

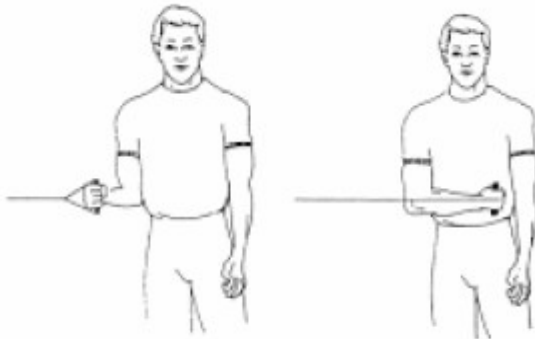
Shoulder: Advanced Strengthening Protocol

Tubing Exercises

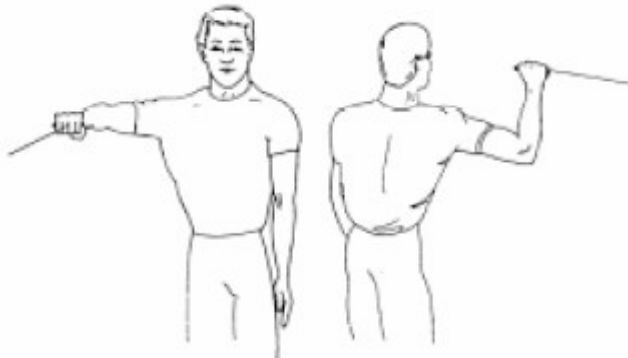
1. External rotation at 0° abduction. Standing with involved elbow at side, flexed at 90° and involved arm across front of body. Grip tubing handle while the other end of tubing is fixed. Pull out with arm, keeping elbow at side. Return tubing slowly and controlled. Perform _____ sets of _____ repetitions _____ daily.



2. Internal rotation at 0° abduction. standing with elbow flexed at side fixed at 90° and shoulder rotated out. Grip tubing handle while other end of tubing is fixed. Pull arm across body keeping elbow at side. Return tubing slowly and controlled. Perform _____ sets of _____ repetitions _____ daily.

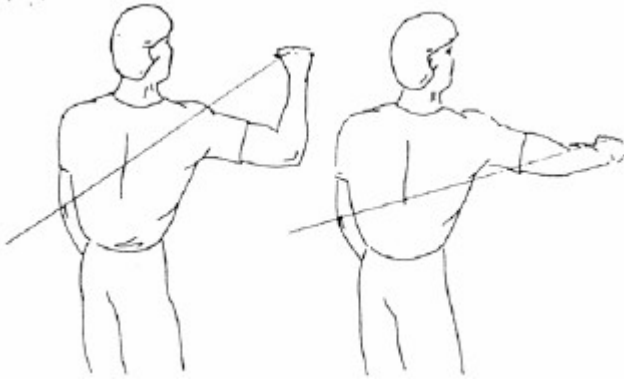


3. External rotation at 90° abduction –slow. Stand with shoulder abducted 90° and elbow flexed 90°. Grip tubing handle while the other end is fixed straight ahead. Keeping shoulder abducted, rotate shoulder back keeping elbow at 90°. Return tubing and hand to start position slowly and controlled. Perform _____ sets of _____ repetitions _____ daily.



4. Internal rotation at 90° abduction – slow. Stand with shoulder abducted to 90°, externally rotated 90°, and elbow flexed 90°. Grip tubing handle with other end of tubing fixed straight behind. Keeping shoulder abducted, rotate shoulder forward, keeping elbow at 90°. Return tubing and hand to start position slowly and controlled.

Perform _____ sets of _____ repetitions _____ daily.



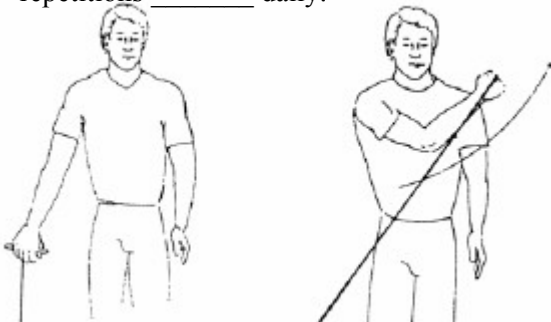
5. External rotation at 90° abduction –fast. Position self as in “3”. Rotate shoulder back quickly, keeping elbow at 90°. Return tubing and hand to start position quickly and controlled. Perform _____ sets of _____ repetitions _____ daily.

6. Internal rotation at 90° abduction –fast. Position self as in “4”. Rotate shoulder forward quickly keeping elbow at 90°. Return tubing and hand to start position quickly and controlled. Perform _____ sets of _____ repetitions _____ daily.

7. External rotation plyometrics. Position self as in “3”. Pull tubing back into external rotation with maximal tension and hold an isometric contraction in external rotation for 3 seconds. Relax isometric hold allowing fast but controlled motion. When hand hits horizontal, as fast as possible, reverse motion into external rotation then repeat isometric hold. Perform _____ sets of _____ repetitions _____ daily.

8. Internal rotation plyometrics. Position self as in “4”. Pull tubing down into internal rotation with maximal tension and hold isometric position for 3 seconds. Relax isometric hold allowing fast but controlled motion. When hand reaches vertical, as fast as possible reverse motion into internal rotation then repeat isometric hold. Perform _____ sets of _____ repetitions _____ daily.

9. Diagonal Pattern (D1) Flexion. Gripping tubing handle in hand of involved arm, begin with arm out from side 45° and palm facing backward. After turning palm forward, proceed to flex elbow and bring arm up and over unininvolved shoulder. Turn palm down and reverse to take arm to starting position. Exercise should be performed in controlled manner. Perform _____ sets of _____ repetitions _____ daily.



10. Diagonal Pattern (D2) Flexion. Involved hand will grip tubing handle across body and against thigh of opposite side leg. Starting with palm down, rotate palm up to begin. Proceed to flex elbow and bring arm up and over involved shoulder with palm facing inward. Turn palm down and reverse to take arm to starting position. Exercise should be performed in a controlled manner. Perform _____ sets of _____ repetitions _____ daily.



11. Diagonal Pattern (D2) Extension. Involved hand will grip tubing handle overhead and out to the side. Pull tubing down and across your body to the opposite side of the leg. During the motion lead with your thumb. Perform _____ sets of _____ repetitions _____ daily.



12. Prone Shoulder Abduction Rhomboids/Posterior Deltoid. Lie face down and arm hanging straight to floor. With one end of tubing fastened to table leg, grip handle on other end. Raise arm out of side with palm facing down. Slowly return to starting position. Perform _____ sets of _____ repetitions _____ daily.

