

## Shoulder Exercise Routine

These exercises are designed to strengthen and stabilize your shoulders, improve your posture, and help prevent relapses. The following are a few important things to keep in mind while you do these exercises. Stand up straight with your head and shoulders back, no slouching. As you do these exercises, avoid sticking your neck forward or rounding your mid back/shoulder blade region. Breathe through your nose using your diaphragm, don't shoulder/chest breathe.

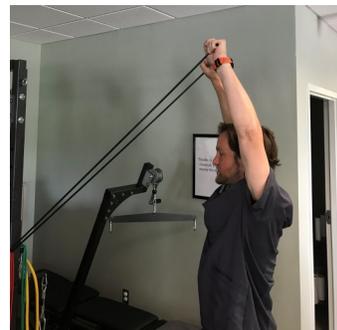
Warm Up: lean forward with arms hanging down. Rotate your arms clockwise and counterclockwise for 2-3 minutes. Keep the circles small, about 5 inches in diameter.

**IYT's**: For each of these exercises you will start with your arms straight out in front of you parallel to the ground. You will pull back with your arms straight till they are straight out in line with your body. Use a slow pulling motion (2-3 seconds) to get even with your body, then hold for 2-3 seconds. Then you will slowly allow your arms to follow the path back to the starting position, take twice as long going back to the original position as you did pulling them back.



### **The "I"**

From the starting position, bring your arms straight up over your head.



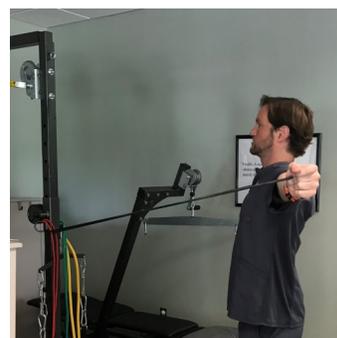
### **The "Y"**

From the starting position, bring your arms back 45 degrees down from the I position.



### **The "T"**

From the starting position, bring your arms back 45 degrees down from the Y position.



## The Rows

Start with your arms straight out in front of you with your hands 8-12 inches lower than where you started for the IYT's. For each set, you will pull your arms toward you keeping your arms under your pecs. Keep your elbows tight to your body. You should focus on contracting the muscles between your shoulder blades. Rotate between the grips below.



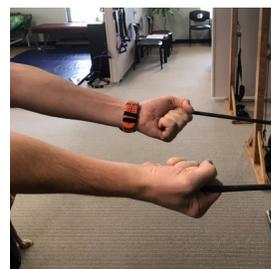
Fists Down



Fists Facing Each Other

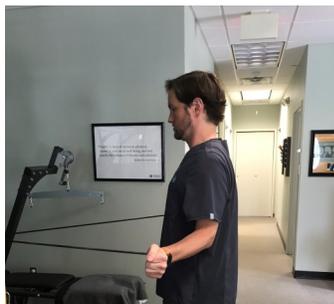
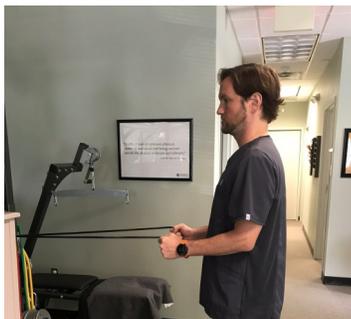


Fists Up



## You're Out!

Start with your arm bent 90 degrees at the elbow, forearm parallel to the floor. You will rotate your forearm and hand from the midline to be in line with your body. Keep your elbow touching your side. Use the same count as the IYT's.



## Waiter's March

Hold a resistance band arms straight out in front of you with your hands touching each other. Separate your arms so that they are parallel to each other. Hold this position and march slowly. Repeat with your elbows bent touching your sides. March slowly, bringing your hips to 90 degrees and keeping them level.

