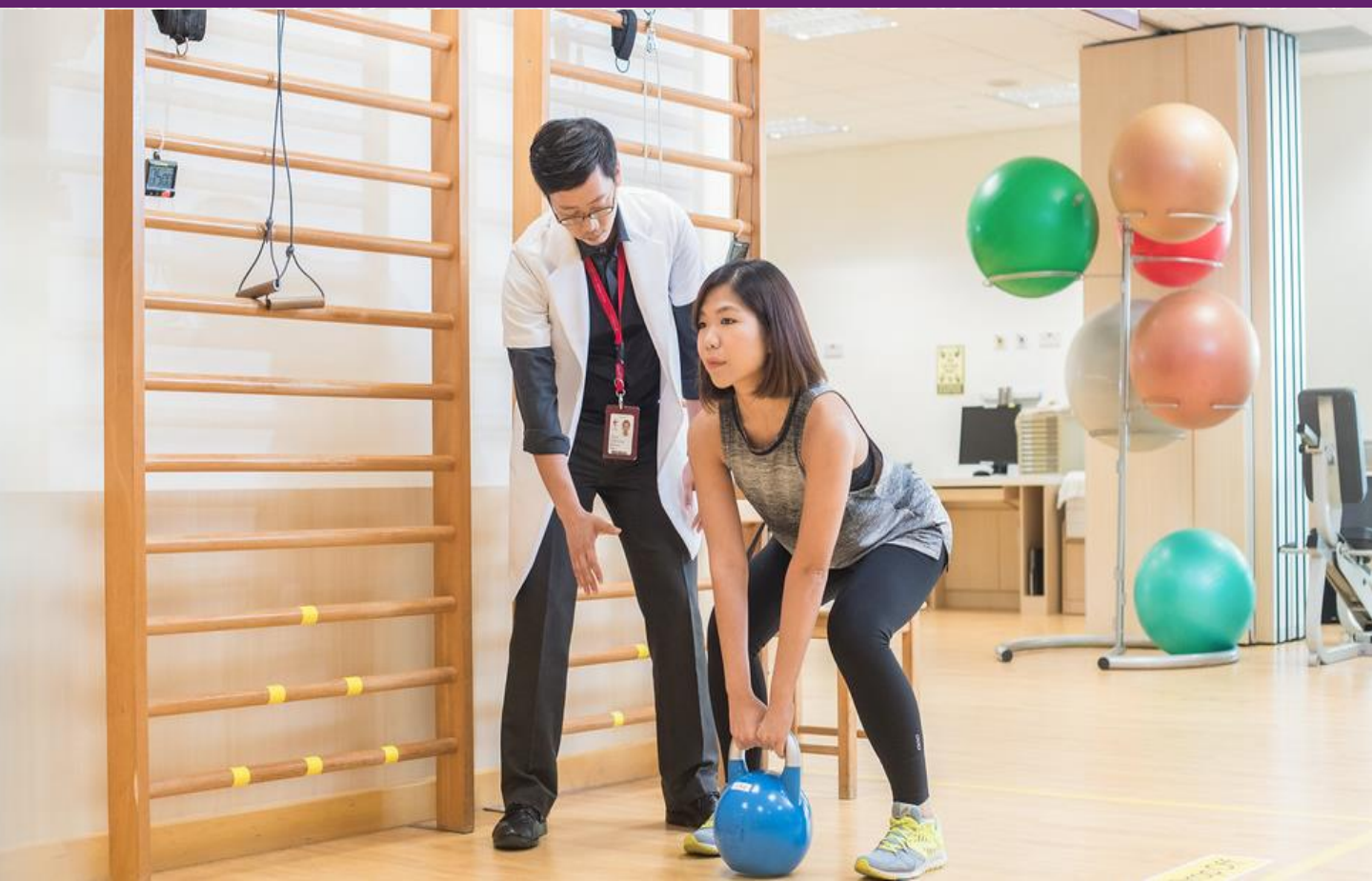


Department of
PHYSIOTHERAPY

Shoulder Strengthening Exercises



Shoulder Flexion (Sitting/Standing with Resistance Band)



1. Sit/stand with your feet shoulder-width apart. Hold one end of a resistance band by your side. Use your foot to step on the other end of the resistance band.
2. With your thumb pointing forward, pull the resistance band upwards in front of you towards the ceiling. Keep your arm straight.

