



Patient & Family Guide
2021

Shoulder Strengthening Exercises With Tubing



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Shoulder Strengthening Exercises With Tubing

The following exercises are designed to strengthen your shoulder using resistance with tubing. Your physiotherapist will show you which exercises to do and how to do them correctly.

- For all of the exercises, start by standing or sitting with your back straight and your shoulders back and down.
- When doing each exercise, remember to do the movement smoothly and **do 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.

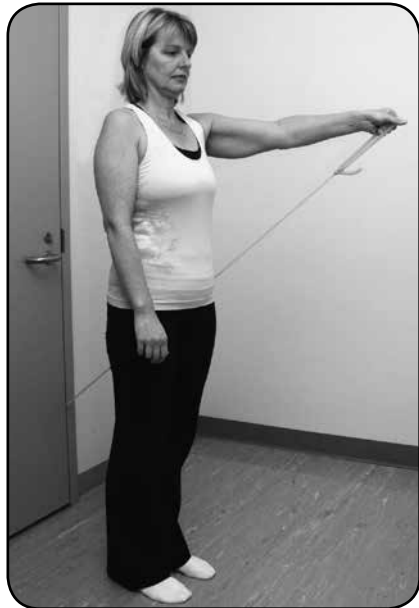
To anchor tubing through a closed door:

Tie a knot at the end of the tubing, then close the door with the knot on the opposite side.

□ Exercise 1

Flexion

- Anchor tubing through a closed door about one foot from the floor.
- Hold the tubing in the hand of your affected side.
- Keeping your elbow straight and your thumb pointing towards the ceiling.
- Raise your arm out in front of you as far as you can.
- Hold for 5 seconds. Then slowly bring your arm back to the starting position.
- Repeat _____ times.



□ Exercise 2

Abduction

- Anchor tubing through a closed door about one foot from the floor.
- Hold the tubing in the hand of your affected side.
- Keep your elbow straight and your thumb pointing towards the ceiling.
- Raise your arm out to the side to shoulder height.
- Hold for 5 seconds. Then slowly bring your arm back to the starting position.
- Repeat _____ times.



□ Exercise 3

Extension

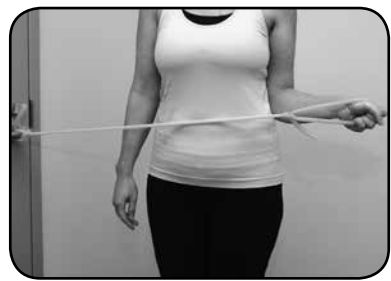
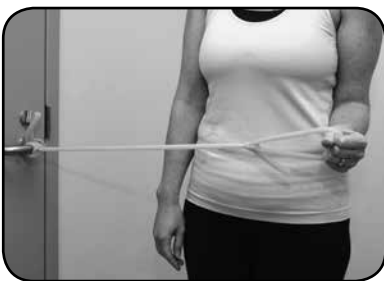
- Anchor tubing through a closed door in front of you.
- Hold the tubing in the hand of your affected side.
- Keeping your elbow straight, pull the tubing down and behind you.
- Hold for 5 seconds. Then slowly bring your arm back to the starting position.
- Repeat _____ times.



□ Exercise 4

External rotation

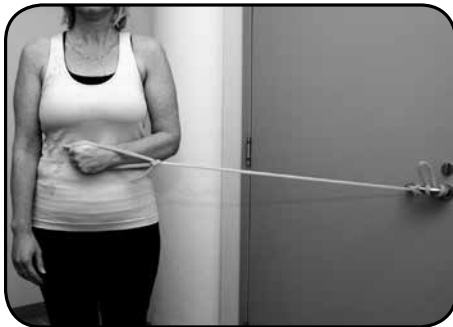
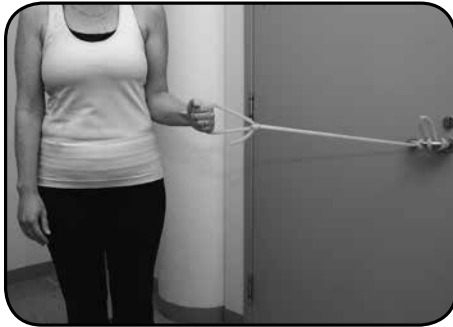
- Anchor tubing through a closed door.
- Stand with your non-affected side next to the door.
- Hold the tubing in the hand of your affected side.
- Bend your elbow to 90 degrees.
- Keep your elbow tucked in by your side and your wrist straight.
- Pull the tubing outwards away from your body.
- Hold for 5 seconds. Then slowly bring your arm back to the starting position.
- Repeat _____ times.



