

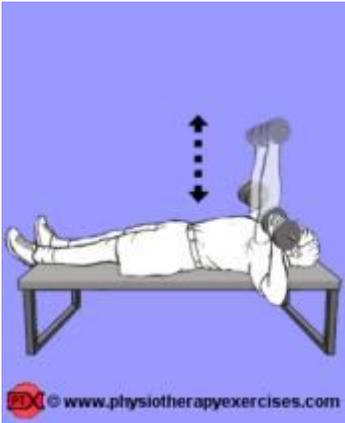
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# Exercise Booklet

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## Bench press

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### Therapist`s aim

To strengthen the shoulder horizontal adductors and elbow extensors.

### Client`s aim

To strengthen the muscles at the front of your shoulder and chest.

### Therapist`s instructions

Position the patient in supine with their shoulders abducted and elbows flexed. Instruct the patient to lift the weights above their chest until their elbows are straight.

### Client`s instructions

Position yourself lying on your back with your shoulders out to the side and elbows bent. Lift the weights above your chest until your elbows are straight.

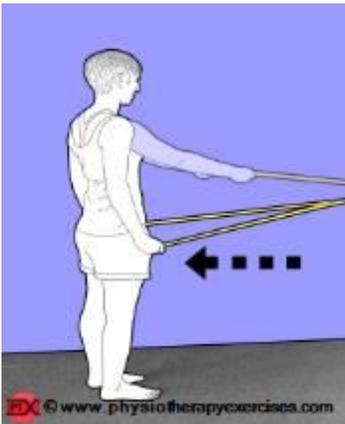
### Progressions and variations

More advanced: 1. Progress using strength training principles.

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## Bilateral lat pull down with theraband

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### Therapist`s aim

To strengthen the shoulder extensors.

### Client`s aim

To strengthen the muscles at the back of your shoulders.

### Therapist`s instructions

Position the patient in standing with their shoulders flexed holding onto theraband with both hands. Position a piece of theraband for both arms. Adjust the theraband so that the direction of pull is at wrist level and provides resistance to shoulder extension. Instruct the patient to pull back both arms with straight elbows.

### Client`s instructions

Position yourself in standing facing towards the theraband. Adjust the theraband so that the direction of pull is from in front of you at the level of your wrist. Start with your arms in front of your body. Pull back on the theraband with straight elbows. Finish with your arms beside your body and elbows straight.

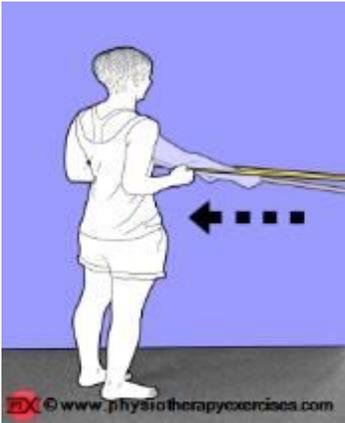
### Progressions and variations

Less advanced: 1. Decrease the resistance from the theraband. More advanced: 1. Increase the resistance from the theraband.

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## Bilateral row with theraband

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### Therapist's aim

To strengthen the shoulder extensors.

### Client's aim

To strengthen the muscles at the back of your shoulders.

### Therapist's instructions

Position the patient in standing. Position the theraband so that the direction of pull is at wrist level and provides resistance to shoulder extension. Instruct the patient to extend both of their shoulders while flexing the elbows.

### Client's instructions

Position yourself in standing with theraband attached to a fixed point in front of you. Adjust the theraband so that the direction of pull is from in front of you at the level of your wrist. Start with both of your arms in front of your body. Pull back on the theraband with bent elbows. Finish with your elbows bent and tucked in beside your body.

### Progressions and variations

Less advanced: 1. Decrease the resistance from the theraband. More advanced: 1. Increase the resistance from the theraband.

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## Ceiling punch with weight

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### Therapist's aim

To strengthen the shoulder flexors.

### Client's aim

To strengthen the muscles at the front of your shoulder.

### Therapist's instructions

Position the patient in sitting or standing with a weight in their hand. Instruct the patient to punch to the ceiling by extending the elbow.

### Client's instructions

Position yourself in sitting or standing with a weight in your hand. Start with your elbow bent and your fist facing towards the ceiling. Punch to the ceiling with your elbow straight. Finish with the weight above your head.

### Progressions and variations

Less advanced: 1. Decrease the weight. More advanced: 1. Increase the weight.

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## Hand behind the back

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### **Therapist`s aim**

To stretch or maintain length of the shoulder muscles.

### **Client`s aim**

To stretch or maintain range in your shoulder muscles.