Hold for ____ second(s), then slowly lower back down to the starting position.

Repeat ____ time(s) per session.

Complete ____ session(s) a day.

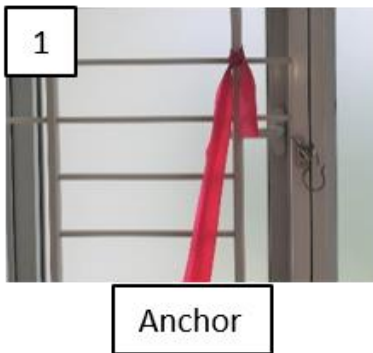
Shoulder Extension (Standing with Resistance Band)



1. Tie a resistance band onto a stable support at shoulder level.
2. Stand with your feet shoulder-width apart. With both your arms stretched forward, hold the ends of the resistance band.
3. Pull the resistance band backwards until your hands go past your body. Keep your arms as straight as possible.

Hold for ____ second(s).
Repeat ____ time(s) per session.
Complete ____ session(s) a day.

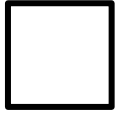
Shoulder Adduction (with Resistance Band)



1. Tie a resistance band onto a stable support at shoulder level.
2. Sit/stand with your feet shoulder-width apart. Hold onto the resistance band with your arm raised out to your side.
3. Pull the resistance band downwards towards your body. Do not turn your body and keep your shoulders relaxed.

Hold for ____ second(s).
Repeat ____ time(s) per session.
Complete ____ session(s) a day.

Shoulder Abduction (with Resistance Band)



Anchor



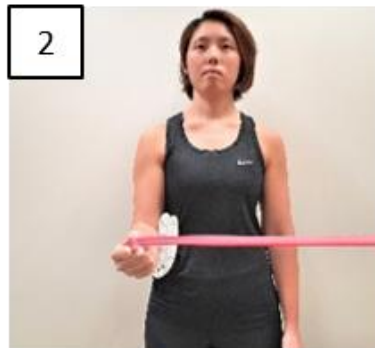
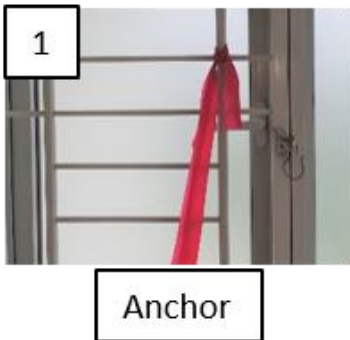
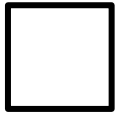
1. Sit/stand with your feet shoulder-width apart. Hold onto one end of a resistance band by your side. Use your foot to step on the other end of the resistance band.
2. With your thumb pointing upwards, pull the resistance band sideways away from your body. Do not turn your body and keep your shoulders relaxed.

Hold for ____ second(s), then slowly lower back down to the starting position.

Repeat ____ time(s) per session.

Complete ____ session(s) a day.

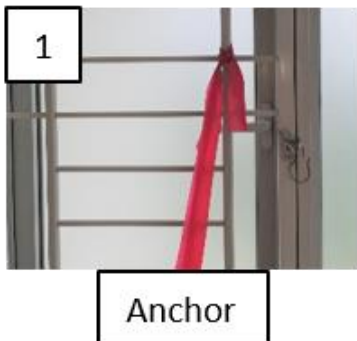
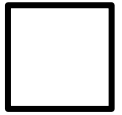
Shoulder External Rotation (Arm at 0°, Unsupported and with Resistance Band)



1. Tie a resistance band onto a stable support at elbow level.
2. Stand with your feet shoulder-width apart. Bend your elbow (affected side) to 90°. Keep your elbow by your side with a folded towel in between. Hold one end of the resistance band and keep it stretched.
3. Without moving your elbow, open your shoulder to pull the resistance band away from your body.

Hold for ____ second(s).
Repeat ____ time(s) per session.
Complete ____ session(s) a day.

Shoulder Internal Rotation (Arm at 0°, Unsupported and with Resistance Band)



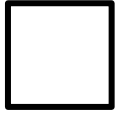
1. Tie a resistance band onto a stable support at elbow level.
2. Stand with your feet shoulder-width apart. Bend your elbow (affected side) to 90°. Keep your elbow by your side with a folded towel in between. Hold one end of the resistance band and keep it stretched.
3. Without moving your elbow, pull the resistance band towards your body.

