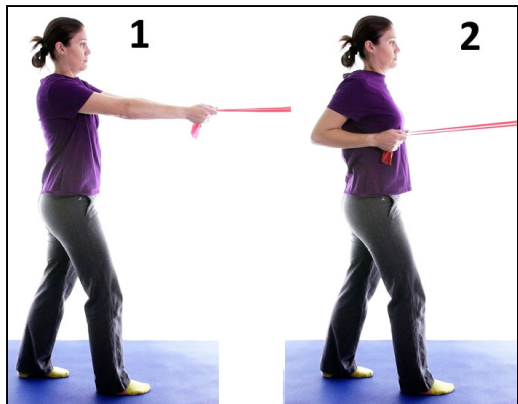




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Standing Rows with Resistive Band



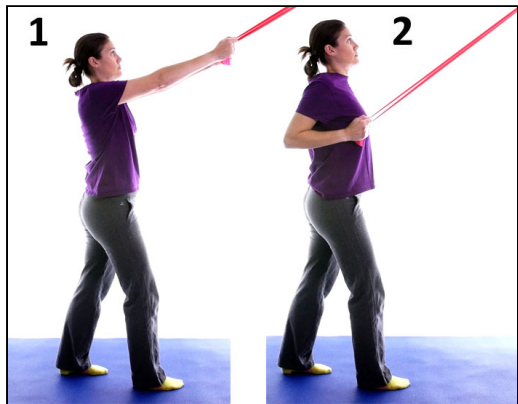
- 1. Anchor a band on a door or wall straight in front of you. Hold the band with your thumbs upward and your feet staggered to help keep your back straight
- 2. Pull the band in, keeping your elbow close to your sides and your shoulders down.

Reps: 10-15 | Sets: 2-3 | Hold Time: 1 - 2 seconds | How Often: 2-3 times per day

Video: <https://hepbuilder.com/wp-content/v.php?&y=NRosM0Qoq2o>



Rows at Upward Angle with Resistive Band



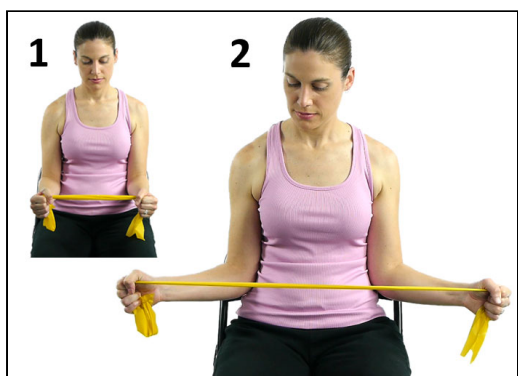
- 1. Anchor a band on a door or wall above shoulder height. Hold the band with your thumbs upward and your feet staggered to help keep your back straight
- 2. Pull the band down and in while keeping your elbows close to your sides and your shoulders down.

Reps: 10-15 | Sets: 2-3 | Hold Time: 1 - 2 seconds | How Often: 2-3 times per day

Video: <https://hepbuilder.com/wp-content/v.php?&y=yDacoJvBNw8>



Shoulder External Rotation with Resistive Band



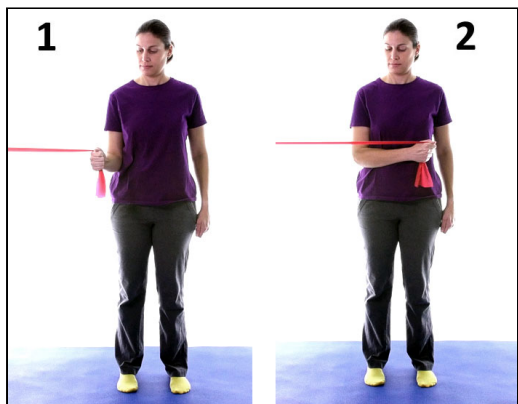
- 1. Hold a resistive band in front of you with your thumbs up. Bend your elbows to about a 90 degree angle, and keep your elbows by your side.
- 2. Keeping your wrists in a neutral position, pull the band outwards while keeping your elbows by your side. Slowly come back in.

Reps: 10-15 | Sets: 2-3 | Which Side: Both | Hold Time: 1-2 seconds | How Often: 2-3 times per day

Video: <https://hepbuilder.com/wp-content/v.php?&y=PwolIP1CUkE>



Shoulder Internal Rotation Standing with Resistive Band



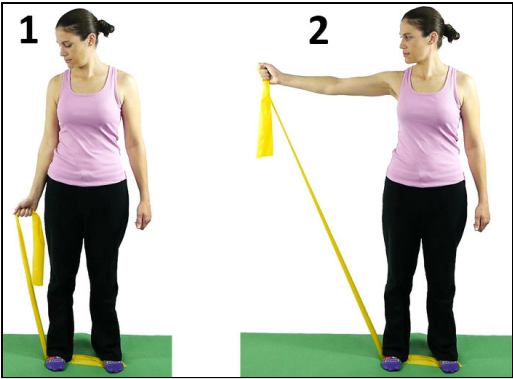
- 1. Anchor the band on a door or wall on the same side of the arm you are working. Bend your elbow to 90-degrees, keep your elbow by your side, and your thumb in an upward position. Start with your hand out in front of you at about 90-degrees.
- 2. Keeping your elbow by your side, pull the band in toward your stomach.

