



**Bloomsbury Osteopathy**

# Shoulder Exercises

## Strengthening of the abductor muscles of the shoulder **SHOS03**

### Function:

To stabilise the shoulder by creating more power and control in the surrounding muscles. Strengthening of the deltoids and supraspinatus muscles.

### Method:

#### Starting Position:

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

Stand side on to attachment point with the affected side furthest from 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 out to the side with the elbow remaining straight at all times. At end of range, hold the position for 10 seconds then return slowly to the start position. If you find this exercise difficult then start with the elbow bent to 90 degrees.

#### Notes:

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

EXERCISE: SHOULDER ABDUCTOR STRENGTHENING EXERCISE (SHOS03)