### **Therapist`s instructions**

Position the patient holding on to a towel behind their back. Instruct the patient to straighten their top arm. Instruct the patient to pull on the towel to bring their bottom arm higher up their back.

### **Client`s instructions**

Position yourself holding on to a towel behind your back. Straighten your top arm. Pull on the towel to bring your bottom arm higher up your back.

### **Progressions and variations**

Less advanced: 1. Decrease the stretch. More advanced: 1. Increase the stretch.

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## Punch across the body with theraband

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### **Therapist`s aim**

To strengthen the shoulder muscles and improve wrist stability.

### **Client`s aim**

To strengthen your shoulder muscles and improve your wrist stability.

### **Therapist`s instructions**

Position the patient with their arm beside their body and theraband in their hand. Instruct the patient to squeeze their shoulder blades together and punch their arm across their body, keeping their wrist stiff.

### **Client`s instructions**

Position yourself with your arm beside their body and theraband in your hand. Squeeze their shoulder blades together and punch your arm across your body, keeping your wrist stiff.

### **Progressions and variations**

Less advanced: 1. Downgrade the colour of the theraband. More advanced: 1. Upgrade the colour of the theraband.

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## Punch to the ceiling with theraband

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### Therapist`s aim

To strengthen the shoulder muscles and improve wrist stability.

### Client`s aim

To strengthen your shoulder muscles and improve wrist stability.

### Therapist`s instructions

Position the patient with their arm beside their body and theraband in their hand. Instruct the patient to squeeze their shoulder blades together and punch their arm towards the ceiling, keeping their wrist stiff. Instruct the patient to slowly lower their arm

### Client`s instructions

Position yourself with your arm beside your body and theraband in your hand. Squeeze your shoulder blades together and punch your arm towards the ceiling, keeping your wrist stiff. Slowly lower your arm.

### Progressions and variations

Less advanced: 1. Downgrade the colour of the theraband. More advanced: 1. Upgrade the colour of the theraband.

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## Punch to the floor with theraband

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### Therapist`s aim

To strengthen the shoulder depressors and improve wrist stability.

### Client`s aim

To strengthen your shoulder depressors and improve your wrist stability.

### Therapist`s instructions

Position the patient with their arm beside their body and theraband in their hand. Instruct the patient to squeeze their shoulder blades together and push their fist towards the floor, keeping their wrist stiff.

### Client`s instructions

Position yourself with your arm beside their body and theraband in your hand. Squeeze your shoulder blades together and push your fist towards the floor, keeping your wrist stiff.

### Progressions and variations

Less advanced: 1. Downgrade the colour of the theraband. More advanced: 1. Upgrade the colour of the theraband.

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## Punch to the side with theraband

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### Therapist`s aim

To strengthen the shoulder muscles and improve wrist stability.

### Client`s aim

To strengthen your shoulder muscles and wrist stability.

### Therapist`s instructions

Position the patient with their arm beside their body and theraband in their hand. Instruct the patient to squeeze their shoulder blades together and punch their arm out to the side, keeping their wrist stiff.

### Client`s instructions

Position yourself with your arm beside your body and theraband in your hand. Squeeze your shoulder blades together and punch your arm out to the side, keeping your wrist stiff.

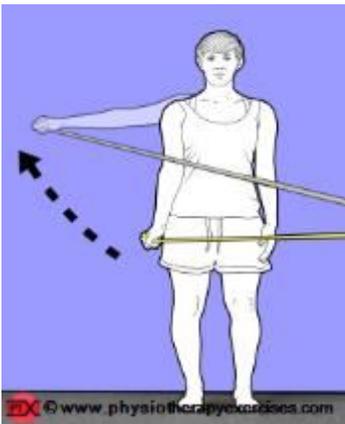
### Progressions and variations

Less advanced: 1. Downgrade the colour of the theraband. More advanced: 1. Upgrade the colour of the theraband.

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## Shoulder abductor strengthening using theraband

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### Therapist`s aim

To strengthen the shoulder abductors.

### Client`s aim

To strengthen the muscles at the side and top of your shoulder.

### Therapist`s instructions

Position the patient in standing with their shoulder adducted. Adjust the theraband so that it provides resistance to shoulder abduction. Instruct the patient to abduct their shoulder while maintaining elbow extension.

### Client`s instructions

Position yourself standing side-on to the theraband. Adjust the theraband so that the direction of pull is across your body. Start with your arm beside your body. Move your arm out to the side. Finish with your arm out from your body. Ensure that you keep your elbow straight.

