

SHOULDER STRENGTHENING – PLYOMETRICS EXERCISE BAND

Your physical therapist recommends the following personalized exercise program for you. Please follow your therapist's instructions on how often to hold or repeat each one. If your symptoms feel worse with any exercise, stop doing the exercise until you check with your physical therapist or your doctor.

For each of the following exercises, you will be performing a series of small rapid pulls for 30-60 seconds. Begin with light to moderate tension on the band. As you perform the pulls, you will be alternately stretching the band about 3 inches then returning to start position. Attach the band to door at height instructed by your therapist. Hold the other end of the band with the affected arm.

Equipment Needed: Exercise band



☐ Warm up: Shoulder Blade Setting

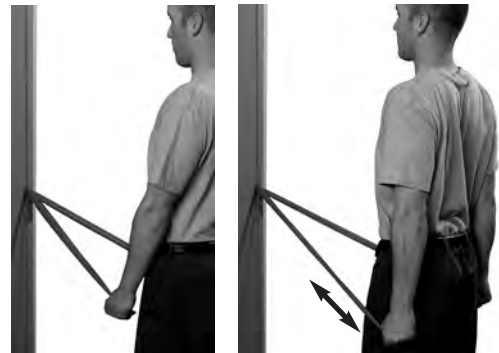
Start with arms relaxed at your sides. Squeeze your shoulder blades back and down. You can do this on both sides as an exercise.

When performing the following exercises with the exercise band, be sure to "Set" the shoulder blade on the side you are exercising.

☐ Back Pulls

Attach the exercise band on a doorknob or near the doorknob in the doorjamb. Stand facing the door, with your affected arm in line with the door knob. Start with your hand slightly in front of your hip, elbow straight, thumb pointing forward. Set your shoulder blade (as in warm up). Perform rapid pulls back and forth bringing your hand just beyond the hip and returning to start.

Frequency _____ Exercise band color _____



☐ Forward Pulls

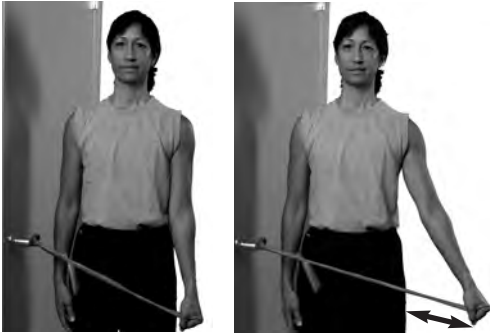
Attach the exercise band on a doorknob or near the doorknob in the doorjamb. Stand with your back to the door, arm in line with the door. Start with your affected hand slightly in back of your hip, elbow straight, thumb pointing forward. Set your shoulder blade (as in warm up). Perform rapid pulls forward and back, bringing your hand just in front of the hip and returning to start.

Frequency _____ Exercise band color _____

Additional Instructions:

SHOULDER STRENGTHENING – PLYOMETRICS

EXERCISE BAND (page 2)



□ Side Pulls (Out)

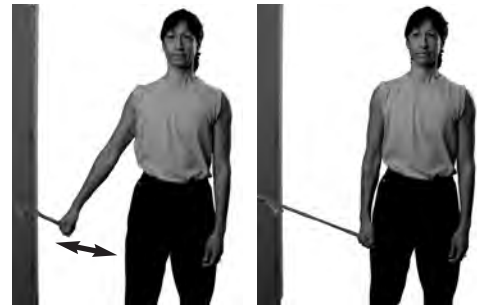
Attach the exercise band on a doorknob or near the doorknob in the doorjamb. Stand with your unaffected side to the door. Start with the hand of your affected arm at hip level with palm facing your hip. Set your shoulder blade (as in warm up). Keep your elbow straight and perform rapid pulls back and forth, bringing hand about 6 inches away from hip and returning to start.

Frequency _____ Exercise band color _____

□ Side Pulls (In)

Attach the exercise band on a doorknob or near the doorknob in the doorjamb. Stand with your affected side to the door. Start with the hand of your affected arm at hip level about 6 inches to the side, palm facing your hip. Set your shoulder blade (as in warm up). Keep your elbow straight and perform rapid pulls back and forth, bringing hand toward hip and returning to start.

Frequency _____ Exercise band color _____



□ Up and Out

Attach the exercise band near bottom of door in the doorjamb. Start with your hand in front of opposite hip, thumb facing hip. Set your shoulder blade (as in warm up). Pull band up and out toward opposite side of head, rotating your thumb back, keeping your elbow slightly bent. Small rapid pulls may be performed at any point in this range.

Frequency _____ Exercise band color _____

□ Down and In

Attach the exercise band near the top of door in the doorjamb. Start with your elbow slightly bent, hand near side of head, and thumb facing backward. Set your shoulder blade (as in warm up). Pull band down toward your opposite hip, rotating thumb toward hip, keeping elbow slightly bent. Small rapid pulls may be performed at any point in this range.

Frequency _____ Exercise band color _____



Additional Instructions: