**Shoulder Pain**

Created by David Schrader, ATC  Oct 12th, 2016

View at "www.my-exercise-code.com" using code: WX3Y8Y9

1. **ELASTIC BAND ROWS**
   
   Holding elastic band with both hands, draw back the band as you bend your elbows. Keep your elbows near the side of your body.
   
   Repeat 15 Times
   Complete 3 Sets
   Perform 4 Time(s) a Week

2. **ELASTIC BAND EXTENSION BILATERAL SHOULDER**
   
   While holding an elastic band with both arms in front of you with your elbows straight, pull the band downwards and back towards your side.
   
   Repeat 12 Times
   Hold 1 Second
   Complete 3 Sets
   Perform 4 Time(s) a Week

3. **ELASTIC BAND SHOULDER INTERNAL ROTATION**
   
   While holding an elastic band at your side with your elbow bent, start with your hand away from your stomach, then pull the band towards your stomach. Keep your elbow near your side the entire time.
   
   Repeat 12 Times
   Hold 1 Second
   Complete 3 Sets
   Perform 4 Time(s) a Week

4. **ELASTIC BAND SHOULDER EXTERNAL ROTATION**
   
   While holding an elastic band at your side with your elbow bent, start with your hand near your stomach and then pull the band away. Keep your elbow at your side the entire time.
   
   Repeat 12 Times
   Hold 1 Second
   Complete 3 Sets
   Perform 4 Time(s) a Week

5. **FREE WEIGHT SCAPTION**
   
   Slowly raise up your arm away from your side in a forwards/lateral direction. Your elbows should be straight and movement to occur in the plane of the scapula or 45 degrees to the side.
   
   Repeat 12 Times
   Hold 1 Second
   Complete 3 Sets
   Perform 4 Time(s) a Week

6. **Bicep Stretches 3 ways**
   
   Stand with your feet shoulder width apart, place injured/tight arm flat against the wall.
   Position 1 - back of the hand placed against the wall
   Position 2 - thumb against the wall
   Position 3 - palm against the wall
   
   Hold position for 30 seconds repeat stretch twice!

7. **Sidelying IR Stretch**
   
   Lay on Side.
   Elbow about 30 deg. out from body and elbow at 90 deg.
   Use opposite are to pull toward body keeping elbow at 90 deg.
   
   Repeat 3 Times
   Hold 30 Seconds
   Perform 4 Time(s) a Week

8. **UPPER TRAP STRETCH - HAND BEHIND BACK AND TOP OF HEAD**
   
   Begin by retracting your head back into a chin tuck position. Next, place one hand behind your back and gently draw your head towards the opposite side with the help of your other arm.
   
   Repeat 3 Times
   Hold 30 Seconds
   Complete 1 Set
   Perform 4 Time(s) a Week

Powered by HEP2go.com

Created By David Schrader, ATC

Oct 12th, 2016 - Page 1 of 1