

SHOULDER STRENGTHENING EXERCISES

Scapular squeeze



In a sitting position with the elbows by the side squeeze the shoulder blades together, holding for 5-10 seconds.

Muscles Worked - Rhomboids and middle Trapezius.

Bouhler exercises



Ensure the abdominals are tightened and the back is flat against the wall.

- Exercise 1 - Patient pushes the thumbs to the wall, hold for 5 seconds, relax and repeat.
- Exercise 2 - The patient pushes the backs of the hands into the wall. Hold for 5 seconds, rest and repeat.
- Exercise 3 - The arms are positioned at a 45 degree angle from horizontal and then pushed back into the wall. Ensure the elbows are straight and shoulder blades retracted (pulled together).

Strengthens the middle back muscles and the lower trapezius.

Scapula Upwards Rotation Shoulder Exercise



The scapula upwards rotation works the scapula rotators. With a light weight (Can of beans or similar if you don't have a dumbbell) in the hand and thumb facing forwards, Raises the arm, at a 45 degree angle to the body ensuring the shoulders are not shrugged during. Hold for 5-10 seconds lower and repeat

Hands Up / Robbery Shoulder exercise



Stand with the hands by the sides then bend the bend the elbows to bring the hands up, palms forward. Make sure the shoulder blades are squeezed together.

The Hands Up Robbery shoulder exercise strengthens the lower Trapezius

Lateral Rotation in Side Lying



In a side-lying position as shown and with the arm supported and elbow bent to a right angle, Lift the weight (Can of Soup or similar if you don't have dumbbells) upwards, keeping the upper arm resting against the body.

Strengthens the teres minor, infraspinatus and the posterior deltoid.

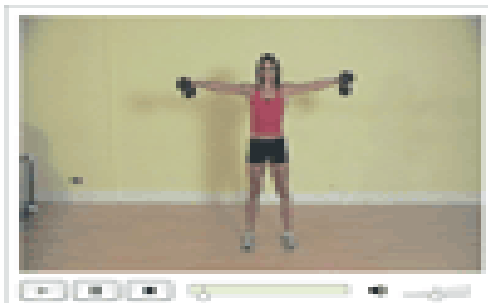
Push Up against a Wall



- Stand in front of a wall in the push up position with the hands shoulder width apart.
- The feet are positioned far enough away from the wall to cause the athlete to lean in.
- Keeping the hands on the wall at all times, push the body away from the hands.
- When the arms are straight, the 'plus' is performed by protracting (pushing forward) the shoulder blades and rounding the back.
- Bend the elbows to return to the start position and repeat.

Muscles worked - Serratus anterior, Pectoralis major

Lateral Raise



- Position yourself with a wide stance and knees slightly bent
- Hold a dumbbell in each hand with the arms straight by your sides and palms facing inwards
- Lift your arms out to the sides, maintaining a small bend in the elbow until the hands reach shoulder level
- Return the arms back to the starting position, maintaining control throughout

Variations & progressions

- Bend the elbows to a right angle to make the exercise a little easier

Muscles worked - Middle fibres of Deltoid, Trapezius

Front Raise



- Position yourself with a wide stance and knees slightly bent
- Hold a dumbbell in each hand with the arms straight by your sides and palms facing behind you
- Lift your arms out in front, until the hands are at shoulder level
- Return the arms back to the starting position, maintaining control throughout
- Ensure you don't arch your back in an attempt to lift the weight

Variations & progressions

- Alternate arms

Muscles worked - Anterior fibres of Deltoid

Bent-over fly



Holding your weights (or cans), lean forward with feet hip-width apart, knees soft and arms straight, palms facing inward. Raise both hands out to the sides, squeezing shoulder blades at the top of the motion. Return to starting position. Do 15 reps.

Perfect your form: Keep your torso still.

Dial it down: Raise your hands with elbows bent.

Amp it up: Pause for five seconds when your arms are raised.

Bent-Over Row



Holding your weights or cans, lean forward with feet hip-width apart, knees soft and arms straight, palms facing inward. Pull dumbbells toward your chest, squeezing shoulder blades together. Return to starting position. Do 15 reps.

Perfect your form: Focus on using your back muscles, not your arms.

Dial it down: Use lighter weights.

Amp it up: Perform the exercise balanced on one leg, with the other extended comfortably behind you.