Shoulder Strengthening with Theraband

You will need exercise bands or tubing for resistance to do these exercises. For all of these, you will loop the band or tubing around a door knob. You change the band’s tension by adjusting the size of the loop you make or by holding the band closer or farther away.

**Do these exercises with your:**

- Left arm
- Right arm
- Both arms

**Do each exercise:**

- 15 times each (a set)
- 2 sets per session
- 2 sessions per day

**External Rotation**

- Stand with the side of your body closest to the door knob that is opposite the arm you are exercising.
- Hold the band in your hand with your elbow bent at your side.
- Pull the band across your body and rotate your lower arm out.
- Repeat.

**Extension**

- Stand facing the knob.
- Hold the band in your hand, with your arm forward.
- Pull your arm back, keeping your elbow straight.
- Repeat.
Internal Rotation

- Stand with the side of your body closest to the door knob that is the same side as the arm you are exercising.
- Hold the band in your hand with your elbow bent and at your side.
- Pull the band across as you rotate your arm.
- Repeat

Scapula Row

- Stand facing the knob and hold the band in both your hands.
- Pull the bands back as you squeeze your shoulder blades together, bending your elbows.
- Repeat.