



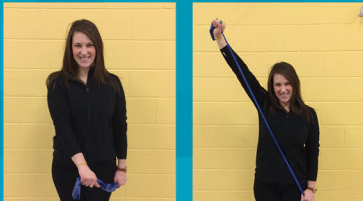
The Center
for Physical Rehabilitation

SHOULDER STRENGTHENING PROGRAM

This shoulder strengthening program was designed for the overhead athlete, however can be utilized on any active person looking for a variety of stabilization and strengthening exercises for the shoulders. This program combines the intrinsic stabilizers of the shoulder girdle as well as the larger shoulder muscle groups.

Use a resistance band with each exercise, or modify the difficulty by decreasing (no band) or increasing (heavier band) the challenge.

DISCO



SAMURAI SWORD



Complete 10 repetitions of each exercise (on each arm) with the appropriate resistance for YOU.

TOSS THE SALT



HUGS



You should be able to go through the entire range of motion, pain free, with challenge at repetitions 8-10. Complete 5-7x per week for max results.

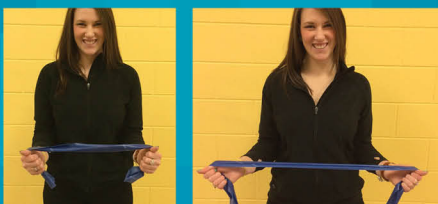
YMCA



"X" MARKS THE SPOT



DISCOUNT DOUBLE CHECK



EGYPTIAN



** These exercises are for **THE HEALTHY SHOULDER ONLY**. Please consult your therapist, athletic trainer, or physician if you've had previous upper arm pain/injury/surgery before beginning this program.

Your Physical Therapy Resource

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