



**OrthoWest**

Orthopedic & Sports Medicine  
Specialists

## SHOULDER RUBBER TUBING EXERCISES

### 1. Shoulder Flexion

- A. Stand with back against door and arms at side.
- B. Pull injured arm straight out in front of body.
- C. Repeat 10-30 times.



### 2. Shoulder Abduction

- A. Stand with good side against door and arms at side.
- B. Pull injured arm straight out to side.
- C. Repeat 10-30 times.



### 3. Shoulder Extension

- A. Stand facing door with arms at side.
- B. Pull arm straight back.
- C. Repeat 10-30 times.



### 4. Shoulder External Rotation

- A. Stand with good side to door, bend elbow to 90°.
- B. Keeping elbow at side, pull forearm out away from body.
- C. Repeat 10-30 times.



### 5. Shoulder Internal Rotation

- A. Stand with good side away from door, bend elbow to 90°.
- B. Keeping elbow at side, pull forearm in across body.
- C. Repeat 10-30 times.

