Shoulder Abduction Exercises

Snow Angel (Lying Down)

- Lie on your back. To support your neck put a rolled up towel under your head.

- Your arms should be straight out with the palms of your hands facing the ceiling.

- Slide your arms back and forth on the floor. You should only move your arms as far as you can and still be comfortable.

- Do this exercise for 3 minutes, then hold your arms out straight with the palms of your hands facing the ceiling for 1 minute.

You may find it helpful to use a timer for this exercise.
**Snow Angel (Standing)**

- With your head and shoulders against the wall and your chin tucked, slowly raise both arms from your sides up along the wall to shoulder height.

- With your head against the wall and your chin tucked, slowly raise your arms from shoulder height to over head.

Repeat this exercise ________ times.

**Shoulder Blade Exercise**

- With your arms bent at the elbows, push your shoulder blades together in back of you. Try not to lift your shoulders up.
- Relax

Repeat this exercise ________ times.
Supine Shoulder External Rotation (Lying Down)
- Lie on your back
- Place your arms along side of your body with elbows bent
- Hold a Theraband in your hands with your palms facing each other
- Keep your neck relaxed
- Keep your elbows on the floor and pull your hands away from each other
Repeat this exercise ________ times.

Scapular Chest Pulls:
Grasp the Theraband in both hands or loop it over your hands. Stretch the band out to the sides with both your hands.

Supine Horizontal Abduction (Lying Down)
Grasp the Theraband in both hands or loop it over your hands. Stretch the band out to the sides with both your hands.
- Lie on your back
- Hold a Theraband in your hands with your palms facing each other
- Keep your neck relaxed and elbows straight
- Move your hands/arms away from each other
- Pull your arms in and out
Repeat this exercise ________ times.