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Physical Therapy Shoulder Exercises

[Available in: Español, Deutsche, Italiano, Française. Email info@atemi-sports.com to request.]

This guide contains 15 shoulder exercises using a resistance band. The exercises are designed to strengthen and injury-proof your shoulders, as well as help with rehabilitation and mobility.

They achieve this by strengthening all the muscles around your shoulder joints, especially the rotator cuff, which is essential for shoulder health and stability. They also help to increase the mobility and range of motion of your shoulders.

Disclaimer:

Although these exercises are generally safe for everyone, if you do have a shoulder condition or are recovering from injury/surgery, it is essential that you consult with a physical therapy specialist before starting shoulder rehab exercises. Every shoulder condition is unique, so it may be that for you some of these exercises are unsuitable, or even harmful.

What kind of resistance band to use:

The exercises are done using a physical therapy band (pictured below). These are extremely effective for physio shoulder exercises because they can be used to apply resistance to any movement, from any angle.

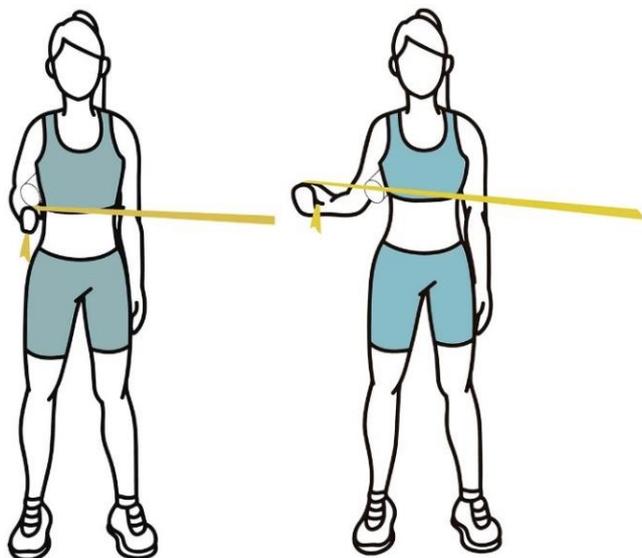


Where to buy?

These bands are available to buy on www.atemi-sports.com, fulfilled by Amazon for super fast and reliable delivery in the US. Our bands are 30% cheaper when you buy direct from us.

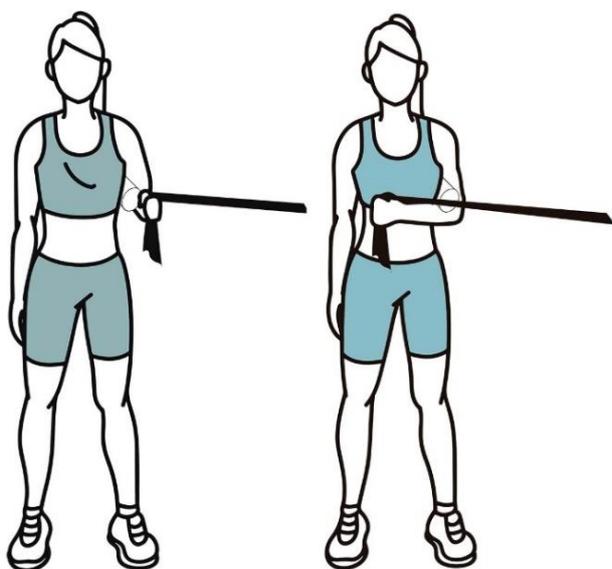
15 Shoulder Exercises

#1 External Shoulder Rotation



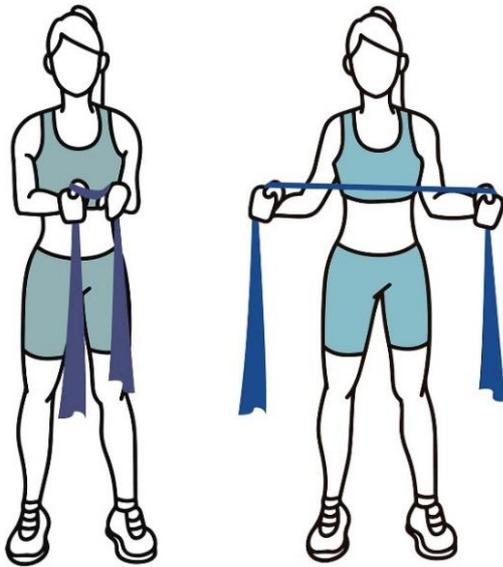
Secure the band to an object at chest level and hold one end with the band taut. Keep your elbow close to your side (you can place a rolled towel between your body and upper arm to limit upper arm movement). Rotating your shoulder outwards, stretch the band as far as possible. Be sure to keep your shoulder back and your elbow in.

