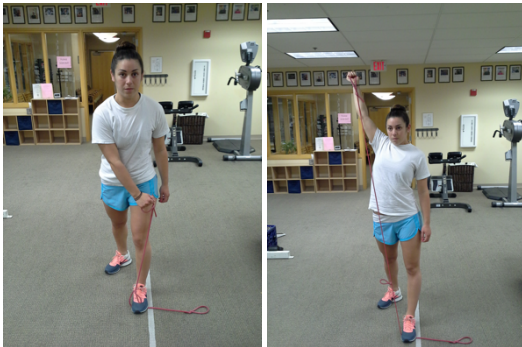


# Shoulder Theraband

## Flexion



## Extension

**Diagonal pattern D2:** for flexion the diagonal starts with thumb facing backward at the opposite hip. Extension starts with the thumb facing backward while overhead. Simulate the throwing arc ending at the opposite diagonal's starting position. Perform 3 sets of 10.

## Internal Rotation



## External Rotation

**IR/ER at 0° abduction:** keep elbow at side as shown. Perform 3x10 each side.

## Internal Rotation



## External Rotation

**IR/ER at 90° abduction:** keep elbow at shoulder height throughout exercise. Do slow speed sets and fast speed sets. Perform 3x10 reps each. For ER, focus on returning hand to start position slowly.



**Cross hearts:** keep elbows straight throughout exercise. Start as in figure 1 and return here between reps (figs 2-4). The main focus is to squeeze your shoulder blades together when pulling back. Perform 5 full cycles.

### 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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