

Shoulder Stability Circuit

There are four different categories below. Choose at least one exercise from each category.

These exercises are meant to help stabilize the shoulder by strengthening the smaller muscles, especially the rotator cuff. Use small weights at all times and mentally concentrate on those small muscles, not the larger ones.

Category 1:

- 1) **External Rotation** – rotating arm from belly button out to the side – keep elbow at 90, and next to body
Choose one of these options daily:
 - A) Standing, using stretch tubing **3 x 15**
 - B) Standing, using cable machine
 - C) Lying on side, using small dumbbell

Category 2 (Choose one or more of the following):

- 1) **45 Degree Shoulder Raises** – Arm is kept straight, and when parallel to ground is 45 degrees from shoulder (not out front, not to side – in middle), thumb is always pointed down to ground
Do both of the following:
 - A) Start at hip and raise to parallel – slowly with small weight (5lbs) **3 x 15**
 - B) Start at opposite hip and raise to parallel – slowly with small weight **3 x 15**
- 2) **90 Degree Shoulder Raises** – Arm is kept straight, and when parallel to ground is 90 degrees from shoulder (straight out front)
Do both of the following:
 - A) Start at hip and raise to parallel in front of body w/ thumb up **3 x 15**
 - B) Start at hip and raise to parallel in front of body w/ thumb down **3 x 15**
- 3) **Open Shoulder Rotation** – Arm begins straight out in front of you (90), rotates on a parallel plane all the way open to straight out at side, then back again on same plane (1 rep)
Do both of the following:
 - A) Open rotation with thumb up **3 x 15**
 - B) Open rotation with thumb down **3 x 15**
- 4) **Dr. Andrews** – Similar to 1B above except that at starting point thumb and palm are down – rotate through the motion – end with palm and thumb up. Make sure to end at 45 degrees
3 x 15

Category 3 (Choose one or more of the following):

- 1) **Med Ball Dribble** – Stand with toes against wall, keep arm straight above head – dribble a small bouncy med ball (2-4 lbs) against wall using short and quick dribbles. Concentrate on using the shoulder, and not the wrist or elbow.
3 x 30 sec.

- 2) **Reverse Med Ball Toss** – Using a small med ball (2-4 lbs), stand with back to wall or partner. Elbow starts and stays out to side with a 90-degree angle bend. Toss ball behind you using the shoulder rotation.
3 x 10

- 3) **Seated Shoulder Toss** – Sit facing partner with arm straight above head. Using small to medium med ball (4-6 lbs), toss ball with straight-arm to partner. Concentrate on using shoulder muscles and not bending the elbow.
3 x 15

Category 4 (Choose one or more of the following):

- 1) **Isometric Wall Push** – Sit with back to the wall. Always keep thumbs up! Press hard on the wall with your hands.
Do all of the following:
 - A) Straight arms, hands near floor, press back with hands and hold **2 x 45 sec**
 - B) Straight arms, hands straight out to side, press back with hands and hold **2 x 45 sec**
 - C) Elbows at 90, hands pointed to ceiling, press back with hands and hold **2 x 45 sec****Concentrate on pressing hands through the wall, nothing else**

- 2) **Bow & Arrow** – Using tubing or cable machine – Pull arm back like a bow and arrow. SLOWLY allow the tension to pull arm back out straight until zero tension.
3 x 15

- 3) **Scapation on Physio Ball** – Lye with chest on ball and feet on ground. Using small dumbbell, start with arms hanging down, pull elbows back to pinch shoulder blades and rotate up at shoulders (similar to poloquin press). From there, push arms straight forward above head, then back to side of head, then down.
3 x 15