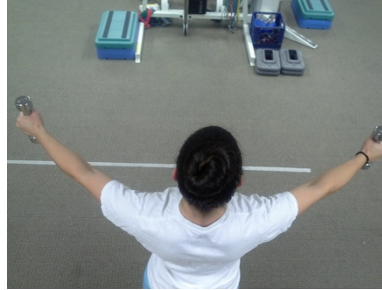
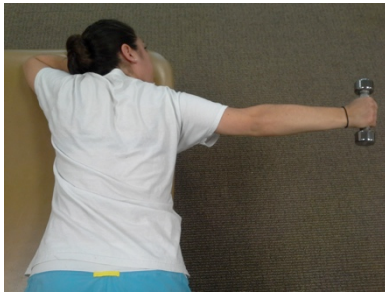


# Shoulder Dumbbell



**Scaption:** stand with elbow straight and thumb up. Raise arm to shoulder level at 30° angle in front of body. Do not go above shoulder height. Perform 3x10 reps.

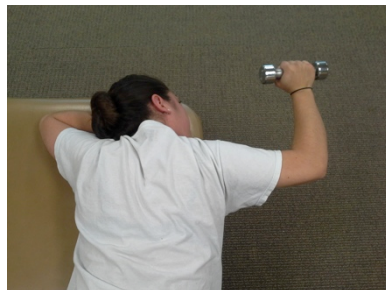


Lie with arm off side of table. Focus on pinching shoulder blade to spine for each exercise. Perform 3x10 reps for each exercise.

**T:** lift your arm to the side.

**Y:** lift your arm up as shown.

**L:** lift arm to end position as shown.



**Side lying ER:** lie on your side. Without rotating trunk, lift back of hand toward ceiling. Perform 3x10 reps.

## Medical Disclaimer

This online information is intended for your general knowledge only and not to diagnose or treat any specific medical condition. You should consult your healthcare professional before starting an exercise program or to help design an exercise program appropriate for you. Please do not disregard any medical advice and/or delay seeking any medical treatment because of something you read or access through this website. You should stop any exercise and promptly consult your healthcare professional if you experience symptoms such as weakness, unsteadiness, dizziness, chest pain or pressure, nausea, or shortness of breath, or if mild soreness that can occur after beginning an exercise program, fails to improve after 2 or 3 days.

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