

Shoulder Exercises



Wall press

- Stand tall facing the wall and place your hands out in front of your body at shoulder height onto the wall.
- Then slowly bend your elbows outwards and lean your body in towards the wall whilst keeping your back straight.
- Then slowly push your body away and repeat.



Front raises

- Stand tall and choose an appropriate weight.
- Hold the weights in each hand with palms facing in towards your body.
- Slowly lift both your arms directly out in front of your body, parallel to the floor, keeping your shoulders relaxed.
- Then slowly take both arms down to your body and repeat.



Shoulder abductions

- Stand tall and choose an appropriate weight.
- Hold the weights in each hand with palms facing in towards your body.
- Slowly lift both your arms directly out to the sides, parallel to the floor, keeping your shoulders relaxed.
- Then slowly take both arms down to your body and repeat.



Shoulder press

- Stand tall with your feet hip width apart.
- Start by choosing an appropriate weight and place them in each hand.
- Then take both your arms up into right angles, bending at your elbows.
- Then straighten your arms above your head, slowly bring them back down to 90 degrees and repeat.



Upright row

- Start by choosing 1 appropriate weight or 2 dumbbells.
- Stand tall with feet hip width apart and place your hands in front of your thighs.
- Keeping the weights close to your body, slowly raise your hands up to your chin, bending your elbows out to the side. Then slowly lower your arms down and repeat.



Shoulder proprioception

- Start by placing a ball up onto the wall at shoulder height.
- Place one hand flat onto the ball whilst keeping your arm straight.
- Then with using your shoulder, start to move the ball into small circles.
- Continue for as long as possible then change direction and repeat on the opposite shoulder.





Bicep curls

- Stand tall and choose an appropriate weight.
- Place each dumbbell in each hand with your palms facing out from your body.
- Keep your arms straight beside your body with your elbows locked in to your waist.
- Then take your forearms up to your shoulders.
- Slowly straighten your arms back down and repeat.



Wall angles

- Start by standing with your back up against a wall.
- Place both arms up at 90 degrees with your hands above your head.
- Squeeze your shoulder blades together and slowly start to raise your arms straight up.
- Then slowly bring your arms back down and repeat.



External rotation

- Start by choosing an appropriate weight and place the weight in one hand.
- Place this arm up into the air or onto a surface for support and make a 90 degree bend. Then slowly lower your lower arm down in front of your body, then slowly return your arm back up and repeat.



Shrugs

- Stand tall and choose an appropriate weight.
- Hold the weights in each hand and keep your arms straight.
- Then slowly lift just your shoulders up in a shrugging motion, then slowly let your shoulders down and repeat.



Shoulder dump

- Stand tall with feet shoulder width apart.
- Keep your torso facing forwards, take one arm down towards the opposite hip and then take the same arm directly up in a diagonal line towards the ceiling.
- This can be performed with or without a theraband



Scapular setting

- Sit on the gym ball with feet hip width apart, keeping your torso upright.
- Relax your shoulders forwards then bring your shoulders backwards and squeeze your shoulder blades together.
- Hold this position for 5 seconds, then relax your shoulders forwards again and repeat.

Pull backs



- First make sure the cable machine pulley is at chest/waist height.
- Stand tall and grasp the bar/handle with each hand.
- Keep your arms straight out in front of your body, your knees slightly bent for support and your torso upright.
- Squeeze your arm and back muscles, bend at your elbows and pull the bar/handles into your chest in a rowing motion.
- Straighten your arms again and repeat.

Pull downs



- Stand tall and grasp the ends of the theraband with each hand.
- Start with your arms straight above your head, squeeze your arm and back muscles and pull down the theraband to your hips.
- Squeeze your shoulder blades together then straighten your arms back above your head slowly and repeat.



Wall slides

- Start by standing facing a wall with your arms outstretched above your head and your hands flat on the wall.
- Then step forwards and slide both hands up the wall as far as you can.
- Step backwards, slide your hands down and repeat.
- You may repeat this movement but standing sideways on to the wall with one arm sliding.



Table slides

- Stand tall with the injured shoulder next to the side of the table.
- Simultaneously lunge forward and slide your hand forwards along the table as far forward as you are able.
- Then slide backwards and return to standing and repeat.



Step ups with arm elevation

- Standing in front of the step, step onto the block and at the same time elevate both your arms out above your head.
- Step off the step and at the same time lower your arms back down and repeat.



Arm across the chest stretch

- Stand tall and take one arm across the front of your body.
- Using your other arm place your hand onto your forearm and pull your arm in closer to your chest.
- Hold this position for 15-30 seconds and repeat on the opposite arm.