



Bloomsbury Osteopathy

# Shoulder Exercises

## Strengthening of the Internal Rotator muscles. (Subscapularis and Pectoralis major)

### SHOS05

#### Function:

To stabilise the shoulder by creating more power and control in the surrounding muscles.  
Strengthening of Internal Rotators; Subscapularis and Pectoralis major 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 closest to the attachment point. Hold free end of resistance band in hand of affected side.

Hold arm close to torso with elbow bent to 90° and outwardly rotated so forearm is horizontal and pointing out to the side. Step away from the attachment point so that slack is removed from the band.

##### Action:

Slowly and in a controlled manner, stretch the band horizontally across the abdomen with the elbow remaining static against the torso. At end of range hold the position for 5 seconds then return slowly to the starting position.

##### Notes:

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

STRENGTHENING OF THE INTERNAL ROTATOR MUSCLES OF THE SHOULDER:

1. SUBSCAPULARIS
2. PECTORALIS MAJOR
3. TERES MAJOR
4. LATISSIMUS DORSI  
(SHOS05)

