

SHOULDER EXERCISES

EXERCISES FOR SHOULDER INSTABILITY

SELF-ASSISTED FORWARD FLEXION EXERCISE



Standing or sitting. With the help of the hand of your contralateral arm, slowly move your arm forward and upward without bending your elbow. Hold for 3 seconds.

Perform:

- 10 repetitions
- 1 set

Goals:

- Shoulder pain relief.
- Reduces shoulder stiffness and improves shoulder joint balance.
- Prevents loss of mobility

ELASTIC BAND ROWING EXERCISE



Stand facing a door or a structure that allows you to attach the resistance band. Grasp the ends with your hands. Keep your back straight. Look forward. Stretch the band, pushing your shoulders and elbows back. Hold for 5 seconds.

Perform:

- 10 repetitions
- 3 sets

Goals:

- Improve posture of the thoracic spine.
- Improve shoulder and scapula stability.

PROTRACTION EXERCISE WITH DUMBBELL



Lying on your back, hold your arm perpendicular to the floor with a 2kg weight in your hand. Lift your shoulder off the floor and raise your arm. Hold for 5 seconds.

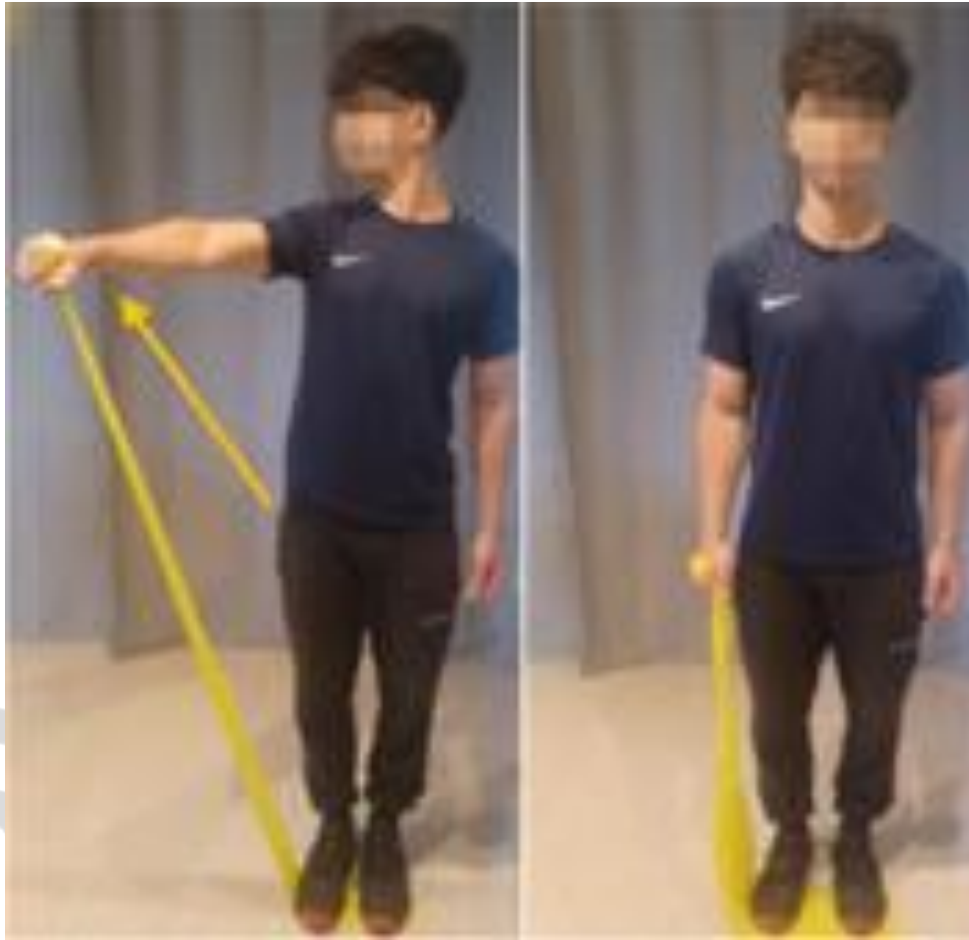
Perform:

- 10 repetitions
- 3 sets

Goals:

- Strengthening of the serratus anterior muscle.
- Improved scapular stability.
- Improved postural control of the shoulder and scapula.

