

SHOULDER & POSTURE EXERCISES (Adapted from Buchberger 12 rotator cuff & scapular stabilizing prog)

• Side Lying Lift – 20 reps



Step 1 - Lie on your side with your front leg straight and back leg bent. Place the upper arm in the scapular plane (60° from the midline)

Step 2 - Lift the upper arm so it reaches the height of your

knee. Your arm shouldn't move across your body. Lower the arm slowly (5 seconds) then repeat.

• Side Lying External Rotation – 20 reps



Step 1 – Lie on your side with your elbow bent at 90° and tucked into your side.

Step 2 - Externally rotate your shoulder with the thumb turned backwards. Keep the elbow tucked into your side.



Step 3 – Press the weight straight up to the ceiling extending the elbow. Keep shoulder shrugged away from ears.

Step 4 – Internally rotate arm (“empty can” and turn thumb

towards floor) and lower down aiming for your bottom hip. Repeat starting from position #1.

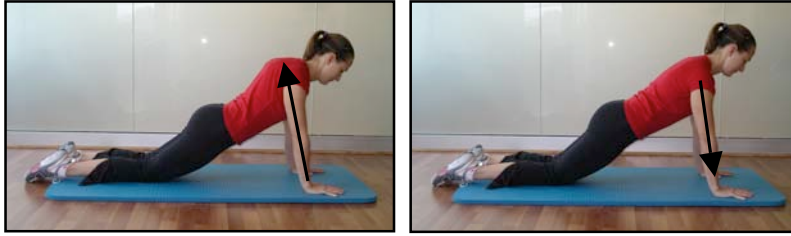
• Wall glide – 20 reps



Step 1 – Stand against a wall with your spine in neutral. Your head, elbows and back of your hands should be touching the wall with your elbows bent. Your shoulders should be relaxed DOWN and away from your ears.

Step 2 – Raise your arms up as far as you can go keeping your shoulders DOWN and your arms and hands against the wall.

• **Shoulder Plus – 20 reps**



Step 1 - Retract scapula (let your body sink down so the shoulder blades come closer together). The torso, spine and lower body are kept rigid. Keep elbows fully extended throughout (NOT bent).

Step 2 - Protract the shoulder blades (shoulder blades come apart) and press your collarbone away from floor. Avoid rounding your back and raising your shoulders. This is the working phase of the exercise. Your motion may be limited to start.

• **Field Goal – 15-20 reps**



Lie face down on an elevated flat bench, incline bench or swiss ball. Keep your arms hanging relaxed to start with the palms facing backwards.

Step 1 – Retract scapula (BACK and DOWN). Do not bend the elbows or move the arms back.



Step 2 – While maintaining scapular retraction, bend the elbows to 90° (elbows should be in line with shoulders, not behind).



Step 3 – Externally rotate the shoulders back with the thumbs pointed UP. Reverse each motion SLOWLY (3,2,1)!

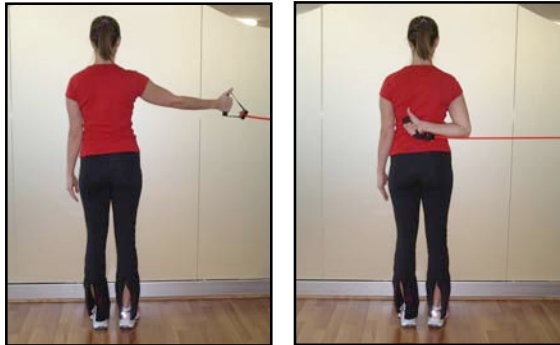
• **Field Goal Standing – 20 reps**



Step 1 – Stand against the wall with your spine in neutral, elbows bent at 90° and thumbs pointing up.

Step 2 - Rotate your arms so your thumbs touch the wall. Squeeze between the lower shoulder blades so the shoulders stay DOWN throughout the movement.

