

Name:

ADVANCED SHOULDER REHABILITATION EXERCISES

NOTE: All exercises are to be done with a “Set Scapula.”

Exercise:	Sets	Repetitions	Weight/Resistance
<u>Advanced Shoulder Cable or Resistance Band Exercises</u> <ol style="list-style-type: none"> 1. Internal Rotation @ 90° Abduction 2. External Rotation @ 90° Abduction 3. Flutter @90° Abd (Straight Arm/Internal Rot./External Rot.) 4. Flutter @180° Abd (Straight Arm) 5. Trap 3 6. T:Y:W Pulls 7. Face Pull:External Rotation:Press 	2-3		RED, YELLOW, GREEN, BLUE, BLACK
<u>Advanced Body Weighted Exercises</u> <ol style="list-style-type: none"> 1. Push Up (Wall → Floor(Knee → Toe) → Matrix) 2. Planking DB/Kettlebell Pull Through 3. Side Plank (Bent Arm → Straight Arm) 4. Plank Walk Ups → Swiss Ball Plank Rolls (N:S/E:W/Circ) 5. Bouncing Push Ups (Stiff Arm → Normal) 6. 3 Box Dips → Parallel Bar Dips 7. Parallel Bar Walks/Monkey Bars (Short:Long) 	2-3		NIL
<u>Advanced Shoulder Blade Setting Weighted Exercises</u> <ol style="list-style-type: none"> 1. DB Chest Press (Matrix → Return to Normal) 2. DB Fly (Bent/Straight Arm) 3. BB Shoulder Press (Matrix → Return to Normal) 4. BB or KB Swing 5. DB Bent Over Lateral Raise (→ BO Front:Lateral Raise) 6. BB 90:90 Pull Over/Supine Pull Over 7. DB T:Y:W Raise 8. DB Trap 3 9. DB Face Pull:External Rotation:Press 	2-3		5-20kg
PROGRESS ONTO NORMAL TRAINING REGIME			