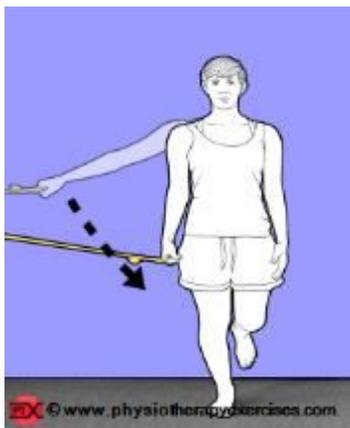
### Progressions and variations

Less advanced: 1. Decrease the resistance from the theraband. More advanced: 1. Increase the resistance from the theraband.

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## Shoulder adduction with theraband while standing on one leg

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### **Therapist`s aim**

To strengthen the shoulder adductors.

### **Client`s aim**

To strengthen your shoulder muscles.

### **Therapist`s instructions**

Position the patient standing on one leg. Adjust the theraband so that the direction of pull provides resistance to shoulder adduction. Instruct the patient to adduct their shoulder. Ensure that the patient maintains single leg stance with the pelvis level.

### **Client`s instructions**

Position yourself standing on one leg side-on to the theraband. Adjust the theraband so that the direction of pull is downwards towards your side. Start with your arm out to the side. Pull the theraband towards your side. Finish with your arm beside your body. Ensure that you remain standing on one leg with your pelvis level.

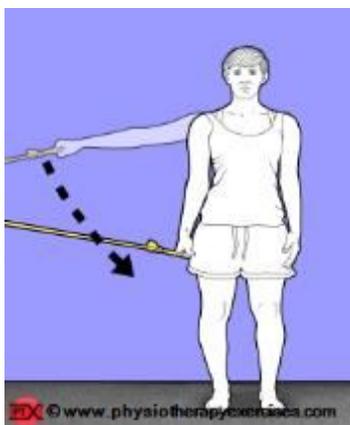
### **Progressions and variations**

Less advanced: 1. Decrease the resistance from the theraband. More advanced: 1. Increase the resistance from the theraband.

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## Shoulder adductor strengthening using theraband

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### **Therapist`s aim**

To strengthen the shoulder adductors.

### **Client`s aim**

To strengthen the muscles at the front and side of your chest.

### **Therapist`s instructions**

Position the patient in standing with their shoulder abducted. Adjust the theraband so that it provides resistance to shoulder adduction. Instruct the patient to adduct their shoulder while maintaining elbow extension.

### **Client`s instructions**

Position yourself standing side-on to the theraband. Adjust the theraband so that the direction of pull is towards your side. Start with your arm out to the side. Finish with your arm beside your body. Ensure that you keep your elbow straight.

### **Progressions and variations**

Less advanced: 1. Decrease the resistance from the theraband. More advanced: 1. Increase the resistance from the theraband.

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## Shoulder control with a ball

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### Therapist's aim

To strengthen the shoulder muscles.

### Client's aim

To strengthen your shoulder muscles.

### Therapist's instructions

Position the patient in standing facing a wall with their shoulder flexed and a ball between their hand and the wall. Instruct the patient to lean their weight into the ball while controlling their shoulder position. Ensure that the patient keeps their back and elbow straight.

### Client's instructions

Position yourself standing facing a wall with your arm raised and a ball between your hand and the wall. Practice leaning your weight into the ball while controlling your shoulder position. Ensure to keep your back and elbow straight.

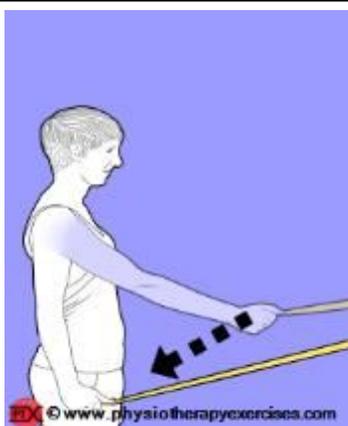
### Progressions and variations

Less advanced: 1. Remove the ball. More advanced: 1. Position in prone with a ball under one hand. 2. Move the ball in small circles.

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## Shoulder extension with theraband

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### Therapist's aim

To strengthen the shoulder extensors.

### Client's aim

To strengthen the muscles at the back of your shoulder.

### Therapist's instructions

Position the patient in standing with their shoulder flexed. Adjust the theraband so that the direction of pull is at wrist level and provides resistance to shoulder extension. Instruct the patient to extend their shoulder while maintaining elbow extension.

### Client's instructions

Position yourself standing facing towards the theraband. Adjust the theraband so that the direction of pull is from in front of you at the level of your wrist. Start with your arm in front of your body. Finish with your arm beside your body. Ensure that you keep your elbow straight.

