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# Shoulder Exercises - Theraband

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1. **Elbows in:** Forearms straight out in front of you with elbows touching your body. Keep elbows to the side and pull hands away from each other.
2. **Arms stretched out:** Arms straight out with elbows locked. Pull hands away from each other.
3. **Arms overhead:** Arms straight overhead. Pull hands away from each other.
4. **Arms behind the back:** Arms behind the back. Pull hands away from each other.
5. **Single arm curl:** Stand on one end of theraband. Hold other end with palm forward and pull up bending elbow.
6. **Single arm forward:** Stand on one end of theraband. Hold other end with palm toward your body. Move hand forward and up to approximately shoulder height.
7. **Single arm backward:** Stand on one end of theraband. Hold other end with palm toward your body. Move hand backward and up to approximately shoulder height.
8. **Single arm away from body:** Stand on one end of theraband. Hold other end with palm toward your body. Move hand away from body and up to approximately shoulder height.
9. **Face door:** Wrap one end **tightly** around a doorknob. Face the door and pull arm toward your body and down to side keeping arm straight. Repeat with other arm.
10. **Across the body:** Turn a quarter turn away from the door and pull theraband across your body keeping arm straight. Repeat with other arm.
11. **Face away from the door:** Turn another quarter turn facing away from the door. Pull arm to your side keeping arm straight. Repeat with other arm.
12. **Across the body:** Turn a quarter turn away from the door and pull theraband across your body keeping arm straight. Repeat with other arm.

Start out with 5-10 repetitions with each exercise and work up until you can do 30 repetitions comfortably. For increased resistance, change to a red theraband after reaching 30 repetitions with the yellow theraband.

If you have questions, please call or email me at [gbirdsley@msn.com](mailto:gbirdsley@msn.com).

Dr. Galen

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