#2 Internal Shoulder Rotation



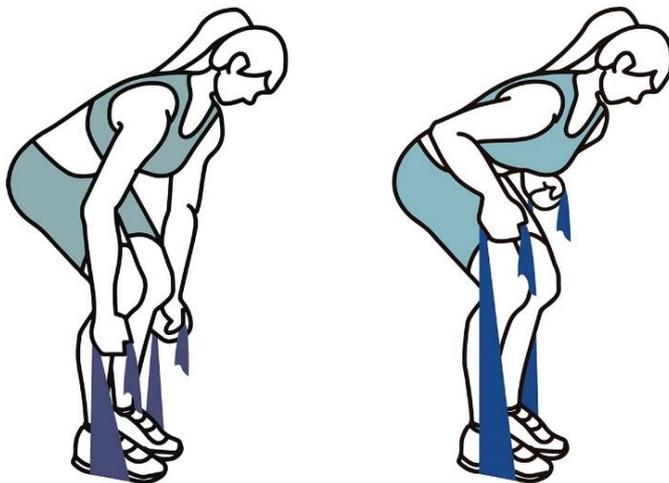
Same as above, except this time you are rotating your shoulder inwards. Again, be sure to keep your shoulder back (not hunched forward) and your elbow close to your side. Placing a towel between your body and upper arm may help.

#3 Outward Shoulder Rotator



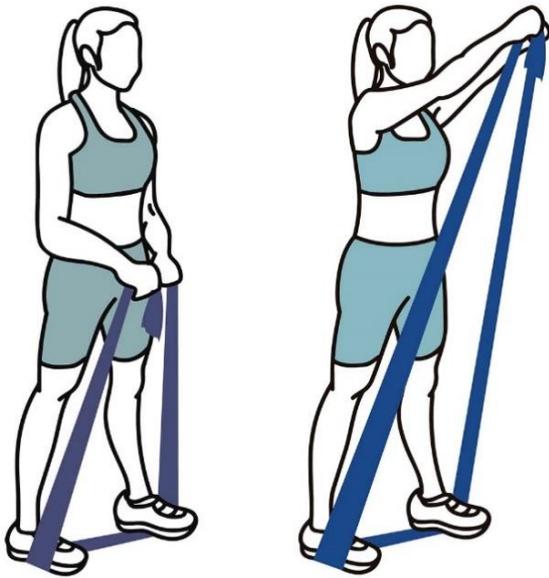
Hold the band with forearms extended in front of you, elbows held in to your sides. Stretch the band by rotating your shoulders outward, keeping your forearms horizontal. Make sure to keep your shoulders in a natural position – not hunched up or forward.

#4 Bent Over Row



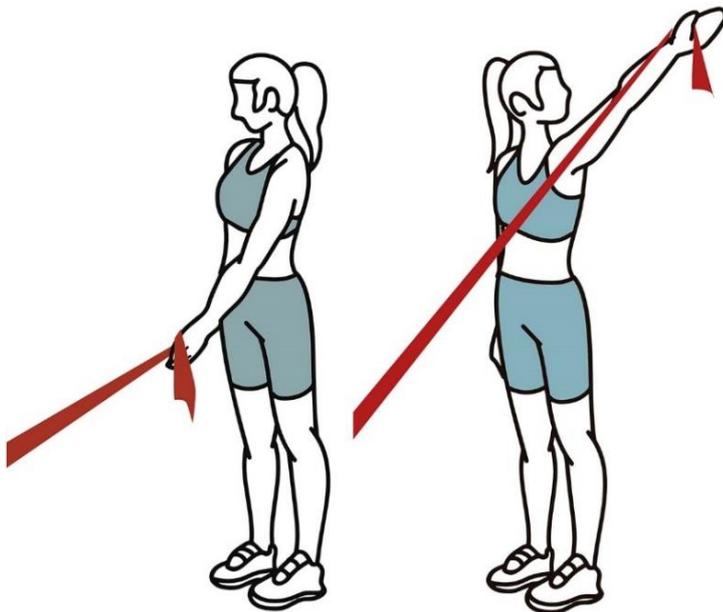
Stand on the centre of the band and hold onto either end. Bend your knees and lean forward, keeping your back straight. Pull the band taut, squeeze your shoulder blades together and hold for a moment.

