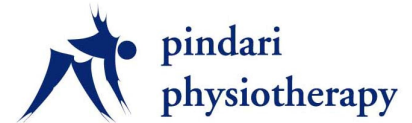


## SHOULDER REHABILITATION



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The key to rehabilitating most shoulders is to gain strength and movement, but most importantly stability. Consequently with any shoulder rehabilitation you should be concentrating on getting the movement right, keeping any non moving areas still, and doing high repetitions.

## ER WITH THERABAND

- Position yourself on a chair next to a table where you can attach the theraband to one of the table legs.

**1**

Set up with your arm resting approximately 60 degrees away from the side of your body, and with the elbow slightly forward of your shoulder.



**2**

Pull the tubing back using a twisting motion at the shoulder, keep your wrist straight, and don't let the elbow "travel" backwards.



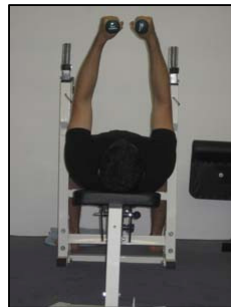
- You should feel muscles working at the back of the shoulder, and work in a range whereby the band doesn't lose tension.

## PEC FLIES

- Make sure you have a set up where the shoulders can "clear" the bench. You can also try a few pillows along the line of the body on the floor if a bench can't be used.

**1**

Start with the weights directly above you and with your elbows flexed approximately 30 degrees.



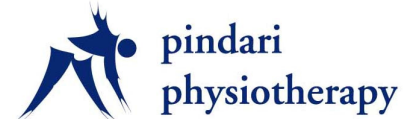
**2**

Lower the weights and feel a slight stretch in your "pecs" at the front of your shoulders, keep the elbows flexed at 30°.



- The aim of this exercise is to "release" the shoulders back, so focus on the end point of the stretch, and only lift the weights back up halfway before letting them back down.

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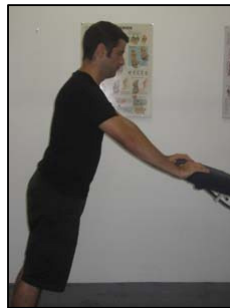
The key to rehabilitating most shoulders is to gain strength and movement, but most importantly stability. Consequently with any shoulder rehabilitation you should be concentrating on getting the movement right, keeping any non moving areas still, and doing high repetitions.

## INCLINE PUSH UPS

- Find a bench that's about waist height.

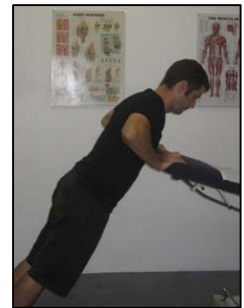
**1**

Keep your abdominals firm and get ready to keep your torso completely straight.



**2**

Do the push up and keep your elbows wide to give you room.



- This exercise is all about maintaining posture and symmetrical movement of the arms, so keep your torso rigid, and make sure both shoulders come down evenly.

## LAT PULL DOWN WITH THERABAND

- Hook the theraband over a door or hook, and sit with your back to the fixing point.

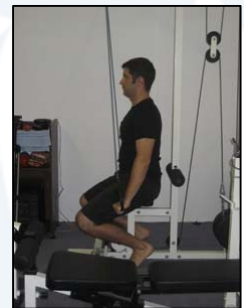
**1**

Relax your arms and start as high as the theraband will pull you up. Keep your upper body completely straight.



**2**

Pull down until your arms finish at your side, relax them and let the band pull them up again.



- Again the aim of this exercise is to use the arms whilst keeping the rest of the body still.