



ORTHOPAEDIC SPECIALISTS OF NORTH CAROLINA

Orthopaedic Surgery Sports Medicine Physical Medicine & Rehabilitation Spine Care Joint Replacement

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SHOULDER THERABAND EXERCISES

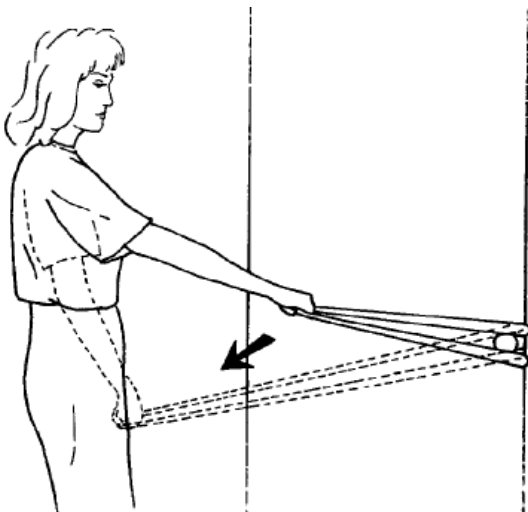
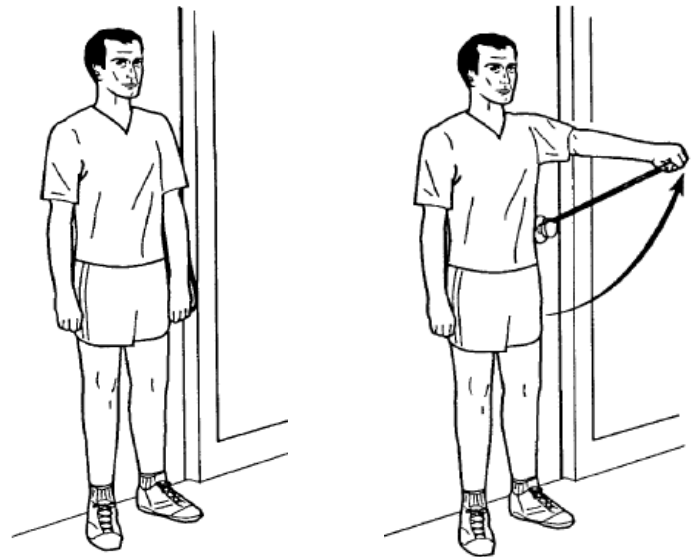
These Theraband Exercises will help improve your strength and endurance. Your therapist will show you how and where to attach the band to get the most benefit during exercise.

Do only those exercises checked by your therapist. Sit or stand as shown. Adjust the tension by tying the band in a large or small loop. Holding it closer to or farther away from where the band is attached also changes the tension.

Do each exercise _____ times a day.
Repeat each exercise _____ times.
Use _____ band for exercises.

SHOULDER FLEXION

- Attach the band to a doorknob.
- With your back toward the door start with your arm at your side.
- Pull your arm forward and up in front of you.
 - **Option 1:** Palm facing up
 - **Option 2:** Thumb up position



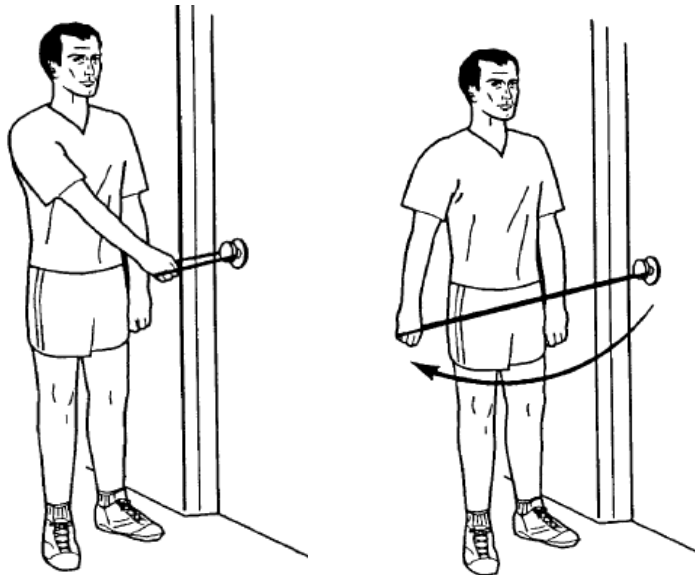
SHOULDER EXTENSION

- Keep the Theraband at waist level.
- Start with your arm forward, and keep your elbow straight.
- Pull your arm back as far as possible.

*If you have any questions about these guidelines – or the appropriateness of any other activities – please call Orthopaedic Specialists of North Carolina at (919) 497-0445.

