

# SHOULDER EXERCISES

A proper exercise program can enhance an athlete's level of performance and can accelerate the body's recovery process. This shoulder exercise program is a simple series of exercises that prepares the body for overhead activities, including baseball, softball, tennis and swimming. Incorporating this 15-minute program into your training session can help decrease the chance of injury and should be an essential component of every shoulder workout routine.

## STANDING SHOULDER EXERCISE SERIES—25 REPS

Exercises 1 through 4 should be performed in a continuous series.

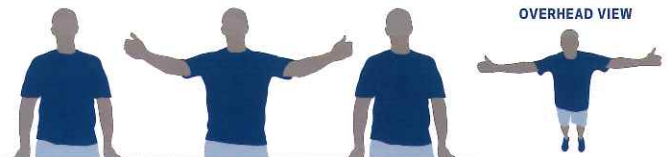
### 1 ANTERIOR SHOULDER RAISE

Stand up straight, palms down. Raise arms up forward parallel to the ground. Slowly return arms to start position.



### 2 ANTERIOR SHOULDER RAISE AT 45°

Stand up straight, thumbs up. Raise arms up at 45° parallel to the ground. Slowly return arms to start position.



### 3 LATERAL RAISE

Stand up straight, palms down. Raise arms up to the side parallel to the ground. Slowly return arms to start position.



### 4 SUITCASE LIFT

Stand up straight, hands at side. Lift elbows back squeezing shoulder blades together. Slowly return arms to start position.



### 5 HORIZONTAL ADDUCTION 25 REPS

Stand up straight, arms out to the side parallel to the ground. Bring arms toward each other, crossing over elbows. Slowly return arms to start position, repeat alternating top arm.



## PRONE SHOULDER EXERCISES

Can be done while lying face down on a table, or while standing by bending forward at the waist 90° with a flat back.

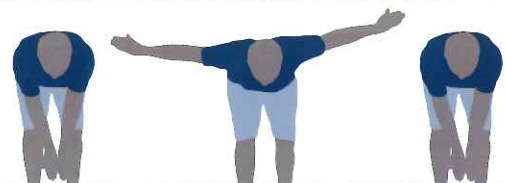
### 6 PRONE TOUCHDOWN 25 REPS

Bend forward at waist, lift elbow to 90° flexion. Thumbs up, raise hands parallel to ground, squeezing shoulder blades together. Slowly return arms to start position.



### 7 PRONE "T"s 25 REPS

Bend forward at waist, thumbs up. Lift hands out parallel to the ground, squeezing shoulder blades together. Slowly return arms to start position.



## 8 PRONE "Y"s 25 REPS

Bend forward at waist, thumbs up. Lift hands up at 120° parallel to the ground, squeezing shoulder blades together. Slowly return arms to start position.



## 9 SKI JUMPER 25 REPS

Bend forward at waist, palms down. Lift hands back parallel to the ground, squeezing shoulder blades together. Slowly return arms to start position.

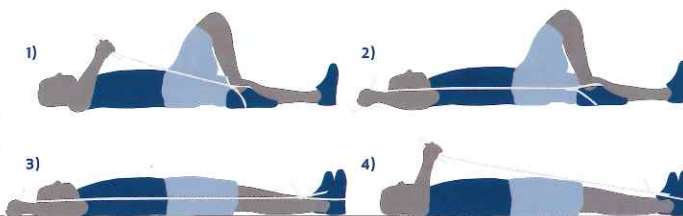


## SUPINE EXERCISES

To be done while lying on back. Equipment needed: tubing and towels or bolsters.

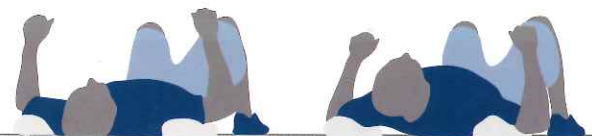
## 10 LOAD AND LOWER EXTERNAL ROTATION WITH TUBING 25 REPS

1) Apply band to foot and grab other end with hand, lie on back with elbow and shoulder at 90°, knee bent. 2) Externally rotate shoulder. 3) Extend knee. 4) Slowly lower the shoulder while maintaining elbow position over 3–5 seconds.



## 11 SUPINE BRIDGES 25 REPS

Lie on back, elbows bent at 90°, place towels under upper arms. Squeeze shoulder blades together, lift off the table. Slowly return to starting position.



## 12 SUPINE BRIDGES (ARMS ROTATED) 25 REPS

Lie on back, elbows bent at 90° and shoulders externally rotated, place towels under upper arms. Squeeze shoulder blades together, lift off the table. Slowly return to starting position.



## STANDING BICEPS CURLS WITH TUBING

Stand with feet in throwing position. Equipment needed: tubing.

## 13 SUPINATION BICEPS CURL 25 REPS

In throwing stance, grip band with palm facing toward you. Flex elbow. Slowly return to starting position.



## 14 PRONATION BICEPS CURL 25 REPS

In throwing stance, grip band with palm facing away from you. Flex elbow. Slowly return to starting position.



Video demonstrations of each exercise can be viewed at [houstonmethodist.org/overhead](http://houstonmethodist.org/overhead)

