



Shevin Pollydore MD



SHOULDER - ISOMETRIC FLEXION

Gently push your fist forward into a wall with your elbow bent.

Repeat 10 Times

Hold 3 Seconds

Complete 2 Sets

Perform 2 Times a Day



SHOULDER - ISOMETRIC EXTENSION

Gently push your a bent elbow back into a wall.

Repeat 10 Times

Hold 3 Seconds

Complete 2 Sets

Perform 2 Times a Day



SHOULDER - ISOMETRIC INTERNAL ROTATION

Gently press your hand into a wall using the palm side of your hand. Maintain a bent elbow the entire time.

Repeat 10 Times

Hold 3 Seconds

Complete 2 Sets

Perform 2 Times a Day



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SHOULDER - ISOMETRIC EXTERNAL ROTATION

Gently press your hand into a wall using the back side of your hand. Maintain a bent elbow the entire time.

Repeat 10 Times
Complete 2 Sets

Hold 3 Seconds
Perform 2 Times a Day



Dynamic Shoulder External Rotation

Seat Scapula onto spine. Keep elbow bent at a 90 degree angle and close to the body. Begin side-stepping away from the doorway, creating tension in the resistance band. Hold and side-step back to doorway. Repeat.

Repeat 25 Times
Complete 1 Set

Hold 1 Second
Perform 2 Times a Day



ELASTIC BAND SHOULDER INTERNAL ROTATION - IR

While holding an elastic band at your side with your elbow bent, start with your hand away from your stomach, then pull the band towards your stomach. Keep your elbow near your side the entire time.

Repeat 25 Times
Complete 1 Set

Hold 1 Second
Perform 2 Times a Day



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Extension

First gently squeeze / set shoulder blades
Be in control going both directions

Stagger step forward a little with opposite foot
Reach out and pull backwards
Keep parallel or level to floor
Don't pull your elbow past your shoulder

Repeat 25 Times
Complete 1 Set

Hold 1 Second
Perform 2 Times a Day



Front Raise

Lift dumbbells forward to 90 deg thumbs up.

Repeat 12 Times
Complete 2 Sets

Hold 1 Second
Perform 2 Times a Day



Shoulder Scaption

Raise your arms upward at a 45 degree angle, as if asking for a hug (shape of a "V"). Keep thumbs up and shoulder blades down.

Repeat 12 Times
Complete 2 Sets

Hold 1 Second
Perform 2 Times a Day



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Standing Military Press

Start with dumbbells in front of shoulders at about eye level.

Lift straight up overhead.

Repeat 15 Times

Complete 2 Sets

Hold 1 Second

Perform 2 Times a Day