Shoulder Strengthening Exercises: With Weights

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The information in this pamphlet is to be updated every 3 years.
Shoulder Strengthening Exercises: 
With Weights

The following exercises are designed to strengthen your shoulder using resistance with weights. Your physiotherapist will instruct you on which exercises to do and how to do them correctly. When doing the exercise remember to do the movement smoothly and not hold your breath while doing the movement. It is normal to experience muscle soreness after doing exercises. This should diminish with time.

Plan to do exercises _______ times a day.

Lie on your back and hold the weight in the hand of your injured side. Keep the elbow straight and slowly raise the weight. Slowly lower the arm back by your side.
Repeat _________ times.

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Lie on your stomach. Hold a weight in the hand of your injured side. Position your arm out to the side with your elbow bent and the crease of your elbow over the edge of the bed. Keeping the elbow bent at 90 degrees, bring the weight upwards as far as you can. Slowly return to starting position. Repeat _______ times.

Lie with your injured side up and hold the weight in the hand of your injured side. Keep the elbow straight and raise the arm up from your side to shoulder height. Slowly lower the arm back to your side. Repeat _______ times.

Lie on your stomach. Hold a weight in the hand of your injured side. Position your arm out to the side with your elbow bent and the crease of your elbow over the edge of the bed. Keeping the elbow bent at 90 degrees, bring the weight upwards as far as you can. Slowly return to starting position. Repeat _______ times.

Lie with your injured side up and hold the weight in the hand of your injured side. Keep the elbow straight and raise the arm up from your side to shoulder height. Slowly lower the arm back to your side. Repeat _______ times.
Lie with your injured side down and hold the weight in the hand of your injured side. Keep your elbow bent to 90 degrees. Lift the weight up towards your stomach keeping your elbow tucked to your side. Slowly lower the arm back down. Repeat ________ times.

Lie on your back and hold the weight in the hand of your injured side. Keep your elbow bent to 90 degrees. Slowly let the weight lower towards the floor, keeping your elbow tucked to your side. Hold _______ seconds. Bring your arm back up to the starting position. Repeat ______ times.

Hold a weight in the hand of your injured side, with your arm by your side. Raise your arm slowly up behind you. Return your arm to your side. Repeat _______ times.

Hold a weight in the hand of your injured side, with your arm by your side. Raise your arm slowly up behind you. Return your arm to your side. Repeat _______ times.
Hold a weight in the hand of your injured side with your arm at your side and your thumb turned inward (like you are emptying a bottle of water). Raise your arm upward and slightly forward just below shoulder height. Slowly return arm to your side.

Repeat ________ times.

Lie on your back and hold the weight in the hand of your injured side. Keep your elbow bent to 90 degrees. Raise your arm to shoulder height and slowly let the weight lower your hand/forearm backwards until you feel a good stretch across the front of the shoulder. Slowly return to start position.

Repeat _________ times.

Lie on your back and hold the weight in the hand of your injured side. Keep your elbow straight and raise the arm to shoulder height. Raise the weight straight up towards the ceiling, lifting the shoulder a few inches off the bed. Slowly return shoulder to bed.

Repeat ________ times.
Hold a weight in the hand of your injured side with your arm by your side. Keep your elbow straight and raise your arm up in front of you as far as you can. Slowly return arm to your side.
Repeat ______ times.

Hold a weight in the hand of your injured side with your arm at your side. Raise your arm out to the side and overhead as far as you can without hiking your injured shoulder. Slowly return your arm to the side.
Repeat ______ times.
Hold a weight in the hand of your injured side with your arm by your side. Keep your elbow straight and raise your arm up in front of you as far as you can. Slowly return arm to your side. 
Repeat _______ times.

Hold a weight in the hand of your injured side with your arm at your side. Raise your arm out to the side and overhead as far as you can without hiking your injured shoulder. Slowly return your arm to the side.
Repeat _______ times.
Hold a weight in the hand of your injured side with your arm at your side and your thumb turned inward (like you are emptying a bottle of water). Raise your arm upward and slightly forward just below shoulder height. Slowly return arm to your side.
Repeat ________ times.

Lie on your back and hold the weight in the hand of your injured side. Keep your elbow bent to 90 degrees. Raise your arm to shoulder height and slowly let the weight lower your hand/forearm backwards until you feel a good stretch across the front of the shoulder. Slowly return to start position.
Repeat _______ times.

Hold a weight in the hand of your injured side with your arm at your side and your thumb turned inward (like you are emptying a bottle of water). Raise your arm upward and slightly forward just below shoulder height. Slowly return arm to your side.
Repeat ________ times.

Lie on your back and hold the weight in the hand of your injured side. **Keep your elbow straight** and raise the arm to shoulder height. Raise the weight straight up towards the ceiling, lifting the shoulder a few inches off the bed. Slowly return shoulder to bed.
Repeat _______ times.
Lie with your injured side down and hold the weight in the hand of your injured side. Keep your elbow bent to 90 degrees. Lift the weight up towards your stomach keeping your elbow tucked to your side. Slowly lower the arm back down.
Repeat ________ times.

Lie on your back and hold the weight in the hand of your injured side. Keep your elbow bent to 90 degrees. Slowly let the weight lower towards the floor, keeping your elbow tucked to your side. Hold _______ seconds. Bring your arm back up to the starting position. Repeat ______ times.

Hold a weight in the hand of your injured side, with your arm by your side. Raise your arm slowly up behind you. Return your arm to your side. Repeat ________ times.
Lie on your stomach. Hold a weight in the hand of your injured side. Position your arm out to the side with your elbow bent and the crease of your elbow over the edge of the bed. Keeping the elbow bent at 90 degrees, bring the weight upwards as far as you can. Slowly return to starting position. Repeat _______ times.

Lie with your injured side up and hold the weight in the hand of your injured side. Keep the elbow straight and raise the arm up from your side to shoulder height. Slowly lower the arm back to your side.
Repeat _______ times.

Lie on your stomach in the same position as above. Keeping the elbow bent, raise the weight up and back by raising the palm towards the ceiling. Slowly return to starting position.
Repeat _______ times.

Lie with your injured side up and hold the weight in the hand of your injured side. Keep your elbow bent to 90 degrees. Lift the weight towards the ceiling keeping your elbow tucked into your side. Slowly lower the arm back down. Do not roll your shoulder backwards.
Repeat _______ times.
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The following exercises are designed to strengthen your shoulder using resistance with weights. Your physiotherapist will instruct you on which exercises to do and how to do them correctly. When doing the exercise remember to do the movement smoothly and not hold your breath while doing the movement. It is normal to experience muscle soreness after doing exercises. This should diminish with time.

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Repeat _________ times.

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