

Shoulder rehab exercises

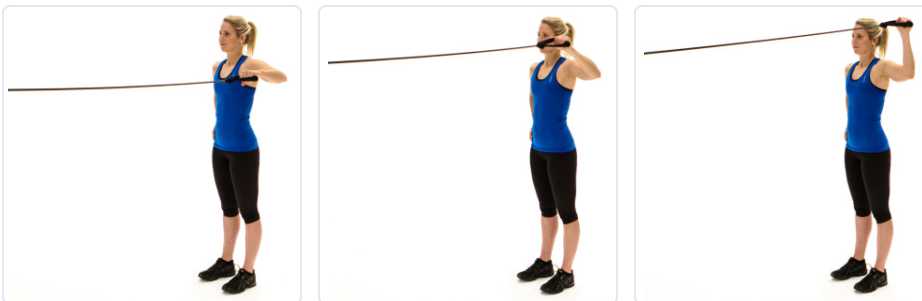
External Rotation of Shoulder at 45 Degrees With Resistance Band



Description

- Hold a resistance band with the hand on the hip
- Keep the elbow still and rotate the arm out
- Slowly lower the hand to the hip keeping the elbow still

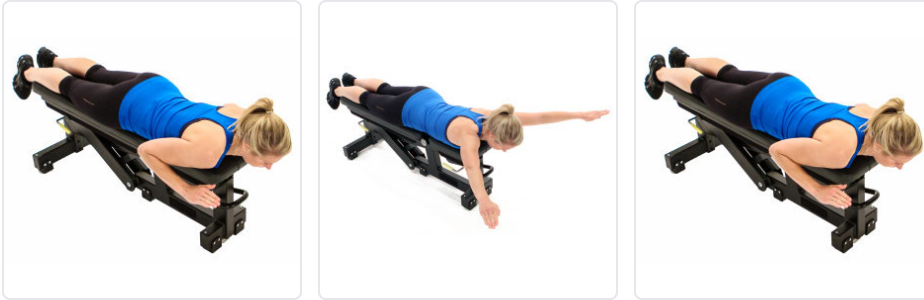
External Rotation of Shoulder at 90 Degrees With Cable



Description

- Hold a cable with the bent and raised to the side
- Keep the elbow still and rotate the arm up
- Slowly release the hand down keeping the elbow still

