Shoulder Strengthening Exercises:
With Tubing

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

The following exercises are designed to strengthen your shoulder using resistance with tubing. 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 do not hold your breath. It is normal to experience muscle soreness after doing exercises. This should diminish with time.

Do exercises _______ times a day.

Diagonal Movement
Anchor tubing through a closed door or to a stable object at a height of about one foot from the floor.

Stand with the hand of the injured side in front of your opposite hip holding the tubing. Pull the tubing up and away to the opposite side. Slowly return to starting position.

Repeat _______.
Flexion
Anchor tubing through a closed door or to a stable object at a height of about one foot from the floor.
Hold the tubing in the hand of your injured side. Raise your arm out in front of your body, keeping your elbow straight. Slowly return to starting position.
Repeat _______.

Note: To anchor tubing through a closed door, tie a knot at the end of the tubing and then close the door with the knot on the opposite side.

Shoulder Shrug
Stand on tubing and grip the ends in both hands. Pull your shoulders up towards the ceiling while keeping your elbows straight. Slowly return to starting position.
Repeat _______.

Repeat _______.
Standing Row
Thread tubing through a closed door or anchor tubing to a solid object at shoulder height.

Stand facing the door, hold the tubing in both hands, with your arms in front of you and elbows bent. Pull your shoulder blades together as you pull your elbows straight back. Slowly return to starting position.

Repeat _______.

Standing Forward Punch
Stand with your back to the door, hold the tubing in both hands, with your arms at shoulder height and elbows bent. Push your arms forward while straightening your elbows. Slowly return to starting position.

Repeat _______.

Abduction
Hold the tubing in the hand of your injured side. Raise your arm out to the side of your body to shoulder height, keeping your elbow straight. Slowly return to starting position.

Repeat _______.
Extension
Anchor the tubing through a closed door at head level. Hold the tubing in the hand of your injured side. Bring your arm straight back keeping your elbow straight. Slowly return to starting position. Repeat _______.

External Rotation
Stand with your arm at your side and elbow bent to 90 degrees. Hold the tubing in the hand of your injured side. Keeping your elbow tucked to your side and wrist straight, pull the tubing outwards and away from your body. Slowly return to starting position. Repeat _______.

Internal Rotation
Stand with your arm close to your body and elbow bent to 90 degrees. Hold the tubing in the hand of your injured side. Keeping your elbow tucked to your side and wrist straight, pull the tubing towards your stomach. Slowly return to starting position. Repeat _______.

4

5
Extension
Anchor the tubing through a closed door at head level. Hold the tubing in the hand of your injured side. Bring your arm straight back keeping your elbow straight. Slowly return to starting position. Repeat _______.

External Rotation
Stand with your arm at your side and elbow bent to 90 degrees. Hold the tubing in the hand of your injured side. Keeping your elbow tucked to your side and wrist straight, pull the tubing outwards and away from your body. Slowly return to starting position. Repeat _______.

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Stand with your arm close to your body and elbow bent to 90 degrees. Hold the tubing in the hand of your injured side. Keeping your elbow tucked to your side and wrist straight, pull the tubing towards your stomach. Slowly return to starting position. Repeat _______.

Standing Row
Thread tubing through a closed door or anchor tubing to a solid object at shoulder height.
Stand facing the door, hold the tubing in both hands, with your arms in front of you and elbows bent. Pull your shoulder blades together as you pull your elbows straight back. Slowly return to starting position.
Repeat _______.

Abduction
Hold the tubing in the hand of your injured side. Raise your arm out to the side of your body to shoulder height, keeping your elbow straight. Slowly return to starting position.
Repeat _______.

Standing Forward Punch
Stand with your back to the door, hold the tubing in both hands, with your arms at shoulder height and elbows bent. Push your arms forward while straightening your elbows. Slowly return to starting position.
Repeat _______.
Flexion
Anchor tubing through a closed door or to a stable object at a height of about one foot from the floor. Hold the tubing in the hand of your injured side. Raise your arm out in front of your body, keeping your elbow straight. Slowly return to starting position. Repeat _______.

Note: To anchor tubing through a closed door, tie a knot at the end of the tubing and then close the door with the knot on the opposite side.

Shoulder Shrug
Stand on tubing and grip the ends in both hands. Pull your shoulders up towards the ceiling while keeping your elbows straight. Slowly return to starting position. Repeat _______.


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Do exercises ______ times a day.

Diagonal Movement
Anchor tubing through a closed door or to a stable object at a height of about one foot from the floor.

Stand with the hand of the injured side in front of your opposite hip holding the tubing. Pull the tubing up and away to the opposite side. Slowly return to starting position.
Repeat ______.

[Images of woman performing diagonal movement with tubing]
Sitting External Rotation

Anchor tubing through a closed door or anchor tubing to a solid object in front of you.

Sit in a chair with your injured arm out to the side and resting on a table. Hold the tubing in your hand with palm facing down. Pull the tubing upwards keeping your elbow bent to 90 degrees and resting on the table. Slowly return to starting position.

Repeat ______.
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