

4 Way Shoulder Resistive Band Strengthening



Start by tying the rubber band that your healthcare provider supplied you with to a sturdy object. Begin the exercise by "setting your scapulae" or pinching them together. Now put yourself into position to pull the rubber band toward your abdomen, paying attention that your elbow does not move away from your side or that your shoulder rotates forward as seen in picture 1. The next exercise is in the opposite direction away from your abdomen. Initiate this movement again by setting your scapulae avoiding excessive movements from rotating your trunk, extending your wrist and/or your elbow as seen in picture 2. A towel under the arm may be used to assist with keeping the elbow by the side. The third exercise will be to set the rubber band in a position to have resistance with reaching or punching forward as seen in picture 3. Finally set the rubber band up in front of you so that you have resistance from it as you pull your arm toward your side. **NEVER PULL THE RUBBER BAND SO FAR THAT YOUR ELBOW GOES PAST YOUR BODY.**