#5 Front Raise



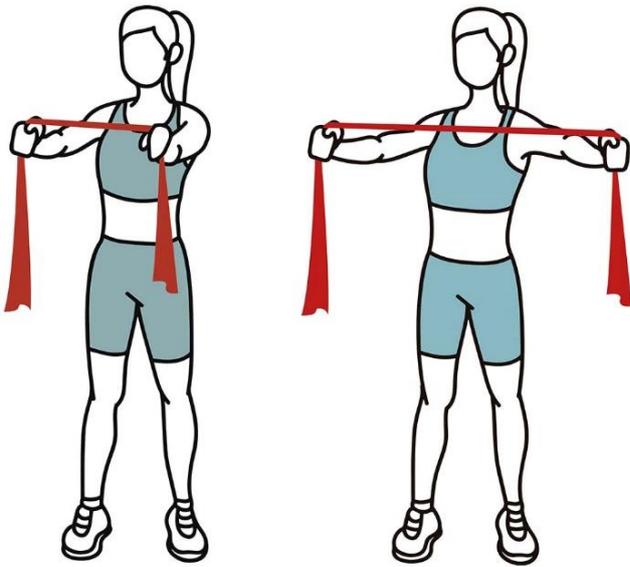
Stand on the centre of the band, feet shoulder-width apart. Holding onto the ends, lift your arms straight in front of you up towards the ceiling. Do not shrug your shoulders during the movement.

#6 Diagonal Shoulder Flexion



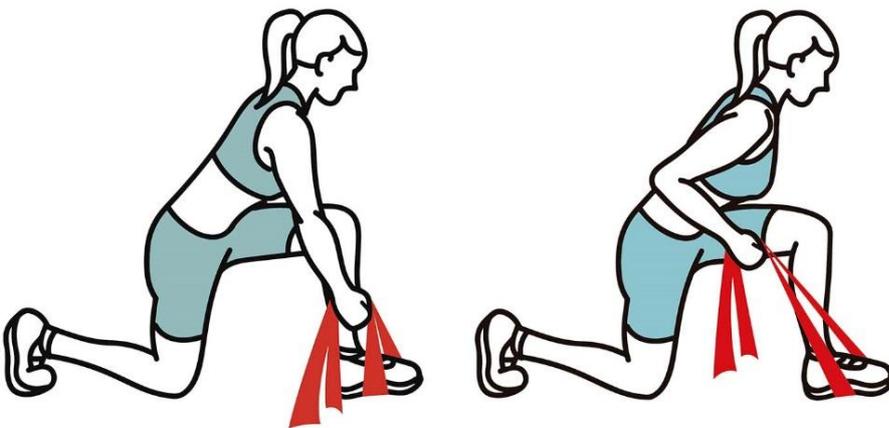
Secure the band below waist level and hold one end with your elbow straight, hand at the opposite hip. Pull the band upward and away from your body, keeping your arm straight. Maintain an upright posture throughout.

#7 Horizontal Arm Extension



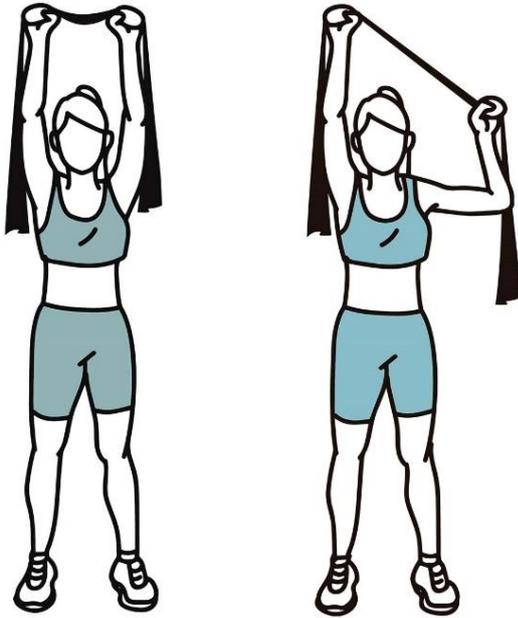
Hold the band with arms horizontally out in front of you. Keep your elbows unlocked and your posture upright. Pull the band apart as far as possible and hold for a moment, squeezing your shoulder blades together.