Reps: 10-15 | Sets: 2-3 | Hold Time: 1 - 2 seconds | How Often: 2-3 times per day

Video: <https://hepbuilder.com/wp-content/v.php?&y=xRH41kgJw-0>



Standing Shoulder Abduction with Resistive Band



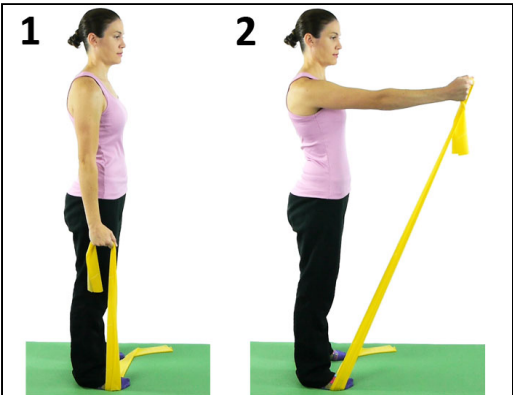
1. Anchor a band underneath your foot on the side you are working. Turn your palm facing forward and your thumb out away from your body.
2. Keeping your arm straight, pull your arm up and out to the side to about 90 degrees, and control it back down.

Reps: 10-15 | Sets: 2-3 | Which Side: Both | Hold Time: 1-2 seconds | How Often: 2-3 times per day

Video: <https://hepbuilder.com/wp-content/v.php?&y=-Bd0reIF4zM>



Standing Shoulder Flexion with Resistive Band



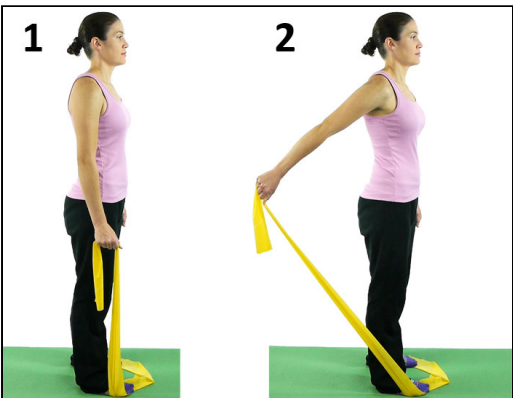
1. Anchor a band underneath your foot on the side you are working. Turn your palm inward and your thumb pointed forward.
2. Keeping your arm straight, pull your arm up to about 90 degrees, and control it back down.

Reps: 10-15 | Sets: 2-3 | Which Side: Both | Hold Time: 1-2 seconds | How Often: 2-3 times per day

Video: <https://hepbuilder.com/wp-content/v.php?&y=UC0DT1QjbLo>



Standing Shoulder Extension with Resistive Band



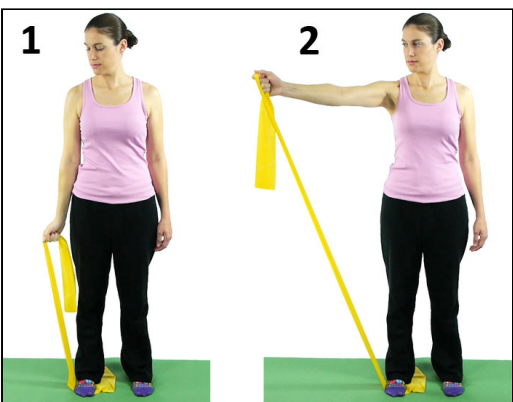
1. Anchor a band underneath your foot on the side you are working. Turn your fist in so your thumb is pointing forward.
2. Keeping your arm straight, pull your arm behind you to about 40 degrees, and control it back down.

Reps: 10-15 | Sets: 2-3 | Which Side: Both | Hold Time: 1-2 seconds | How Often: 2-3 times per day

Video: <https://hepbuilder.com/wp-content/v.php?&y=4G0w75k7AqY>



Standing Shoulder Scaption with Resistive Band



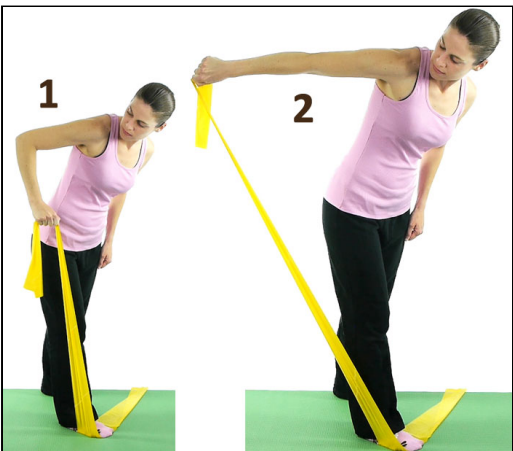
1. Anchor a band underneath your foot on the side you are working. Turn your palm facing forward and your thumb out away from your body.
2. Keeping your arm straight, lift your arm up (not straight to the front or out to the side, but about half way in between) to shoulder height, and control it back down.

