

Shoulder strength and stability exercise sheet

Rehab and shoulder strengthening exercises are best performed on days you do not plan on doing HEAVY upper body lifting. These exercises will fatigue the shoulder blade muscles, it is best to not try heavy lifting after performing a large amount of these exercises.

These exercises however can be done as warm up for the shoulders this would be for one set at a lighter weight to your strengthening exercises.

These exercises strengthen different parts of the shoulder and do not all need performing in one session

Seated External Rotation



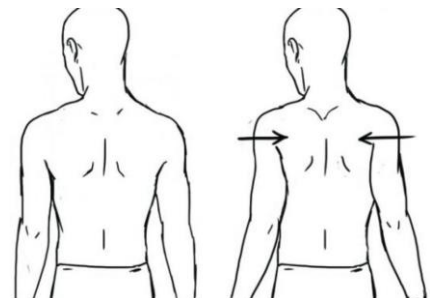
With elbows bent at sides (90°), rotate forearms outward using resistance band or light weight
Ensure shoulder blades are kept depressed
(shoulders down)

10 repetitions per side

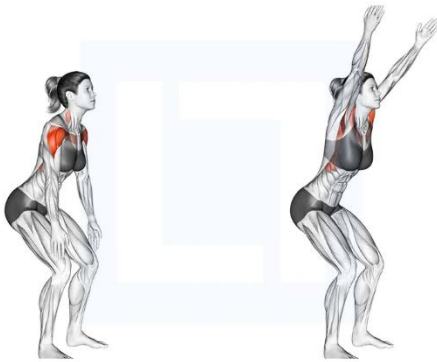
2 sets

Scapular Retraction – Visual Steps

1. **Posture:** Sit or stand tall with spine straight. Keep elbows bent at about 90° and close to your body.
2. **Retract Shoulder Blades:** Gently pull your shoulder blades (scapulae) toward each other, as if trying to hold a small ball between them.
3. **Hold:** Maintain the squeeze for 2–3 seconds.
4. **Release:** Slowly relax back to starting position.



Standing Y Raise



purpose: Strengthens lower traps by lifting arms in a Y position.

How to do it:

- Stand with feet shoulder-width apart.
- With or without light weights (1–2 lbs or water bottles), raise your arms overhead at about a 45-degree angle forming a "Y."
- Keep your thumbs pointing up.
- Squeeze your shoulder blades downward and together.
- Hold for 3 seconds, then slowly lower.



Seated Cat-Cow Stretch (Gentle Spine Mobilization)

What You Need:

- A **sturdy chair** (no wheels, preferably no arms)
- Flat feet on the floor, sitting upright
- Optional: small pillow or rolled towel for lower back support

Cow Pose (Inhale)

1. Sit tall with hands resting gently on thighs or knees.
2. **Arch your back slightly**, lifting your chest toward the ceiling.
3. **Tilt your pelvis forward**, sticking your tailbone out gently.
4. Gaze slightly upward (not straining your neck).
5. Breathe in deeply.

Cat Pose (Exhale)

1. Tuck your chin toward your chest.
2. **Round your upper back** (like you're making a "C" shape with your spine).
3. Pull your belly in slightly to engage your core.
4. Press your hands gently into your thighs to deepen the rounding.
5. Breathe out fully.