Hold for ____ second(s), then slowly lower back down to the starting position.

Repeat ____ time(s) per session.

Complete ____ session(s) a day.

Diagonal Pull-up (with Resistance Band)



1. Sit/stand with your feet shoulder-width apart. Step on one end of the resistance band with your foot (on your unaffected side). Hold the other end of the resistance band with your affected arm and keep it in front of your chest.
2. Pull the resistance band diagonally upwards and away from your body. Keep your elbow slightly bent and thumb facing outwards.

Hold for ____ second(s), then slowly lower back down to the starting position.

Repeat ____ time(s) per session.

Complete ____ session(s) a day.

Diagonal Pull-down (with Resistance Band)



1. Sit/stand with your feet shoulder-width apart. Tie a resistance band onto a stable support (on your unaffected side). Hold the other end of the resistance band with your affected arm and keep it in front of your chest.
2. Pull the resistance band diagonally downwards across your body. Stop when your arm is at your side.

Hold for ____ second(s), then slowly lower back down to the starting position.

Repeat ____ time(s) per session.

Complete ____ session(s) a day.

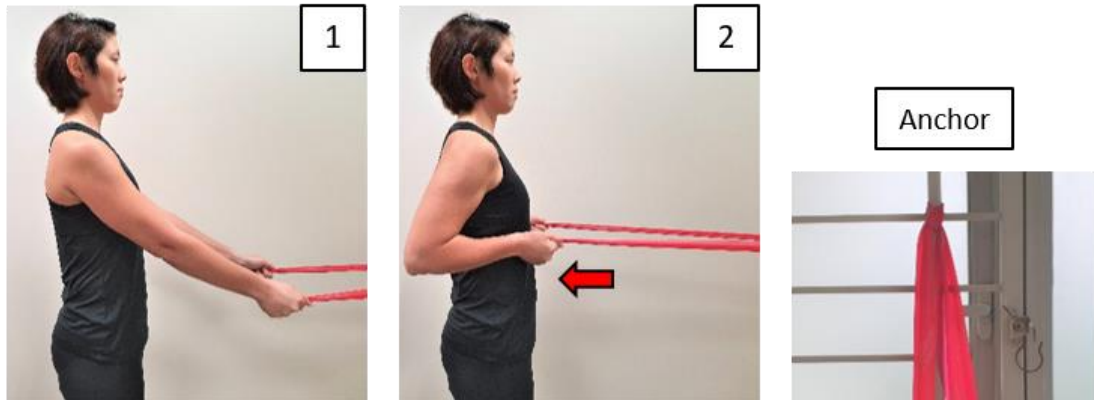
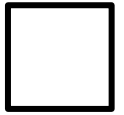
Serratus Anterior Punch (with Resistance Band)



1. Lie on your back with a resistance band looped around your back at shoulder level. Hold one end of the resistance band in each hand. Straighten your arm (on your affected side) to a vertical position in front of you.
2. Move your fist upwards towards the ceiling while lifting your shoulder blade off the bed/ground.

Hold for ____ second(s).
Repeat ____ time(s) per session.
Complete ____ session(s) a day.

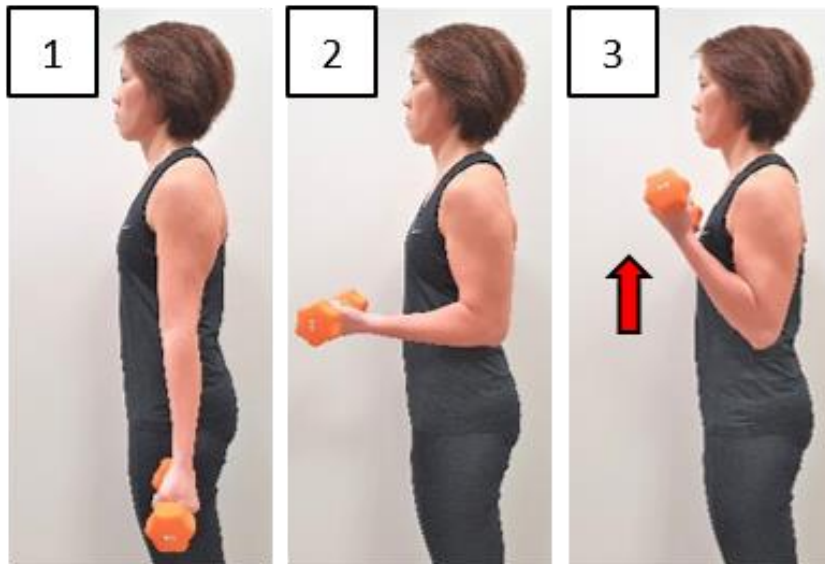
Backward Row (with Resistance Band)



