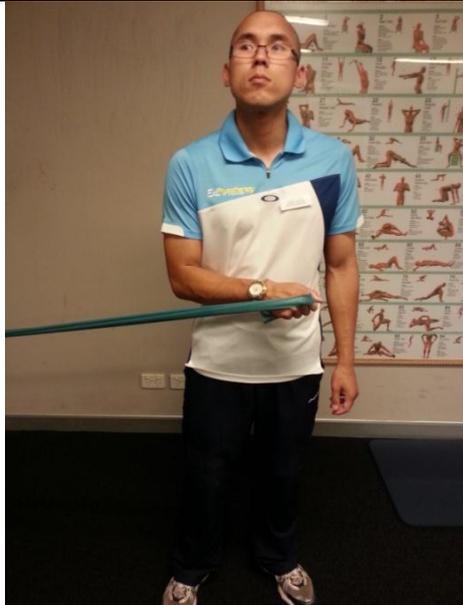
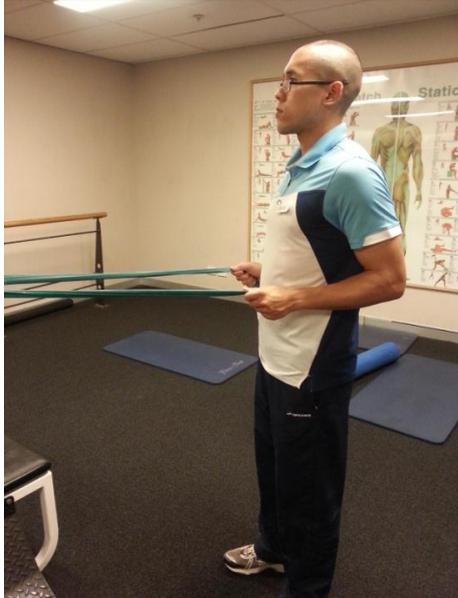


Shoulder exercises

Exercise	Image	Instructions
Trunk rotation with shoulder control		<ol style="list-style-type: none"> 1. Place palm on Swiss ball against the wall, with shoulder and elbow elevated to the side. 2. Rotate your trunk left and right whilst maintaining equal pressure on the ball (imagine it's a water balloon!). 3. Perform 15-20 reps each side.
Wall push up		<ol style="list-style-type: none"> 1. Place 1 hand against a wall in a standing position. Lean forward to perform a 1 handed push up against the wall. 2. Perform 15-20 reps each side.
Standing Swiss ball push ups		<ol style="list-style-type: none"> 1. Place your palm on a Swiss ball against a wall in front of you. 2. Lean forward to perform a 1 handed push up against the Swiss ball. 3. Perform 15-20 reps each side.

<p>Shoulder internal rotation</p>		<ol style="list-style-type: none"> 1. Secure a theraband at waist height. Stand side-on and hold the theraband with your elbow bent at 90°. Make sure there is tension in the theraband. 2. Pull the theraband across/in front of you. Keep your elbows tucked in next to your body and held at 90°. 3. Perform 10-15 reps each side.
<p>Shoulder external rotation</p>		<ol style="list-style-type: none"> 1. Secure a theraband at waist height. Stand side-on and hold the theraband with your elbow bent at 90°. Make sure there is tension in the theraband. 2. Pull the theraband away from the centre of your body as shown. Keep your elbows tucked in and at 90 degrees. 3. Perform 10-15 reps each side.
<p>Theraband pulls</p>		<ol style="list-style-type: none"> 1. Secure a theraband at waist height. Hold theraband in front of you so that there is tension in the band. 2. Pull theraband by bringing your elbow back. Aim to bring your shoulder blade back to engage your rhomboid muscles. 3. Perform 10-15 reps each side.

<p>Rhomboid row</p>		<ol style="list-style-type: none"> 1. Wrap a theraband around a secure point just above waist height so that you can hold on to both ends of the band. Keep tension in the theraband. 2. Pull the theraband by bringing your elbows back and shoulder blades together. You should feel your upper back/shoulder working and not just your arms. 3. Perform 15-20 reps.
<p>Shoulder retractions (on Swiss ball)</p>		<ol style="list-style-type: none"> 1. Lie with your belly on the Swiss ball and feet in a wide stance for balance. 2. Bring your shoulder blades and elbows back so that you feel the contraction in your upper back. 3. Perform 15-20 reps.
<p>Weighted Shoulder retractions (on Swiss ball)</p>		<ol style="list-style-type: none"> 1. Lie with your belly on the Swiss ball and feet in a wide stance for balance. Hold a weight in your hands. 2. Bring your shoulder blades and elbows back so that you feel the contraction in your upper back. 3. Perform 15-20 reps.
<p>Shoulder retractions (on bed)</p>		<ol style="list-style-type: none"> 1. Lie face down on a bed/bench with arms bent by your body. (Ideally with room by the side so your arms can hang down) 2. Bring your shoulder blades and elbows back so that you feel the contraction in your upper back. 3. Perform 15-20 reps.

Weighted
shoulder
retractions
(on bed)



1. Lie face down on a bed. (Ideally with room by the side so your arms can hang down).
Hold a light weight in your hands.

2. Bring your shoulder blades and arms back so that you feel the contraction in your upper back.

3. Perform 15-20 reps.