

Shoulder Strengthening Exercises With Tubing

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The following exercises are designed to strengthen your shoulder using resistance with tubing. Your physiotherapist will show you which exercises to do and how to do them correctly.

- For all of the exercises, start by standing or sitting with your back straight and your shoulders back and down.
- When doing each exercise, remember to do the movement smoothly and **do not hold your breath**.
- It is normal to experience muscle soreness after doing exercises. This should get better over time.

Plan to do these exercises _____ times a day.

To anchor tubing through a closed door:

Tie a knot at the end of the tubing, then close the door with the knot on the opposite side.

□ Exercise 1

Flexion

- Anchor tubing through a closed door about one foot from the floor.
- Hold the tubing in the hand of your affected side.
- Keeping your elbow straight and your thumb pointing towards the ceiling.
- Raise your arm out in front of you as far as you can.
- Hold for 5 seconds. Then slowly bring your arm back to the starting position.
- Repeat _____ times.



□ Exercise 2

Abduction

- Anchor tubing through a closed door about one foot from the floor.
- Hold the tubing in the hand of your affected side.
- Keep your elbow straight and your thumb pointing towards the ceiling.
- Raise your arm out to the side to shoulder height.
- Hold for 5 seconds. Then slowly bring your arm back to the starting position.
- Repeat _____ times.



□ Exercise 3

Extension

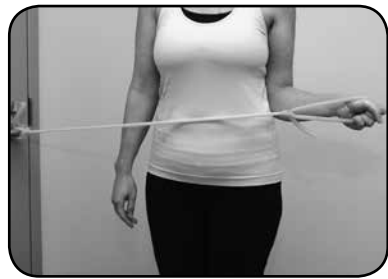
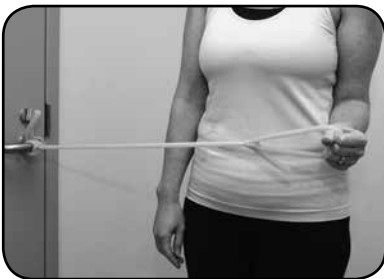
- Anchor tubing through a closed door in front of you.
- Hold the tubing in the hand of your affected side.
- Keeping your elbow straight, pull the tubing down and behind you.
- Hold for 5 seconds. Then slowly bring your arm back to the starting position.
- Repeat _____ times.



□ Exercise 4

External rotation

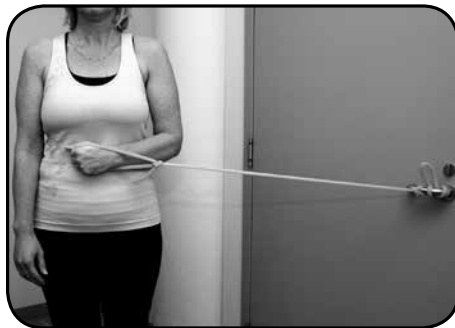
- Anchor tubing through a closed door.
- Stand with your non-affected side next to the door.
- Hold the tubing in the hand of your affected side.
- Bend your elbow to 90 degrees.
- Keep your elbow tucked in by your side and your wrist straight.
- Pull the tubing outwards away from your body.
- Hold for 5 seconds. Then slowly bring your arm back to the starting position.
- Repeat _____ times.



□ Exercise 5

Internal rotation

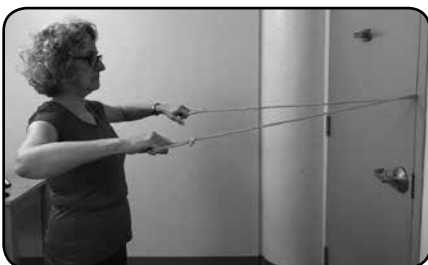
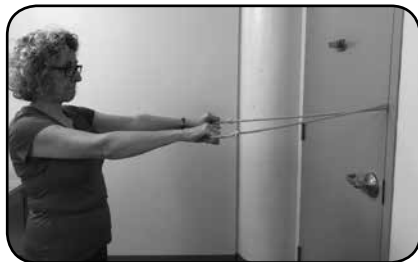
- Anchor tubing through a closed door.
- Stand with your affected side next to the door.
- Hold the tubing in the hand of your affected side.
- Bend your elbow to 90 degrees.
- Keep your elbow tucked in by your side and your wrist straight.
- Pull the tubing towards your stomach.
- Hold for 5 seconds. Then slowly bring your arm back to the starting position.
- Repeat _____ times.



