

Shoulder strengthening exercises using a theraband

Internal Rotation



Tie the theraband to a door.
Stand with your bad shoulder next to the door.
Tuck your elbow into your side with your elbow bent to 90 degrees.
Hold the theraband and slowly bring your hand towards your stomach.
Make sure you keep your elbow tucked into your side.
Repeat 15 times.

External Rotation



This time stand with your good shoulder next to the door.
Tuck your elbow into your side with your elbow bent to 90 degrees.
Hold the theraband and slowly move your hand away from the door.
Make sure to keep the elbow tucked into your side.
Repeat 15 times

Abduction



Step on the knotted end of the TheraBand.
Keep the elbow locked and the arm straight at all times.
Raise your arm and then lower it slowly.
Don't go above the shoulder.Repeat 15 times.