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## Shoulder external rotation onto a ball

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### **Therapist`s aim**

To strengthen the shoulder external rotators.

### **Client`s aim**

To strengthen your shoulder muscles.

### **Therapist`s instructions**

Position the patient standing sideways to a wall. Place a ball between their wrist and the wall. Instruct the patient to externally rotate towards the wall. Instruct the patient to keep the ball stable.

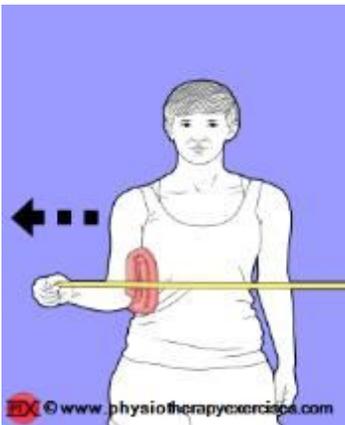
### **Client`s instructions**

Position yourself standing sideways to a wall. Place a ball between your wrist and the wall. Try to keep the ball stable while pushing your hand towards the wall.

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## Shoulder external rotator strengthening in standing using theraband

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### **Therapist`s aim**

To strengthen the shoulder external rotators.

### **Client`s aim**

To strengthen your shoulder muscles.

### **Therapist`s instructions**

Position the patient in standing with their elbow flexed and a towel between their body and elbow. Adjust the theraband so that it applies resistance to shoulder external rotation. Instruct the patient to externally rotate their shoulder while maintaining elbow flexion at 90 degrees. Ensure that the patient keeps the elbow tucked in and the shoulder adducted.

### **Client`s instructions**

Position yourself standing side-on to the theraband with a folded towel under your arm. Adjust the theraband so that the direction of pull is aligned with your elbow. Start with your elbow tucked in. Rotate your hand away from your body. Ensure that you keep your elbow bent and tucked in beside your body.

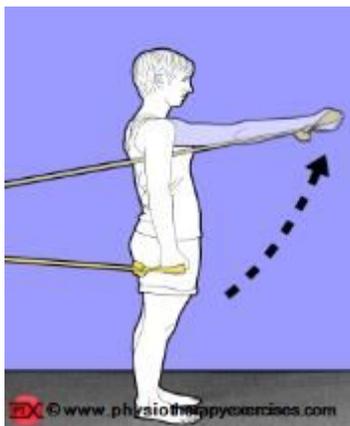
### **Progressions and variations**

Less advanced: 1. Decrease the resistance from the theraband. More advanced: 1. Increase the resistance from the theraband.

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## Shoulder flexor strengthening in standing using theraband

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### Therapist's aim

To strengthen the shoulder flexors.

### Client's aim

To strengthen the muscles at the front of your shoulder.

### Therapist's instructions

Position the patient in standing with their shoulder and elbow extended. Adjust the theraband so that it provides resistance to shoulder flexion. Instruct the patient to flex their shoulder while maintaining elbow extension.

### Client's instructions

Position yourself standing facing away from the theraband. Adjust the theraband so that the direction of pull is level with your wrist. Start with your arm down beside your body. Pull the theraband forward. Finish with your arm in front of you. Ensure that you keep your elbow straight.

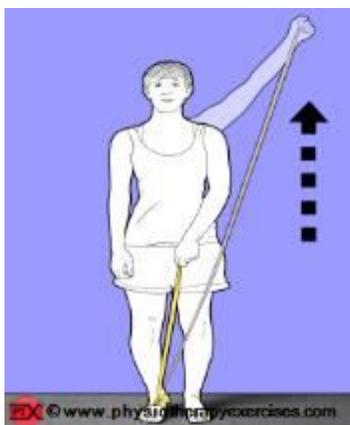
### Progressions and variations

Less advanced: 1. Decrease the resistance from the theraband. More advanced: 1. Increase the resistance from the theraband.

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## Shoulder flexor/abductor/rotator strengthening with elbow extended

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### Therapist's aim

To strengthen the shoulder flexors/abductors and elbow extensors.

### Client's aim

To strengthen the muscles of your arm.

### Therapist's instructions

Position the patient in standing with their shoulder extended and adducted. Adjust one end of the theraband to their opposite foot so that the direction of pull is at wrist level and provides resistance to shoulder flexion, abduction and external rotation. Instruct the patient to extend and abduct their shoulder while maintaining elbow extension.

### Client's instructions

Position yourself standing with one end of the theraband attached to your opposite foot. Start with your arm in front of you across your body. Pull upwards and finish with your arm above your shoulder. Ensure that you keep your elbow straight.