□ Exercise 6

Standing row

- Anchor tubing through a closed door at shoulder height.
- Stand facing the door. Hold the tubing in both hands at shoulder height. Keep both arms straight and palms facing the floor.
- Pull your shoulder blades together as you pull your elbows back toward your shoulders.
- Only bend your elbows to 90 degrees — **do not let them go behind your shoulders.**
- Hold for 5 seconds. Then slowly bring your arms back to the starting position.
- Repeat _____ times.



□ Exercise 7

Standing row with elbows at side

- Anchor tubing through a closed door at shoulder height.
- Stand facing the door. Hold the tubing in both hands at shoulder height. Keep both arms straight and palms facing the floor.
- Pull your shoulder blades together as you pull your elbows back and down towards your sides.
- Hold for 5 seconds. Then slowly bring your arms back to the starting position.
- Repeat _____ times.



□ Exercise 8

Mid-back

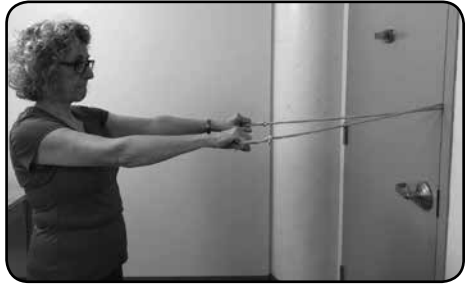
- Anchor tubing through a closed door at shoulder height.
- Stand facing the door. Hold the tubing in both hands at shoulder height.
- Keep both arms straight and palms facing each other, with thumbs pointing up.
- Pull your shoulder blades together as you pull your straight arms backwards towards your shoulders.
- Hold for 5 seconds. Then slowly bring your arms back to the starting position.
- Repeat _____ times.



□ Exercise 9

2-arm extension

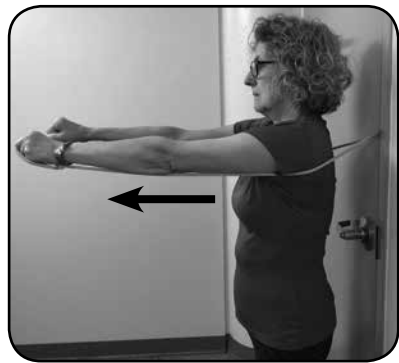
- Anchor tubing through a closed door at shoulder height.
- Stand facing the door. Hold the tubing in both hands at shoulder height. Keep both arms straight and palms facing the floor.
- Pull your shoulder blades together as you pull your straight arms downwards towards your hips.
- Hold for 5 seconds. Then slowly bring your arms back to the starting position.
- Repeat _____ times.



□ Exercise 10

Forward punch

- Anchor tubing through a closed door at shoulder height.
- Stand facing away from the door. Hold the tubing in both hands at shoulder height. Keep both arms straight and palms facing the floor.
- Reach forward with both arms, rounding your shoulders.
- Hold for 5 seconds. Then slowly bring your arms back to the starting position.
- Repeat _____ times.



□ Exercise 11

Sitting external rotation

- Anchor tubing through a closed door in front of you.
- Sit in a chair with your affected arm out to the side and resting on a table slightly below shoulder height. Use pillows to support your arm.
- Hold the tubing in the hand of your affected side with your palm facing down.
- Keeping your elbow bent at 90 degrees and resting on the table, pull the tubing up.
- Hold for 5 seconds. Then slowly bring your arm back to the starting position.
- Repeat _____ times.



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The information in this pamphlet is to be updated every 3 years or as needed.