



Patient & Family Guide
2020

Shoulder Strengthening Exercises With Weights



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Shoulder Strengthening Exercises With Weights

The following exercises are designed to strengthen your shoulder using resistance with weights. Your physiotherapist will show you which exercises to do and how to do them correctly. When doing each exercise, remember to do the movement smoothly and not hold your breath. It is normal to experience muscle soreness after doing exercises. This should get better over time.

Plan to do these exercises _____ times a day.

Exercise 1

- Lie on your back. Hold the weight in the hand of your injured side.
- Keeping your elbow straight, slowly raise the weight.
- Hold for 5 seconds. Then slowly lower your arm back to your side.
- Repeat _____ times.



□ Exercise 2

- Lie with your injured side up. Hold the weight in the hand of your injured side.
- Keeping your elbow straight, raise your arm up to shoulder height.
- Hold for 5 seconds. Then slowly lower your arm back to your side.
- Repeat _____ times.



□ Exercise 3

- Lie with your injured side up. Hold the weight in the hand of your injured side.
- Keep your elbow bent at 90 degrees. Lift the weight towards the ceiling, **keeping your elbow tucked into your side.**
- Hold for 5 seconds. Then slowly lower your arm back down. Do not roll your shoulder backwards.
- Repeat _____ times.



□ Exercise 4

- Lie with your injured side down. Hold the weight in the hand of your injured side.
- Keep your elbow bent at 90 degrees. Lift the weight up towards your stomach, **keeping your elbow tucked into your side.**
- Hold for 5 seconds. Then slowly lower your arm back down.
- Repeat _____ times.



□ Exercise 5

- Lie on your back. Hold the weight in the hand of your injured side.
- Keep your elbow bent at 90 degrees. Slowly lower the weight towards the floor, **keeping your elbow tucked into your side.**
- Hold for 5 seconds. Then slowly bring your arm back to the starting position.
- Repeat _____ times.



□ Exercise 6

- Lie on your back. Hold the weight in the hand of your injured side.
- Keep your elbow bent at 90 degrees. Raise your arm to shoulder height.
- Hold for 5 seconds.
- Slowly let the weight lower your hand/forearm backwards until you feel a good stretch across the front of your shoulder. Then slowly bring your arm back to the starting position.
- Repeat _____ times.



□ Exercise 7

- Lie on your back. Hold the weight in the hand of your injured side.
- **Keeping your elbow straight**, raise your arm up to shoulder height.
- Raise the weight straight up towards the ceiling, lifting your shoulder a few inches off the bed.
- Hold for 5 seconds. Then slowly bring your shoulder back onto the bed.
- Repeat _____ times.



□ Exercise 8

- Hold the weight in the hand of your injured side, with your arm at your side.
- Keeping your elbow straight, raise your arm up in front of you as far as you can.
- Hold for 5 seconds. Then slowly lower your arm back down.
- Repeat _____ times.



□ Exercise 9

- Hold the weight in the hand of your injured side, with your arm at your side.
- Raise your arm out to the side and overhead as far as you can, **without raising your injured shoulder.**
- Hold for 5 seconds. Then slowly lower your arm back down.
- Repeat _____ times.



□ Exercise 10

- Hold the weight in the hand of your injured side, with your arm at your side and your thumb turned inward (like you are emptying a bottle of water).
- Raise your arm up and slightly forward to just below shoulder height.
- Hold for 5 seconds. Then slowly lower your arm back down.
- Repeat _____ times.



□ Exercise 11

- Hold the weight in the hand of your injured side, with your arm at your side.
- Slowly raise your arm up behind you.
- Hold for 5 seconds. Then slowly lower your arm back down.
- Repeat _____ times.



□ **Exercise 12**

- Lie on your stomach. Hold the weight in the hand of your injured side.
- Move your arm out to the side, with your elbow bent and the crease of your elbow over the edge of the bed.
- Keeping your elbow bent at 90 degrees, raise the weight upwards as far as you can. Hold for 5 seconds. Then slowly bring your arm back to the starting position.
- Repeat _____ times.



□ **Exercise 13**

- Lie on your stomach in the same position as above.
- Keeping your elbow bent at 90 degrees, raise your arm up and back by raising your palm towards the ceiling. Hold for 5 seconds. Then slowly bring your arm back to the starting position. Repeat _____ times.



□ Exercise 14

- Lie on the floor or a bed on your stomach.
- Place a small rolled towel under your forehead.
- Hold a small weight in each hand. Turn your hands so your thumbs are pointing up.
- Keep your arms out to the side at 90 degrees.
- Raise your arms a few inches, squeezing your shoulder blades together.
- **Do not lift your shoulders toward your ears.**
- Hold for 5 seconds.
- Repeat _____ times.



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The information in this pamphlet is to be updated every 3 years or as needed.