ABDUCTION EXERCISE WITH ELASTIC BAND



Standing. Use an elastic band, stepping on the foot on the side being exercised. Raise your arm without bending your elbow or wrist, without reaching parallel to the floor. Point your arm forward 30° as you raise it. Hold this position for 5 seconds.

Perform:

- 10 repetitions
- 3 sets

Goals:

- Strengthening the supraspinatus and middle deltoid muscles.
- Improve joint balance and shoulder stability.

EXTERNAL ROTATION EXERCISE WITH ELASTIC BAND



Stand sideways to a door. Tie the resistance band to the doorknob and hold the end with one hand. Place a towel between your chest and arm. Keep your elbow at 90 degrees, close to your chest, and your wrist straight. Keep your back straight. Gaze forward. Stretch the band outward to about 50 degrees. Hold for 5 seconds.

Perform:

- 10 reps
- 3 sets

Goals:

- Strengthen shoulder external rotators.
- Improve joint balance and shoulder stability.

INTERNAL ROTATION EXERCISE WITH ELASTIC BAND



Stand sideways to a door. Tie the resistance band to the doorknob and hold the end with one hand. Place a towel between your chest and arm. Keep your elbow at 90 degrees, close to your chest, and your wrist straight. Keep your back straight. Gaze forward. Pull the band inward to about 50 degrees. Hold for 5 seconds.

Perform:

- 10 repetitions
- 3 sets

Goals:

- Strengthen internal rotators of the shoulder.
- Improve joint balance and shoulder stability.

EXTERNAL ROTATION EXERCISE WITH STICK



Stand. Grab a stick with both hands. Place a towel between your elbow and chest. Elbow at 90°. Push with your good arm and move the hand of the arm you're rehabilitating outward.

Perform:

- 10 reps
- 1 set

Goals:

- Pain relief.
- Improved anteroinferior capsular tension.
- Improved joint balance in external rotation.

DUMBBELL ROW EXERCISE



Standing. Bend forward, letting your arm drop without exerting any force, so that it's perpendicular to the floor with a 2 kg dumbbell in your hand. Bend your elbow and bring it back. Hold for 5 seconds.

Perform:

- 10 repetitions
- 3 sets

Goals:

- Relief and prevention of shoulder pain.
- Improve shoulder and scapula stability.

INTERNAL ROTATION EXERCISE WITH DUMBBELL



Lying on your side on the shoulder you're rehabbing. With your elbow flexed at 90° and a dumbbell in your hand, bring the dumbbell toward your body. Hold for 5 seconds.

Perform:

- 10 repetitions
- 3 sets

Goals:

- Strengthening internal rotators.
- Relief and prevention of shoulder pain.
- Improve shoulder stability.

EXTERNAL ROTATION EXERCISE WITH DUMBBELL



Lying on your side, place a towel between your arm and chest, elbow bent at 90°, and a dumbbell in your hand. Lift the dumbbell upward. Hold for 5 seconds.

Perform:

- 10 repetitions
- 3 sets

Goals:

- Strengthen external rotators.
- Relieve and prevent shoulder pain.
- Improve shoulder stability.

PROTRACTION EXERCISE WITH SUPPORT ON KNEES



Kneel with your hands flat on the floor. Bend your elbows, bringing your chest toward the floor. As you return, arch your back, trying to separate your shoulder blades. Hold for 5 seconds.

Perform:

- 10 repetitions
- 3 sets

Goals:

- Strengthening of scapular muscles.
- Relief and prevention of shoulder pain.
- Improve shoulder stability.

[Make an appointment with Dr. Jordi Jiménez.](#) He will see you in the center of Palma de Mallorca and help you regain your quality of life.