#8 Kneeling Row



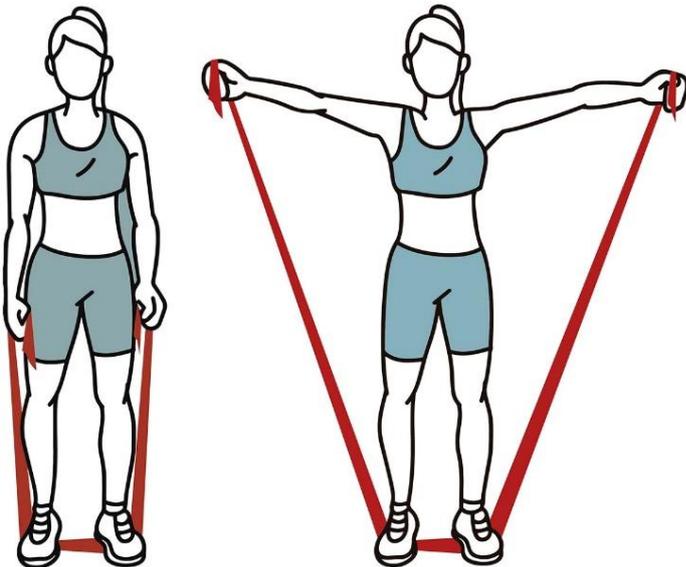
Start in a half kneeling position with the band around your front foot. Hold the band and lean forward over your front leg. Keep your back straight and pull back without shrugging your shoulders.

#9 Lat Pulldown



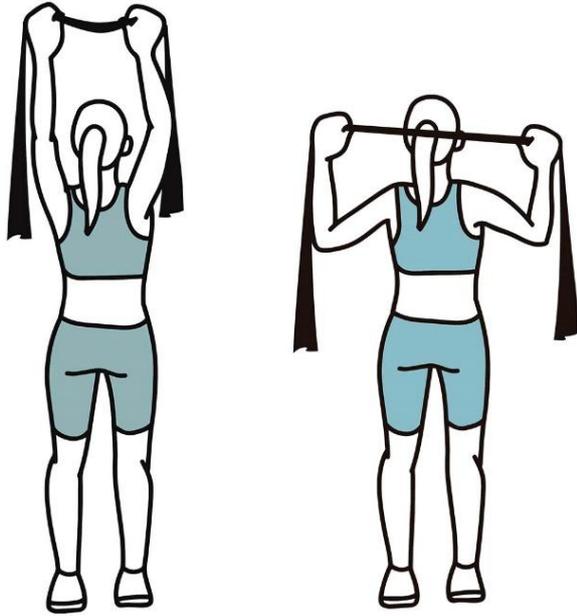
Hold the band at arms-length over your head. Keep one arm straight and braced firmly. With the other arm, pull the band downwards and outwards to head-height then return to start and switch arms.

#10 Lateral Raise



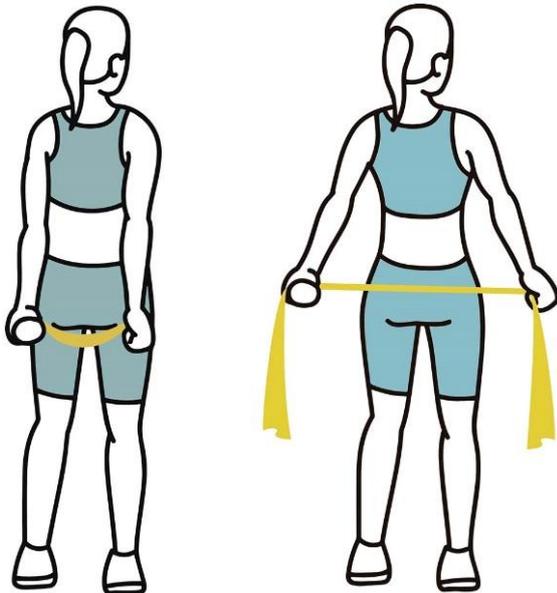
Stand on the centre of the band, holding on to either end. Keeping your body and arms straight, lift your arms out to the side until they are at head height.

