'Y', or extended to form a 'T'. **(3)** Hold for 10 seconds. **(4)** Return to the starting position before moving on.

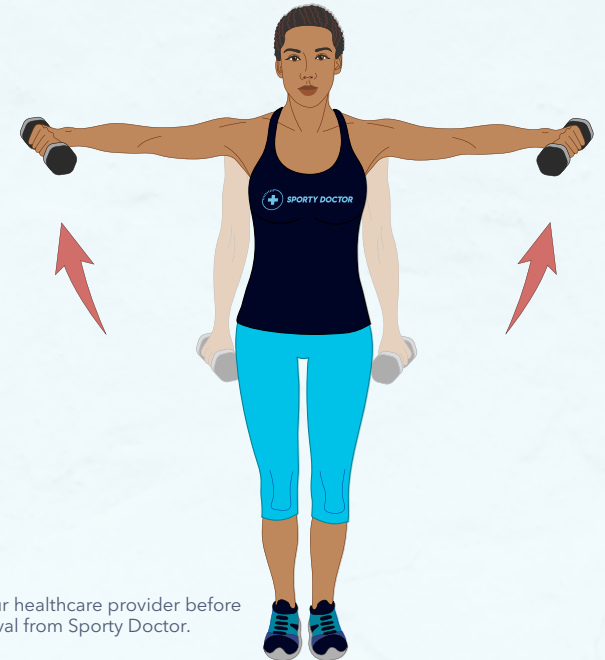


5. Upright Rows

- (1)** Grasp a weight overhand while standing. **(2)** Pull your shoulders back while arching your lower back. **(3)** Lift the barbell up with both hands until it is under your chin. **(4)** Make sure your elbows are higher than your hands. If not, pull your elbows up. **(5)** Lower back to the starting position.

6. Lateral Raises

- (1)** Hold two dumbbells while standing. **(2)** Keep your back straight and flex your core. **(3)** Slowly raise the dumbbells out in front of you so that your arms are parallel to the floor. Keep your arms as straight as possible. **(4)** Return to the starting position.



7. Shoulder Y And Ts

- (1)** Hold two dumbbells while standing. **(2)** Keep your arms as straight as possible, palms outward, and thumbs toward the ceiling. **(3)** Lift with your elbows up to shoulder level to form a 'T', or even higher to form a 'Y'. **(4)** Return to the starting position before moving to a new form.



8. Rhomboid Rows

- (1)** Hold dumbbells in both hands, straddle a bench, lean your body forward, and bend your knees so you can push your feet toward the ground for stability. **(2)** Pull the weight toward your rib cage. Squeeze your shoulder blades together at the top. **(3)** Slowly return to the starting position.

9. Shoulder U's

- (1)** Stand straight and interlock your fingers behind your back at the top of your butt to form a 'U'. **(2)** Maintain a straight back with your shoulder blades together. **(3)** Keeping your arms straight, extend them away from your buttocks until you feel a stretch.

