



SHOULDER CONDITIONING

Shoulder injuries happen in most sports where there is overhead movement. The shoulder joint is less stable than the hip. The humerus inserts into a very shallow socket in the scapula which is not linked by ligaments directly to the rest of the skeleton. The most secure connection in the shoulder is where the clavicle (collarbone) inserts in to the sternum (breastbone) and the clavicle attaches to humerus and scapula with ligaments. If any muscles are weak or if ligaments become overstretched, then the integrity of the shoulder will be threatened.

The following exercises and stretches will strengthen your shoulder and the surrounding muscles.

1. Shoulder shrugs.
2. Superman on bench.
3. Shoulder Squeeze – row and hold extended position.
4. Serratus Punch – bench press or push up with elbows locked.
5. Empty Can – thumbs up, thumbs down.
6. Neck Stretches – Up and down, right to left, diagonally, ear to shoulder on both sides.
7. Axial Extension with rod – Hold dowel rod behind neck – pull forward gently on the rod as you push your head straight back trying to make a double chin.
8. Shoulder Circles.
9. Protraction/Retraction/neck in and out.
10. Neck Half Circles.
11. Scapular Stretches – vertical overhead from side with arm bent perpendicular behind the back.
12. Forearm Stretch.
13. Pendulum Exercises - twisting hand on surface.
14. Towel Stretches.
15. Theraband Work – Pulley work long rubber bands.
16. Hug yourself stretch.
17. Cross over to knees while bent down.
18. Reach up – arm behind you and elbow at 90 degrees hand up between shoulder blades.
19. One arm bent behind you and other one across the front.
20. With the broom stick – elbow in front – hold stick at bottom and then reach across in front of face with other arm and grab stick – Push forward with top arm.
21. Reverse Shoulder Stretch – Clasp hands together behind back. Keep arms straight and slowly lift hands upward.
22. Assisted Reverse Shoulder Stretch – hands on table bend down. Above Head – Hands together, pull elbows back.
23. Shoulder stretches on floor.
24. Arm out straight – palm against wall – fingers pointing backwards then turn shoulders and body away from outstretched arm (also do with a bent arm).
25. Arms out by ears on table lean forward (flat back).

26. Put small ball against wall. Press hand straight against ball and write ABC's with ball or just do circles with both hands – elbows straight.
27. Arms in T – Do small circles with arms – elbows straight.
28. Touchdown symbol up and down hinging at elbow.
29. Medicine ball in front. Do small circles both right and left.
30. Push up position – hands on paper plate. Twist arm left and right.
31. Stand against wall arms in High V – Palms against wall slide straight arms up and down.