



Bloomsbury Osteopathy

Shoulder Exercises

Strengthening of the extensor muscles of the shoulder

SHOS02

Function:

To stabilise the shoulder by creating more power and control in the surrounding muscles.

Method:

Starting Position:

Attach suitable strength resistance band to stable point at roughly hip height (e.g. Handle of securely closed door).

Stand facing the attachment point. The affected hand is directly behind the attachment point. Hold free end of resistance band in hand of affected side.

Hold arm close to torso with elbow straight. Step away from the attachment point so that slack is removed from the band.

Action:

Slowly and in a controlled manner, lift the affected arm directly backwards with the elbow remaining straight at all times. At end of range, hold the position for 5 seconds then return slowly to the start position.

Notes:

As your rehabilitation progresses your osteopath may advise you to increase the resistance level of the band.