Reps: 10-15 | Sets: 2-3 | Which Side: Both | Hold Time: 1-2 seconds | How Often: 2-3 times per day

Video: <https://hepbuilder.com/wp-content/v.php?&y=7h0PrYT6WQo>



Tricep Curls with Resistive Band Standing



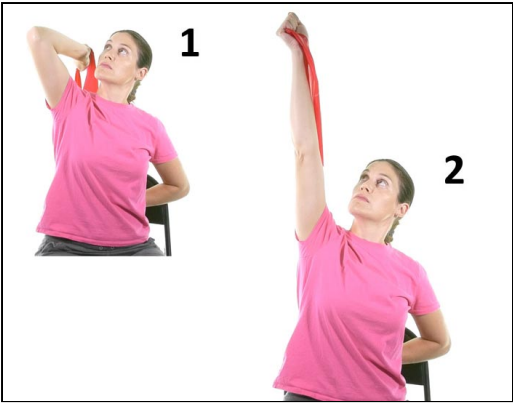
1. Standing up and slightly bent forward, take a resistive band and anchor it down with your foot. Hold the band in your hand and put your elbow out behind you.
2. Controlling the band, push the band behind you straightening your elbow, and control it back down.

Reps: 10-15 | Sets: 2-3 | Which Side: Both | Hold Time: 1-2 seconds | How Often: 2-3 times per day

Video: https://hepbuilder.com/wp-content/v.php?&y=E_Yq0R-Nf6k



Triceps Strengthening Above Head with a Band



1. With a resistive band in the hand of the side you want to strengthen, bring it above your head. Grab the band with the other hand behind your back for an anchor.
2. Push up with your top hand straightening your elbow, slowly come back down.

Reps: 10-15 | Sets: 2-3 | Which Side: Both | Hold Time: 2-3 seconds | How Often: 2-3 times per day

Video: https://hepbuilder.com/wp-content/v.php?&y=MX_4h38Krzo

scan for video



Serratus Punches with Resistive Band



1. Wrap a resistive band around your back below your shoulders. With your thumbs up, grab the ends of the band with both hands in front of you.
2. Keeping your elbows straight and locked out, punch/reach forward moving your shoulders and arms in one motion. Control the band back to the starting position.

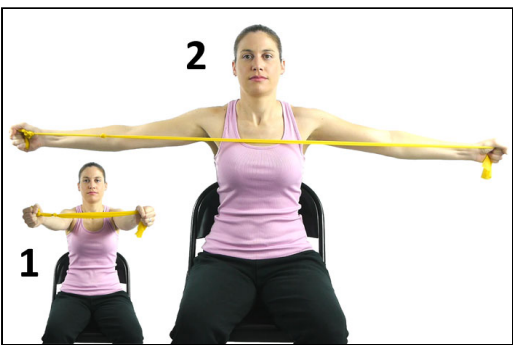
Reps: 10-15 | Sets: 2-3 | Which Side: Both | Hold Time: 1-2 seconds | How Often: 2-3 times per day

Video: <https://hepbuilder.com/wp-content/v.php?&y=DvvY-YTDdVQ>

scan for video



Shoulder Horizontal Abduction with Resistive Band



1. Hold your arms straight out in front of you with your elbows extended. Hold a resistive band in your hands with your thumbs up.
2. Keeping your arms straight, pull out to your sides and slowly come back in.

Reps: 10-15 | Sets: 2-3 | Which Side: Both | Hold Time: 1-2 seconds | How Often: 2-3 times per day

Video: <https://hepbuilder.com/wp-content/v.php?&y=Z0mh7tjbm0Y>

scan for video



Shoulder PNF Pattern D2 Resisted



1. Anchor a resistive band in your hand at your hip. Put your other fist with your thumb down across your body next to the anchored band like you are grabbing a sword.
2. Rotate your fist upward with your palm turning towards you, and bring it up and away. Reverse the direction, and slowly control the band back down.

Reps: 10-15 | Sets: 2-3 | Which Side: Both | Hold Time: 1-2 seconds | How Often: 2-3 times per day

Video: https://hepbuilder.com/wp-content/v.php?&y=_C-y-j5GiNs

scan for video



Disclaimer: These exercises were selected by your healthcare provider. To avoid injury, use caution when performing them. If you experience any pain or discomfort, stop the exercise and contact your healthcare provider.