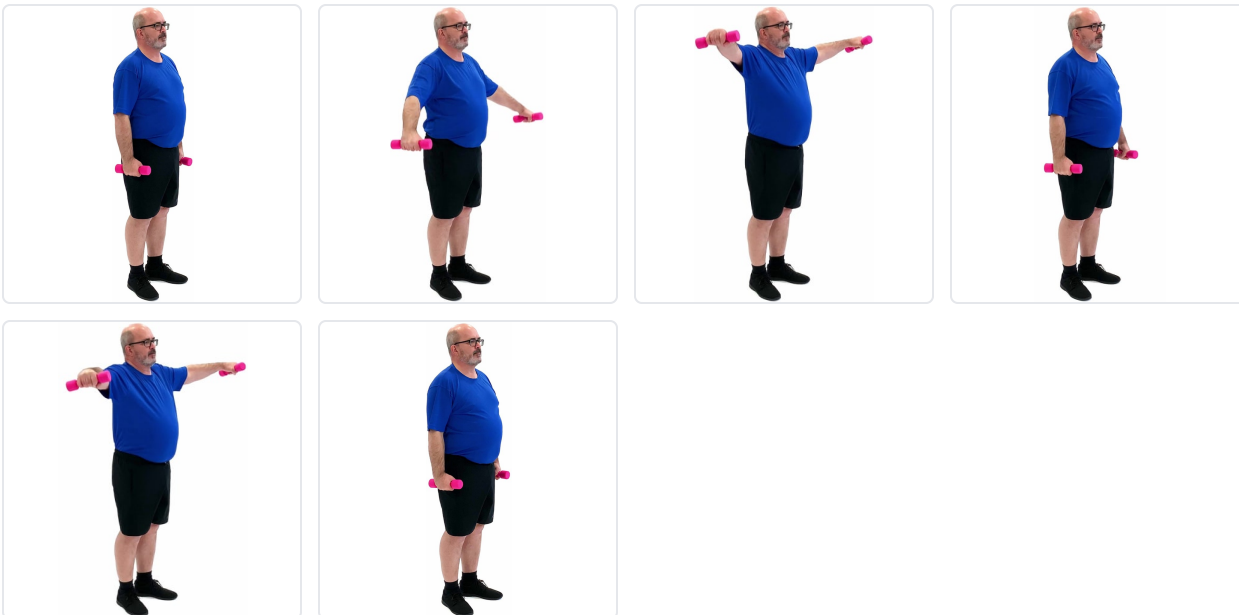
Y Press on Bench



Description

- Lie face down on a weights bench, with your hands by your shoulders and good posture
- Extend arms out in a Y-shape above your head, palms facing the floor
- Return to starting position

Lateral Raise with Dumbbells



Description

- Hold a dumbbell in each hand with arms by your sides
- Lift outwards until your arm is horizontal at shoulder level
- Lower, and repeat as directed

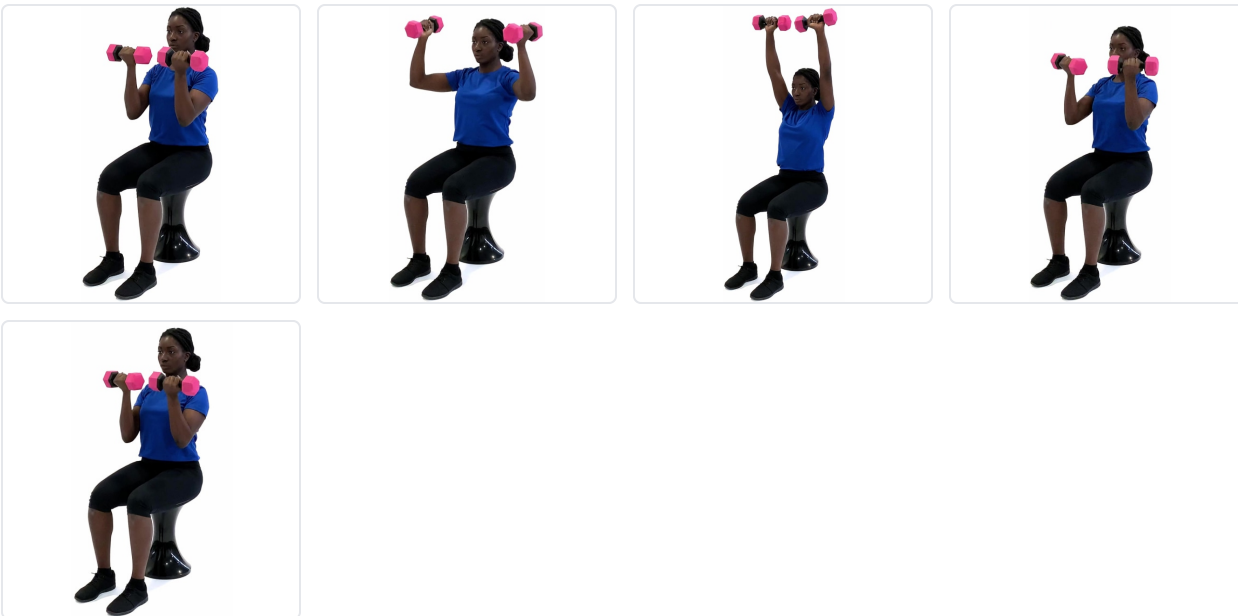
Push Up



Description

- Place the hands on the floor in a push up position
- Bend the arms to lower the body to the floor
- Keep the body straight and push the body back up

Arnold Press In Sitting



Description

- Sit upright holding dumbbells with palms facing you
- Press the dumbbells over your head turning your hands to face forward
- Lower the dumbbells to the start position