### Progressions and variations

Less advanced: 1. Decrease the resistance from the theraband. More advanced: 1. Increase the resistance from the theraband.

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## Shoulder internal rotator strengthening in 90 degrees shoulder abduction using theraband

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### **Therapist`s aim**

To strengthen the shoulder internal rotators.

### **Client`s aim**

To strengthen your shoulder muscles.

### **Therapist`s instructions**

Position the patient in standing with their elbow flexed and shoulder 90 degrees abducted. Adjust the theraband so that it provides resistance to shoulder internal rotation. Instruct the patient to internally rotate their shoulder while maintaining 90 degrees shoulder abduction and elbow flexion at 90 degrees.

### **Client`s instructions**

Position yourself standing facing away from the theraband. Adjust the theraband so that the direction of pull is aligned with your hand. Start with your arm in a stop sign position. Rotate your hand towards the floor. Finish with your hand parallel to the floor. Ensure that you keep your elbow bent and upper arm horizontal.

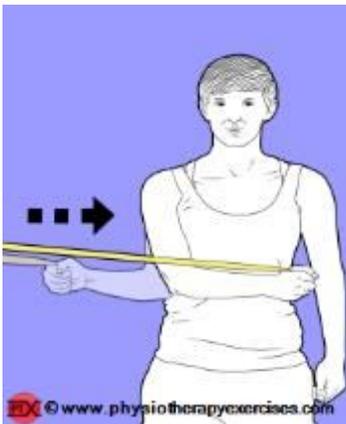
### **Progressions and variations**

Less advanced: 1. Decrease the resistance from the theraband. More advanced: 1. Increase the resistance from the theraband. 2. Change the angle of abduction.

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## Shoulder internal rotator strengthening in standing using theraband

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### **Therapist`s aim**

To strengthen the shoulder internal rotators.

### **Client`s aim**

To strengthen your shoulder muscles.

### **Therapist`s instructions**

Position the patient in standing with their elbow flexed and shoulder adducted. Adjust the theraband so that it applies resistance to shoulder internal rotation. Instruct the patient to internally rotate their shoulder while maintaining elbow flexion at 90 degrees.

### **Client`s instructions**

Position yourself standing side-on to the theraband. Adjust the theraband so that the direction of pull is aligned with your elbow. Start with your elbow tucked in. Rotate your hand towards your body. Finish with your hand across your body. Ensure that you keep your elbow bent and tucked in beside your body.

### **Progressions and variations**

Less advanced: 1. Decrease the resistance from the theraband. More advanced: 1. Increase the resistance from the theraband. 2. Fold a towel under your arm.

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## Shoulder retractor strengthening in standing

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### **Therapist`s aim**

To strengthen the shoulder retractors.

### **Client`s aim**

To strengthen your shoulder muscles.

### **Therapist`s instructions**

Position the patient standing in an erect posture. Instruct the patient to retract their shoulder blades. Ensure that the rhomboids and lower trapezius are activated.

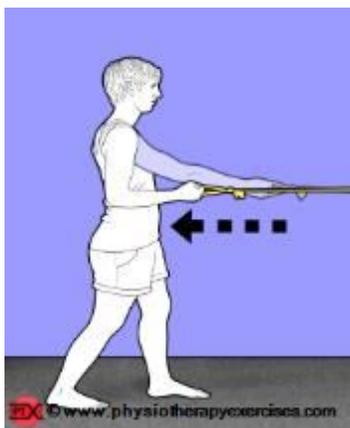
### **Client`s instructions**

Position yourself standing up straight. Practice pulling your shoulder blades together.

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## Shoulder row using theraband in walk stance

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### **Therapist`s aim**

To strengthen the shoulder extensors.

### **Client`s aim**

To strengthen the muscles at the back of your shoulder.

### **Therapist`s instructions**

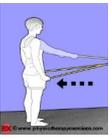
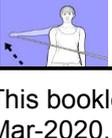
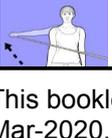
Position the patient in standing. Adjust the theraband so that it is aligned with the wrist and the direction of pull is at wrist level and provides resistance to shoulder extension. Instruct the patient to extend their shoulder while flexing their elbow.

### **Client`s instructions**

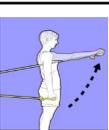
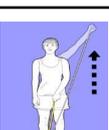
Position yourself standing facing towards the theraband. Adjust the theraband so that it is level with your wrist. Start with your arm in front of you. Pull back on the theraband. Finish with your elbow bent and tucked in beside your body.

### **Progressions and variations**

Less advanced: 1. Decrease the resistance from the theraband. More advanced: 1. Increase the resistance from the theraband.

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