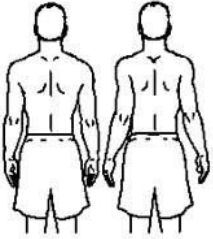
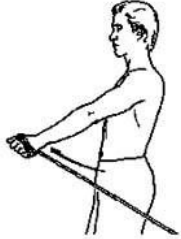
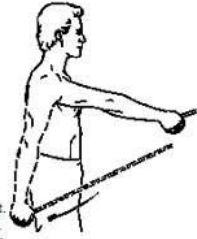
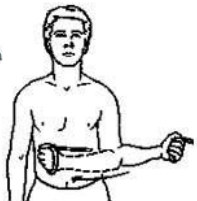
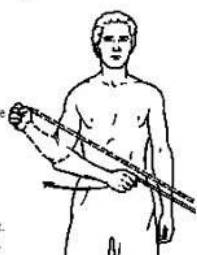
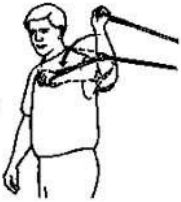
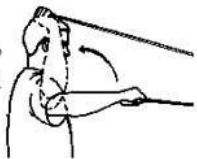
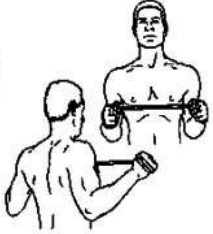
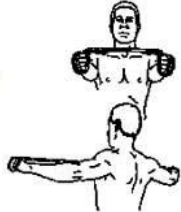


# SHOULDER EXERCISES

I am by no means a doctor or physical therapist. But, I am an ex-EMT, Kinesiology Major, shoulder surgery survivor and paddler. My students @[Liquid Adventures Kayak School](#) are always asking for some exercises. These are a good place to start. I don't do the throwing specific drills but I do the throwing arm drills on both sides.

[#HealthyShouldersUnite](#) [#FUNDaNEE](#)

[http://www.jaegersports.com/files\\_js/jaegersports\\_jband\\_manual.pdf](http://www.jaegersports.com/files_js/jaegersports_jband_manual.pdf) – with Elliot Bertrand and J. Ashley McEwan.

<p>SHOULDER - 101 Scapular Retraction (Standing)</p> <p>With arms at sides, pinch shoulder blades together.</p>  <p>Repeat <u>15</u> times per set. Do <u>2</u> sets per session. Do <u>1</u> sessions per day.</p>	<p>SHOULDER - 41 Strengthening: Resisted Flexion</p> <p>Hold tubing with throwing arm at side. Pull forward and up. Move shoulder through pain-free range of motion.</p>  <p>Repeat <u>15</u> times per set. Do <u>2</u> sets per session. Do <u>1</u> sessions per day.</p>	<p>SHOULDER - 45 Strengthening: Resisted Extension</p> <p>Hold tubing in throwing hand, arm forward. Pull arm back, elbow straight.</p>  <p>Repeat <u>15</u> times per set. Do <u>2</u> sets per session. Do <u>1</u> sessions per day.</p>
<p>SHOULDER - 44 Strengthening: Resisted Internal Rotation</p> <p>Hold tubing in throwing hand, elbow at side and forearm out. Rotate forearm in across body.</p>  <p>Repeat <u>15</u> times per set. Do <u>2</u> sets per session. Do <u>1</u> sessions per day.</p>	<p>SHOULDER - 43 Strengthening: Resisted External Rotation</p> <p>Hold tubing in throwing hand, elbow at side and forearm across body. Rotate forearm out.</p>  <p>Repeat <u>15</u> times per set. Do <u>2</u> sets per session. Do <u>1</u> sessions per day.</p>	<p>UPPER EXTREMITY - 41 Resistance: 90/90 Internal Rotation (Slow / Fast)</p> <p>Face away from anchor in shoulder width stance. Bend throwing elbow to 90°, forearm up, arm out to side. Palm forward, pull forearm down slow until hand is level with elbow.</p>  <p>Repeat 15 times. Rest 30 seconds after set. Do 2 sets per session.</p>
<p>UPPER EXTREMITY - 42 Resistance: 90/90 External Rotation (Slow / Fast)</p> <p>Face anchor in shoulder width stance. Bend throwing elbow to 90°, forearm forward, arm out to side. Palm down, pull forearm up slow to vertical.</p>  <p>Repeat 15 times. Rest 30 seconds after set. Do 1 sets per session.</p>	<p>SHOULDER - 112 Resisted External Rotation: in Neutral – Bilateral</p> <p>Sit or stand, tubing in both hands, elbows at sides, bent to 90°, forearms forward. Pinch shoulder blades together and rotate forearms out. Keep elbows at sides.</p>  <p>Repeat <u>15</u> times per set. Do <u>2</u> sets per session. Do <u>1</u> sessions per day.</p>	<p>SHOULDER - 113 Resisted Horizontal Abduction: Bilateral</p> <p>Sit or stand, tubing in both hands, arms out in front. Keeping arms straight, pinch shoulder blades together and stretch arms out.</p>  <p>Repeat <u>15</u> times per set. Do <u>2</u> sets per session. Do <u>1</u> sessions per day.</p>