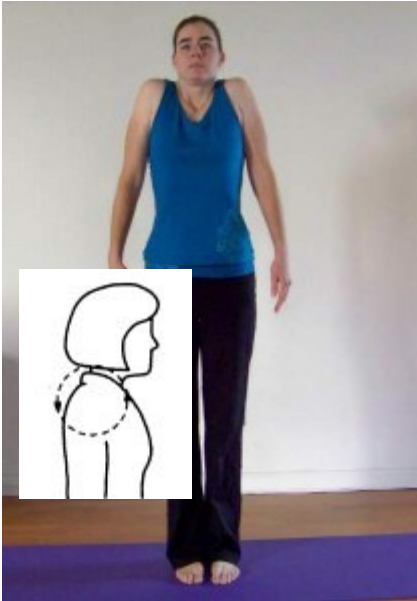


Shoulder Strengthening Exercises

To be done 1-2 times per day!

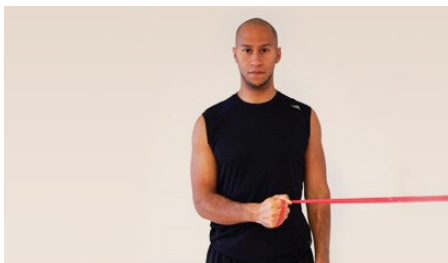


1. Warm up with Shoulder Rolls– 20 seconds forward, 20 seconds backward

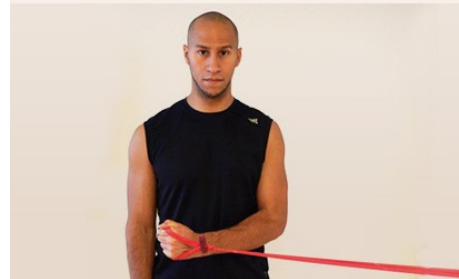
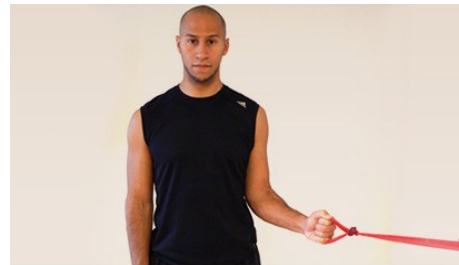


Use a resistance such that you can complete all exercises and feel tired but not exhausted, and don't strain or hurt yourself!

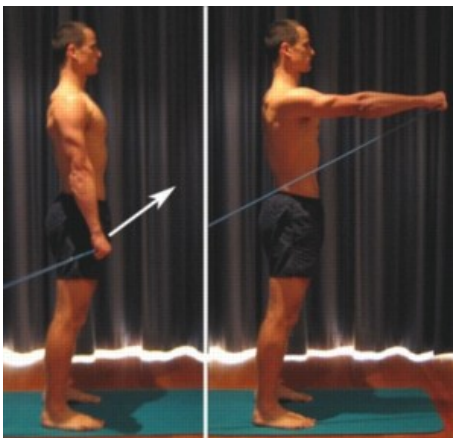
2. **Resistance Band Reverse Butterfly Curls: (Most important one, to strengthen your upper back/shoulders!)** Hold elastic resistance band straight in front and pull straight out to sides, squeezing the shoulder blades together)- Do twice, 10 repetitions each time with a short rest between



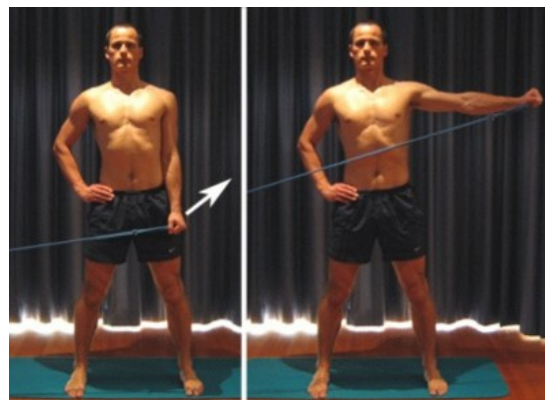
3. External Rotation: Do twice, 10 repetitions each time with a short rest between



4. External Rotation: Do twice, 10 repetitions each time with a short rest between



5. Shoulder flexion: Do twice, 10 repetitions each time with a short rest between



6. Shoulder Abduction: Do twice, 10 repetitions each time with a short rest between