



Phase 1 Shoulder Strengthening Exercises

These exercises are used to increase the strength of the rotator cuff and deltoid muscles. You can strengthen these muscles through slow, repetitive motions within a comfortable range. It is not necessary to exercise through pain or perform a full arc of motion if you are in pain.

Using the Progress Theraband, perform 1 set of each exercise (1 set = 10 repetitions) twice a day. When you can perform 1 set of each of these exercises comfortably, take a short rest; then perform a second set. Gradually increase to 3 sets of each exercise three times a day. When you are comfortable with these sets of exercises, move on to the next color Theraband and repeat the instructions.

1. Internal Rotation



2. External Rotation



3. Extension Row



4. Forward Elevation



5. Abduction