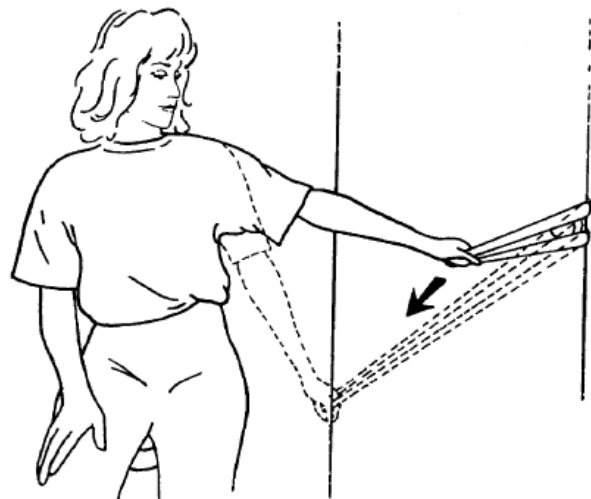
□ SHOULDER ABDUCTION

- Start with your arm across your body holding on to the band near the doorknob.
- Pull your arm directly out to the side, keeping your arm straight.
 - **Option 1:** Palm facing up
 - **Option 2:** Thumb up position



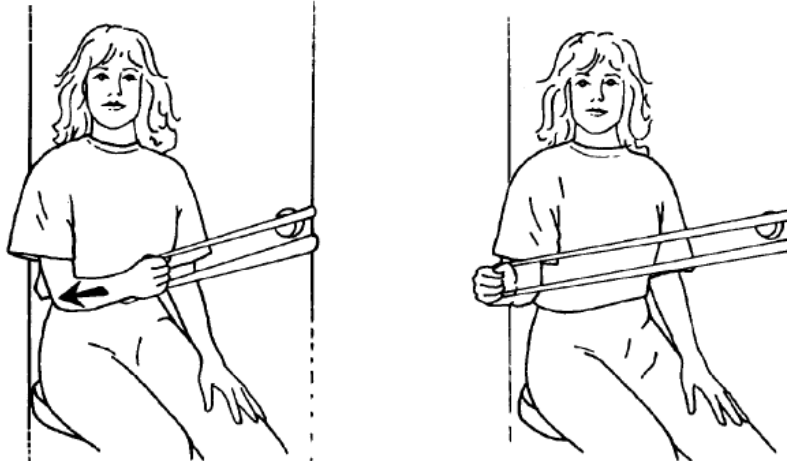
□ SHOULDER ADDUCTION

- Keep the Theraband at waist level.
- Start with your arm out to your side, and keep your elbow straight or bent.
- Pull your arm in to your side.
- Do not twist at the waist.



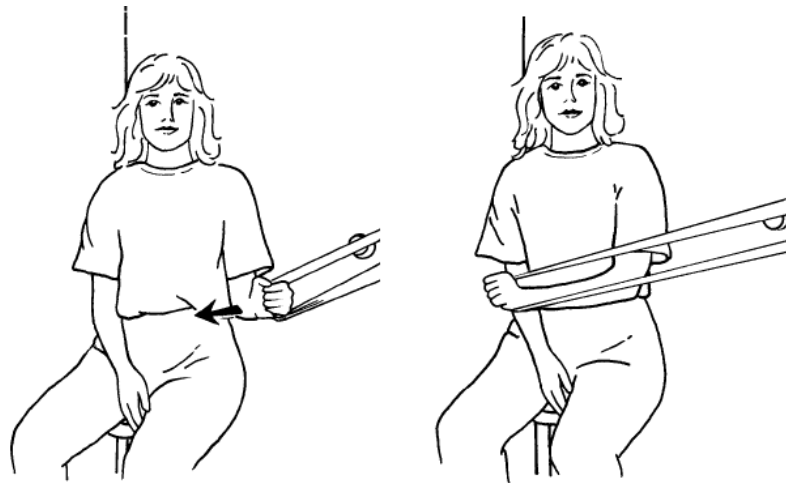
□ **SHOULDER EXTERNAL ROTATION**

- Keep the Theraband at waist level.
- Use the arm farthest from the band and keep your elbow in at your side.
- Turn your arm outward away from your body.
- Keep your forearm parallel to the floor.



