Shoulder External Rotation with Anchored Resistance

Setup
- Begin in a standing upright position with your elbow bent at 90 degrees and a towel roll tucked under your arm, holding a resistance band. The anchor point should be on the side furthest away from your bent arm.

Movement
- Slowly rotate your arm out to the side.

Tip
- Make sure to keep your hips and shoulders facing forward and maintain a gentle chin tuck throughout the exercise.

Standing Shoulder Internal Rotation with Anchored Resistance

Setup
- Begin in a standing upright position with one arm bent at a 90 degree angle with your fist facing forward.

Movement
- Rotate your forearm across your body so your fist is facing the opposite direction, then return to the start and repeat.

Tip
- Make sure to keep your elbow tucked in at your side and maintain good posture during the exercise.

Shoulder W - External Rotation with Resistance

Setup
- Begin in a standing upright position with your elbows bent 90 degrees, holding both ends of a resistance band and your fists facing inward. There should be slight tension in the band.

Movement
- Slowly rotate your arms outward and slightly upward so at the top of the motion the band is at the level of your chest.

Tip
- Make sure to avoid overarching your low back and maintain a gentle chin tuck throughout the exercise.

Sidelying Shoulder External Rotation with Dumbbell

Setup
- Begin lying on your side with a towel roll under your upper arm, elbow bent at 90 degrees, and holding a dumbbell in that hand.

Movement
- Rotate your arm upward until it is parallel with your body.

Tip
- Make sure to keep your elbow bent at a right angle and your arm tucked against the towel.

Sidelying Shoulder ER with Towel and Dumbbell

Setup
- Begin lying on your side with a towel roll tucked under your upper arm, and your elbow bent to 90 degrees, holding a dumbbell.

Movement
- Slowly rotate your forearm upward, then return to the starting position and repeat.

Tip
- Make sure to keep your elbow bent and tucked in at your side as you lift your forearm and avoid shrugging your shoulders during the exercise.

Disclaimer: This program provides exercises related to your condition that you can perform at home. As there is a risk of injury with any activity, use caution when performing exercises. If you experience any pain or discomfort, discontinue the exercises and contact your health care provider.
Shoulder Abduction with Dumbbells - Palms Down

**Setup**
- Begin in a standing upright position with your arms resting at your sides, holding a dumbbell in each hand.

**Movement**
- Keeping your elbows straight, raise both arms directly out to your sides with your palms down, then lower them back down and repeat.

**Tip**
- Make sure to keep your back straight and do not shrug your shoulders during the exercise.

Scaption with Dumbbells

**Setup**
- Begin in a standing upright position with your arms resting at your sides, grasping lightweight dumbbells.

**Movement**
- Slowly raise your arms diagonally at roughly a 30 degree angle from your body, then lower your arms back to your sides.

**Tip**
- Make sure to keep your elbows straight and avoid shrugging your shoulders. Try not to arch your low back while raising and lowering your arms.

Prone Single Arm Shoulder Horizontal Abduction with Dumbbell

**Setup**
- Being lying on your front with your arm hanging off the edge of a table or bed, holding a dumbbell.

**Movement**
- Keeping your elbow straight and thumb pointing up, raise your arm out to your side at a 90 degree angle. Slowly lower your arm back down, then repeat the movement.

**Tip**
- Make sure not to arch your back as you lift your arm. Keep your thumb up throughout the exercise.

Prone Shoulder External Rotation

**Setup**
- Begin lying face down on a table or bed with one arm bent at 90 degrees, holding a dumbbell and hanging toward the floor.

**Movement**
- Rotate your arm upward so it is parallel with your body. Next, rotate it back down and repeat.

**Tip**
- Make sure to keep your elbow bent at a right angle.
Prone Shoulder Extension - Single Arm

**Setup**
- Begin lying face down on a table or bed with one arm hanging off the edge.

**Movement**
- Keeping your elbow straight and leading with your pinky finger, raise your arm up and backward as far as is comfortable, then return to the starting position and repeat.

**Tip**
- Make sure not to arch your back during the exercise.

Prone Shoulder Row with External Rotation with Dumbbell

**Setup**
- Begin lying on your front with one arm hanging off the edge of a bed or table, holding a dumbbell.

**Movement**
- Squeeze your shoulder blades inward toward your spine and pull your arm up, bending your elbow and keeping it close to your body. Then rotate your forearm out to your side. Reverse the movement and repeat.

**Tip**
- Make sure to keep your shoulder blades gently squeezed together during the exercise and do not shrug your shoulders.

Prone Single Arm Shoulder Y with Dumbbell

**Setup**
- Being lying on your front with your arm hanging off the edge of a table or bed, holding a dumbbell.

**Movement**
- Keeping your elbow straight and thumb pointing up, raise your arm forward and up toward the ceiling. Slowly lower your arm down, then repeat the movement.

**Tip**
- Make sure not to arch your back as you lift your arm. Keep your thumb up throughout the exercise.

Standing Wall Ball Circles in Scaption with Plyo Ball

**Setup**
- Begin in a standing upright position holding a small weighted ball against a wall, with your arm straight and your torso turned about 30 degrees toward the wall.

**Movement**
- Roll the ball in small, tight circles, moving only your arm. Then change direction and repeat.

**Tip**
- Make sure to keep your back straight during the exercise.