

YUBA COLLEGE

ATHLETIC TRAINING PROGRAMS

SHOULDER STABILIZATION

The following is an introduction to basic shoulder strength and stabilization for uninjured individuals. Understand that there are multiple variations to all material presented. Any questions about progressions, variations, or any other information, please contact your Athletic Trainer.

POTENTIAL BENEFITS OF PROGRAM

- IMPROVED ATHLETIC PERFORMANCE/DECREASED RISK FOR INJURY-
- INCREASED UPPER BODY STRENGTH & STAMINA-

SHOULDER INTERNAL AND EXTERNAL ROTATION WITH THERA-BAND

Figure 1



Figure 2



Figure 3



Figure 4



First, secure a resistance band to wall at waist level. For internal rotation (Fig. 1) stand with involved side facing the wall. Bend elbow to 90 degrees, and, while maintaining good posture and upper arm fixed at side, rotate lower arm toward midsection of body, against resistance. Slowly return lower arm to starting position and repeat exercise. For external rotation (Fig. 2), have uninvolved side facing the wall. Bend elbow to 90 degrees, and, while maintaining good posture and upper arm fixed at side, rotate lower arm away from midsection of the body, against resistance. Slowly return lower arm to starting position and repeat exercise. *Variations: Abducted Internal (Fig. 3) and External Rotation (Fig. 4).*

STANDING ROWS WITH THERA-BAND

Figure 1



Figure 2



First, secure a resistance band to the wall at waist level. Begin by facing the wall and holding the resistance band in two hands. While maintaining good posture, pull arms equally away from the wall as seen in the pictures (Fig. 1: arms kept straight or Fig. 2: elbows bent). Focus on squeezing shoulder blades back and down as arms move back, and hold that position for 1-2 seconds. Slowly return to starting position and repeat exercise. **Head and neck should not strain forward. Keep neutral posture.** *Variations: Seated Rows, Bent-over Rows*

FRONT AND LATERAL DUMBBELL RAISES ON TABLE

Figure 1



Figure 2



Lay face-down on treatment table. Begin with arm hanging down and with an appropriate weighted dumbbell in hand. Squeeze shoulder blades back and down throughout entire exercise. Keeping arm straight, slowly raise arm up and to the front (Fig.1) for a front raise, or up and out to the side (Fig 2) for a lateral raise. Hold position for 1-2 seconds and slowly return to starting position and repeat exercise. *Variation: Bilateral Raises*

DYNAMIC (PNF) DIAGONAL MOVEMENTS WITH THERA-BAND

Figure 1A



Figure 1B



First, start with involved arm down at opposite hip. Grasp the end of the band with involved hand while stepping on the opposite end of the band with uninvolved foot for resistance (Fig. 1A). Focus eyes on involved hand throughout the entire exercise. While maintaining good posture, slowly bring arm up and out, against resistance, until arm and band are fully stretched (Fig. 1B) and then slowly return to starting position and repeat exercise. Next, start with the involved arm at the hip on the same side. Grasp the end of the band with involved hand while stepping on the opposite end of the band with the involved foot for resistance (Fig. 2A). Focus eyes on involved hand throughout the entire exercise. While maintaining good posture, slowly bring arm up and in, against resistance, until arm and band are fully stretched (Fig. 2B) and then slowly return to starting position and repeat exercise.

Figure 2A



Figure 2B



SHOULDER SELF-STRETCHES

Figure 1



Figure 2

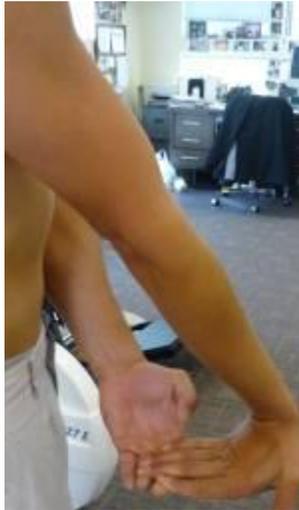


Figure 3



Figure 4



For the towel stretch, grasp the towel with the involved hand and reach that arm up and over (like scratching your back overhead). Bring the uninvolved arm down and behind your back in order to grab the loose end of the towel (Fig.1). While maintaining good posture, use the uninvolved hand to pull down on the towel in order to stretch involved side comfortably. For the second stretch, hold the involved side in front of you with palm up. With the uninvolved hand, and while keeping the arm straight, slowly bend hand and fingers back toward the opposite side of the wrist to stretch the forearm flexors comfortably (Fig. 2). For the third stretch, hold the involved side in front of you with palm down. With the uninvolved hand, and while keeping the arm straight, slowly bend the hand and fingers forward toward the opposite side of the wrist to stretch the forearm extensors comfortably (Fig. 3). For the last stretch, grab the inside of a door frame with the involved side (below shoulder level). While maintaining good posture, turn your body away from the door frame to comfortably stretch your chest muscles (Fig. 4). Hold each stretch for at least 20 seconds. Repeat as necessary.

ADVANCED SHOULDER EXERCISES INCLUDING PLYOMETRIC AND SPORT SPECIFIC ARE RECOMMENDED FOR CONTINUED PROGRESS AFTER A BASE OF STRENGTH HAS BEEN ESTABLISHED WITH THIS BASIC SHOULDER STABILIZATION PROGRAM

*** Any questions, concerns, or demonstrations contact Greg or Corey at (530) 741-6837 or visit us in the Athletic Training Room***