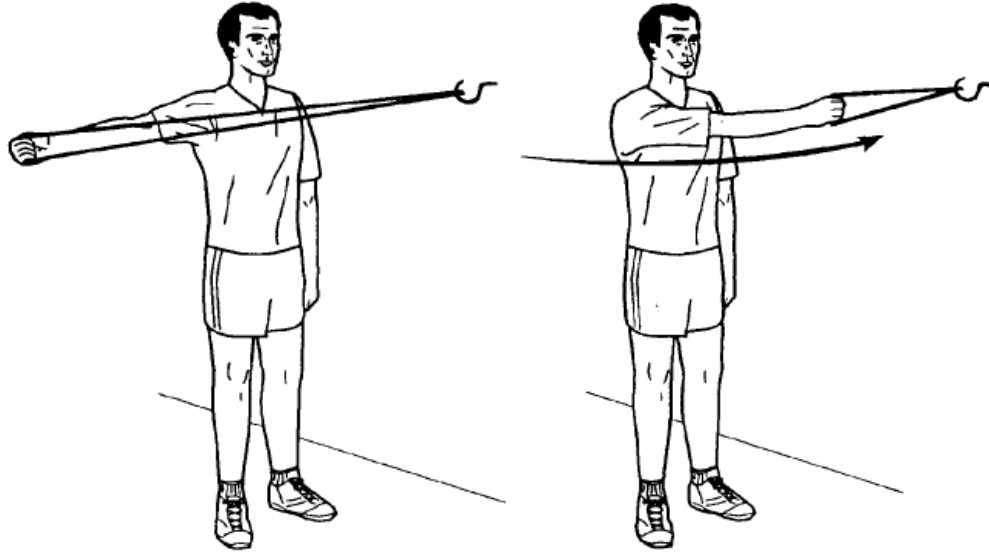
□ **SHOULDER INTERNAL ROTATION**

- Keep the Theraband at waist level.
- Use the arm next to the band and keep your elbow in at your side.
- Turn your arm inward across your body.
- Keep your forearm parallel to the floor.
- Return to starting position slowly.



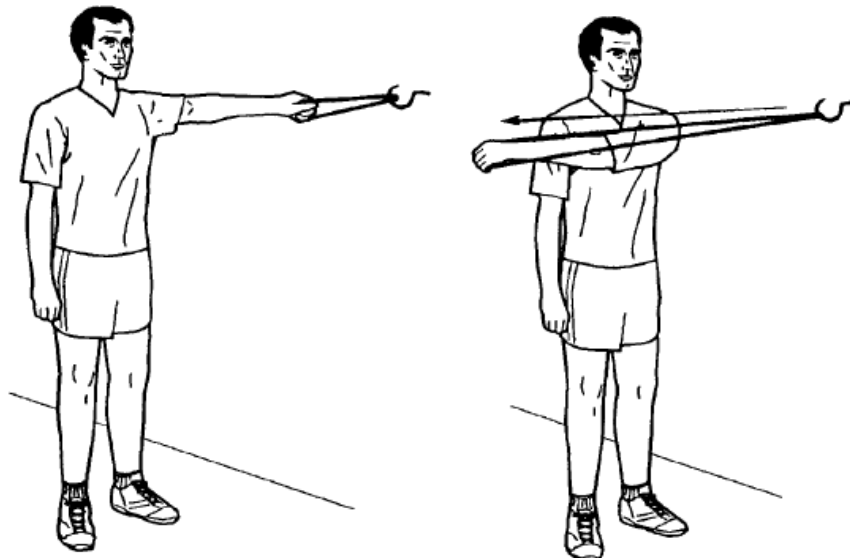
□ **SHOULDER HORIZONTAL ABDUCTION**

- Raise your arm to shoulder level, parallel to the floor, with your elbow straight or slightly bent.
- Pull your arm across your body.



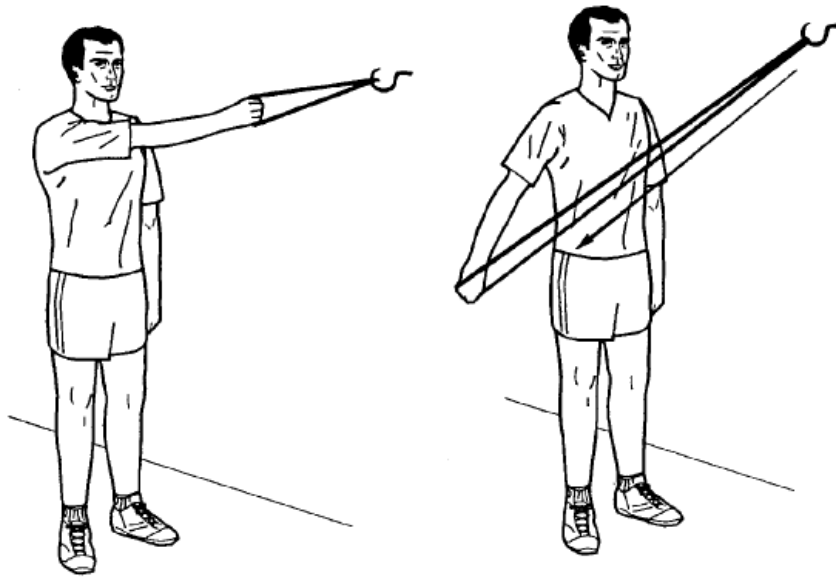
□ **SHOULDER HORIZONTAL ADDUCTION**

- Start with your arm out to the side at shoulder level and parallel to the floor.
- Pull your arm across your body, bending your elbow if needed.



□ **SHOULDER D1 EXTENSION**

- Put the Theraband above shoulder level.
- Pull in a downward motion across your body to the opposite side.



□ **SHOULDER D2 EXTENSION**

- Grasp the Theraband with your arm at shoulder level, and out to your side.
- Bring your arm down and across your body to the opposite side.