1. Sit/stand with your feet shoulder-width apart. Tie a resistance band onto a stable support at chest level. Hold one end of the resistance band in each hand.
2. Pull the resistance band towards you and squeeze your shoulder blades together.

Hold for ____ second(s).
Repeat ____ time(s) per session.
Complete ____ session(s) a day.

Bicep Curls (with Weights)

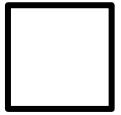


1. Sit/stand with your feet shoulder-width apart. Start with your arm by your side, palm facing forward and holding a weight.
2. Bend your elbow as much as possible to lift the weight up. Keep your shoulders relaxed throughout the movement.

Optional: Place a folded towel between your body and elbow to keep your arm by your side.

Hold for ____ second(s).
Repeat ____ time(s) per session.
Complete ____ session(s) a day.

Triceps Pull-down (with Resistance Band)



1. Sit/stand with your feet shoulder-width apart. Tie a resistance band above head level onto a stable support. With your elbows bent, hold onto one end of the resistance band in each hand.
2. Pull the resistance band downwards until your arm is straight. Keep your arms close to your body throughout the movement.

Hold for ____ second(s).
Repeat ____ time(s) per session.
Complete ____ session(s) a day.

Military Press (with Weights)



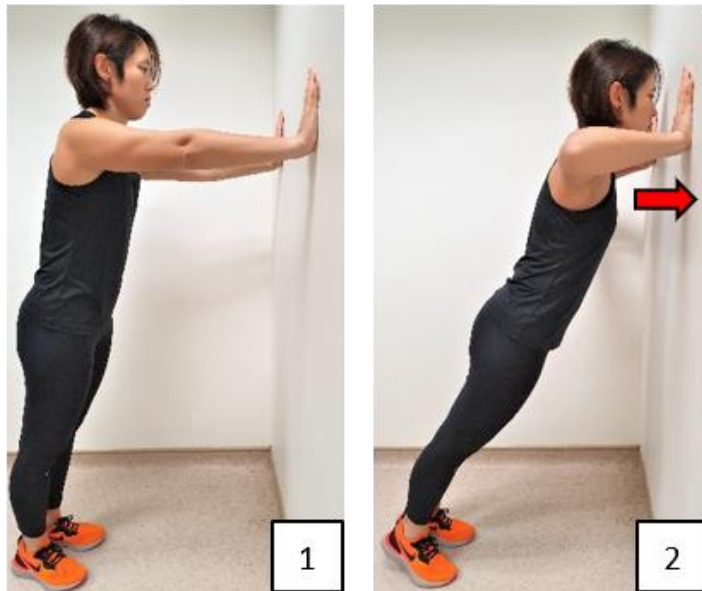
1. Sit/stand with your feet shoulder-width apart. Raise your arm sideways to shoulder level with your elbow bent and palm facing forward while holding a weight.
2. Lift the weight by moving your fist upwards, keeping your elbow slightly bent. Avoid arching your back.

Hold for ____ second(s), then slowly lower back down to the starting position.

Repeat ____ time(s) per session.

Complete ____ session(s) a day.

Wall Push-up (Pectoral Bias)



1. Sit/stand one arm's length away from a wall, with your feet hip-width apart. Place both palms on the wall shoulder-width apart at shoulder level.
2. Bend your elbows and bring your chest towards the wall. Straighten your elbows back to the starting position. Keep your back straight throughout the movement.

Hold for ____ second(s).
Repeat ____ time(s) per session.
Complete ____ session(s) a day.

Clinic B1C
TTSH Medical Centre, Level B1
Contact:
6357 7000 (Central Hotline)



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