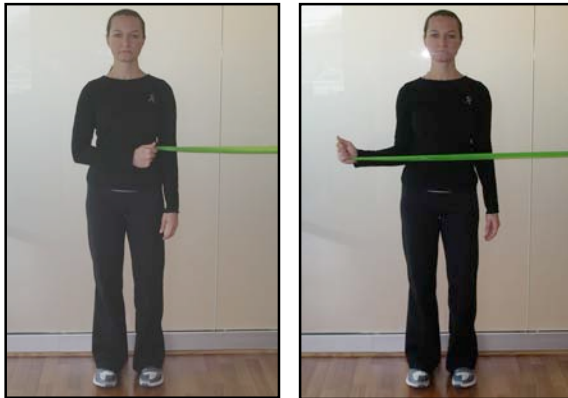
• **Reverse Pull – 20 reps**



Step 1 – Hold the tubing with your elbow fully extended and thumb pointing upward.

Step 2 - Pull tubing behind your back and attempt to touch your thumb to the bottom of your opposite shoulder blade. Range of motion is more important than resistance so use a light resistance and focus on high repetitions.

• **Standing External Rotation – 20 reps**

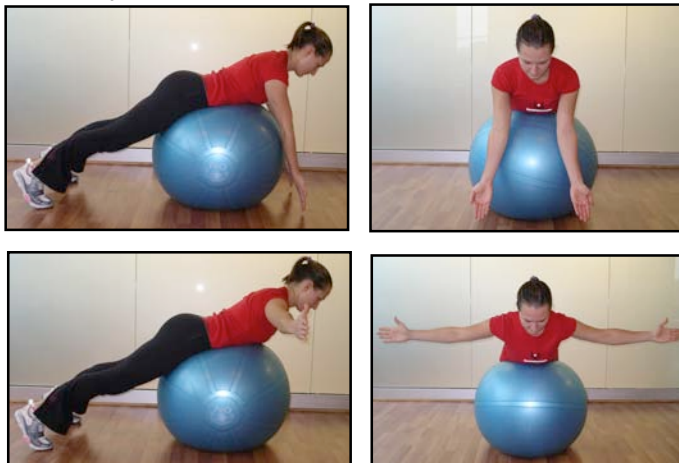


Step 1 – Stand with your elbow bent at 90° in internal rotation.

Step 2 - Externally rotate the upper arm as you keep your elbow tucked into your side. As you complete the movement, retract the shoulder blades together.

• **Straight Arm “T” – 20 reps**

Lie face down on an elevated flat bench, incline bench or swiss ball. Start with the arms externally rotated (thumbs OUT).



Step 1 – Retract shoulder blades keeping your arms straight.

Step 2 – Lift arms towards the ceiling. Arms should be perpendicular to the body. Reverse the movements slowly (2,1). Do NOT swing the arms.

• **Standing 3-way** – 15-20 reps

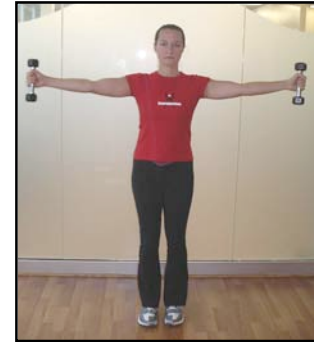
Start with your arms at your side. The first motion in each of the three movements is RETRACTION of the shoulder blades. Keep the thumbs UP and arms STRAIGHT in all movements.



Step 1 – Raise arms FORWARD to shoulder level then lower down.



Step 2 – Raise arms out to the side at 60° (in the scapular plane) to shoulder level then lower down.



Step 3 – Raise arms to the SIDE to shoulder level then lower down.

• **Arm sweep** – 15-20 reps



Step 1 – Start by lying on your stomach with your arms at your side (Palms facing DOWN).

Step 2 – Retract the shoulder blades BACK and DOWN while lifting your chest slightly off the ground.



Step 3 – Move your arms away from your body and begin to externally rotate the upper arm so the thumbs point to the ceiling.

Step 4 - Continue to move the arms until you reach 90°. Do NOT go any further. Reverse the motion slowly rotating the arms so the palms are facing the ground to finish.

• **Row** - 20 reps



Step 1 – Grasp a theraband with your arms straight out in front. Keep your posture upright with your head in line (ears over shoulders).

Step 2 – Pull in the band until the inside of your wrists meet your torso. Keep your



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elbows close by your side and squeeze your lower shoulder blades together.