

# Shoulder Exercises

## Lateral Raise / Shoulder Abduction



- Stand up with feet hip width apart. Step on tubing and hold tubing down at side keeping elbow slightly bent.
- Raise arm up and away from side toward shoulder level.
- Avoid shrugging shoulder.
- Repeat with the opposite shoulder.

**2 sets 10-12 reps**

## Serratus Punch Exercises



- Attach tubing behind body at shoulder level.
- Hold tubing straight out in front with palm down and elbow slightly bent.
- Straighten elbow and reach straight forward (protraction) pulling tubing.
- Return to start position (slowly) and repeat.
- Repeat with the opposite shoulder.

**2 sets 10-12 reps**



355 N. Peters Ave. FDL, WI 54935 ~ [bauerchirofdl.com](http://bauerchirofdl.com) ~ P: 920-923-3322

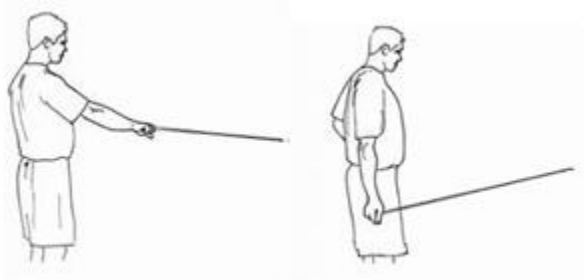
## Front Raise



- Standing in readiness position.
- Attach tubing behind body at ankle level (or step on it).
- Hold tubing down at side with palm facing inward.
- Raise arm straight up forward toward shoulder level keeping elbow slightly bent.
- Avoid shrugging the shoulder.
- Repeat with the opposite shoulder.

**2 sets 10-12 reps**

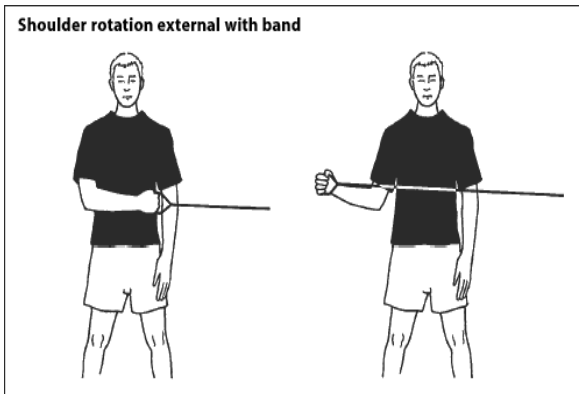
## Shoulder Extension



- Standing in readiness position.
- Attach tubing above shoulder level.
- Hold tubing straight out in front of body keeping elbow slightly bent and palm facing inward.
- Slowly pull tubing straight down past side of body. **(Keep your back straight).**
- Repeat with the opposite shoulder.

**2 sets 10-12 reps**

## Rotator Cuff External Rotation



- Standing or sitting in readiness position
- Attach tubing at elbow level from opposite side of body.
- Hold tubing against stomach keeping elbow bent to 90 degrees and tight to side of body.
- Pull tubing out away from body keeping elbow tight to side. (***Pretend that your elbow is hinged to your body.***)
- Repeat with the opposite shoulder.

**2 sets 10-12 reps**