#11 Overhead Row



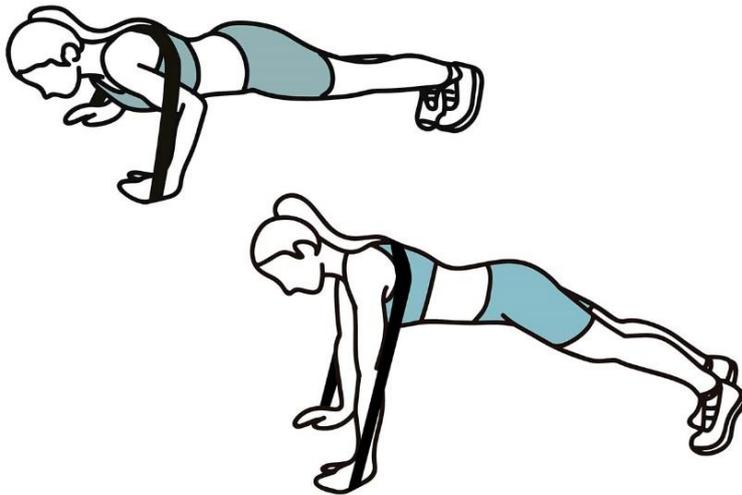
Hold the band with arms extended over your head. Slowly lower your elbows, stretching the band apart behind your head. Squeeze your shoulder blades together and maintain an upright posture.

#12 Rear Arm Extension



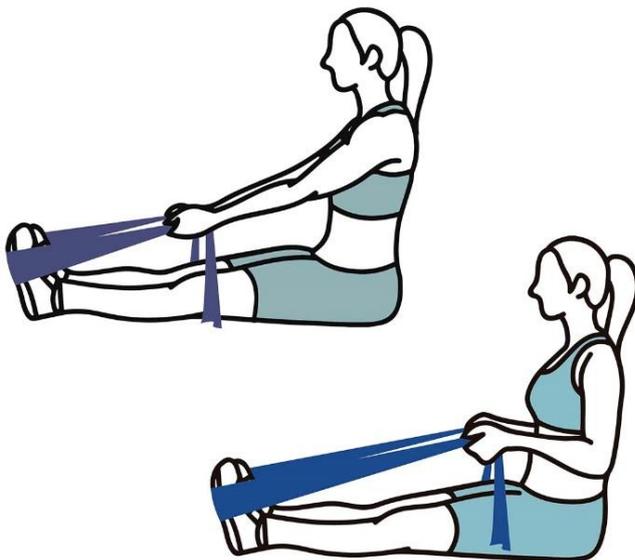
Hold the band with your arms behind your back, elbows unlocked. Pull the band apart, keeping an upright posture.

#13 Resisted Push Up



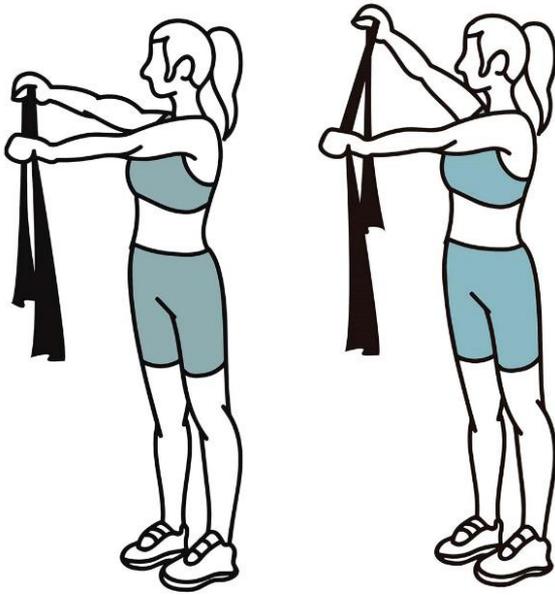
Sling the band behind your back. Get into a push-up position, holding the band under your palms. Perform push-ups as normal. If push ups are difficult for you, start without the band and with your knees on the floor. You can add the band later on!

#14 Seated Row



Sit on the floor with your legs straight out in front of you. Loop the band around your toes and grasp the other ends with both hands. Keeping your back straight, pull the band towards your chest and hold briefly, squeezing your shoulder blades together.

#15 Vertical Arm Extension



Hold the band with arms extended straight in front of you, one higher than the other. Pull the band apart, moving the arms in a vertical plane.



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