

Name:

SHOULDER REHABILITATION EXERCISES

NOTE: All exercises are to be done with a “Set Scapula.”

Exercise:	Sets	Repetitions	Weight/Resistance
I - <u>Shoulder Blade Setting – NO RESISTANCE</u> 1. Inferior Hold/Medial Hold/Superior Hold 2. Infromedial Hold/Supromedial Hold	1-3		NIL
II - <u>Shoulder Blade (Scapular) Setting – With Resistance Band/Cable</u> 1. Holds: Inferior/Medial/Superior/Infromedial/Supromedial 2. Straight Arm Front On Quarter Pull 3. Straight Arm 45° Quarter Pull 4. External Rotation @ 0° Abduction 5. Internal Rotation @ 0° Abduction 6. Guided Punch 7. Single Arm Row	1-3		RED, YELLOW, GREEN, BLUE, BLACK
III – <u>Scapular Retraction Proprioceptive Exercises</u> 1. Scapular Rolls (Quadruped/Push Up) 2. Scapular Push Ups (Wall→Floor(Knee→Toe)) 3. Fitball Plank (→N:S/E:W→Circ. Stir Pot) 4. Bosu/Fitball Stiff Arm Plank (→Push Up) 5. Scapular Pull Ups 6. Inverted Pull Ups	2-3		NIL
IV - <u>Shoulder Rehab Weighted Exercises</u> 1. Horizontal Fly (Weight Horizontal) 2. Horizontal Circumduction (Weight Vertical): Fwd/Bwd 3. Bicep Curls (→Pause→Matrix) 4. Tricep 3 Box Dips 5. Front/Mid/Lateral Raise (→Pause→ Combined) 6. Alternating Overhead Press/Dowel Shoulder Press 7. DB Alternating Bench Press	2-3		1-10kgs
PROGRESS INTO ADVANCED SHOULDER REHABILITATION EXERCISES			