□ Exercise 5

Internal rotation

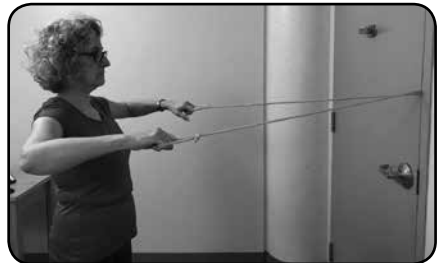
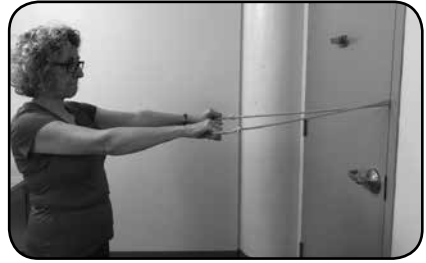
- Anchor tubing through a closed door.
- Stand with your affected side next to the door.
- Hold the tubing in the hand of your affected side.
- Bend your elbow to 90 degrees.
- Keep your elbow tucked in by your side and your wrist straight.
- Pull the tubing towards your stomach.
- Hold for 5 seconds. Then slowly bring your arm back to the starting position.
- Repeat _____ times.



□ Exercise 6

Standing row

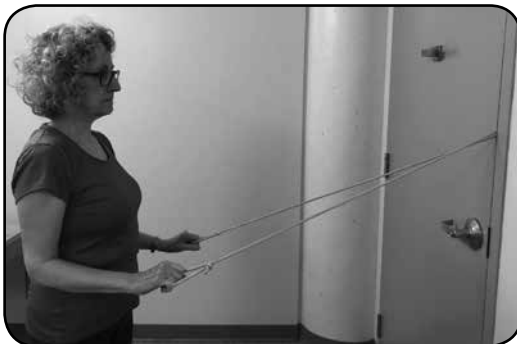
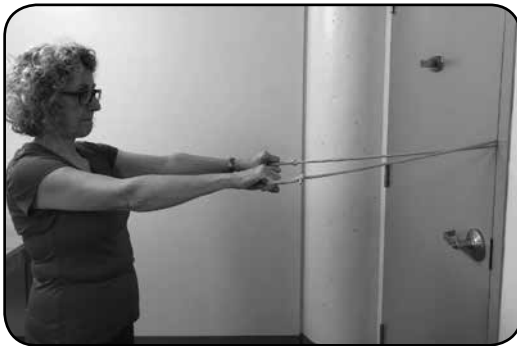
- Anchor tubing through a closed door at shoulder height.
- Stand facing the door. Hold the tubing in both hands at shoulder height. Keep both arms straight and palms facing the floor.
- Pull your shoulder blades together as you pull your elbows back toward your shoulders.
- Only bend your elbows to 90 degrees — **do not let them go behind your shoulders.**
- Hold for 5 seconds. Then slowly bring your arms back to the starting position.
- Repeat _____ times.



□ Exercise 7

Standing row with elbows at side

- Anchor tubing through a closed door at shoulder height.
- Stand facing the door. Hold the tubing in both hands at shoulder height. Keep both arms straight and palms facing the floor.
- Pull your shoulder blades together as you pull your elbows back and down towards your sides.
- Hold for 5 seconds. Then slowly bring your arms back to the starting position.
- Repeat _____ times.



□ Exercise 8

Mid-back

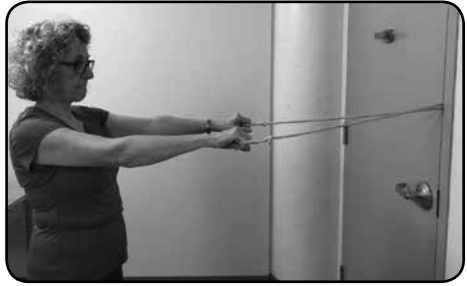
- Anchor tubing through a closed door at shoulder height.
- Stand facing the door. Hold the tubing in both hands at shoulder height.
- Keep both arms straight and palms facing each other, with thumbs pointing up.
- Pull your shoulder blades together as you pull your straight arms backwards towards your shoulders.
- Hold for 5 seconds. Then slowly bring your arms back to the starting position.
- Repeat _____ times.



□ Exercise 9

2-arm extension

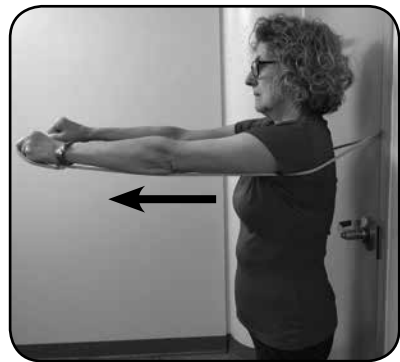
- Anchor tubing through a closed door at shoulder height.
- Stand facing the door. Hold the tubing in both hands at shoulder height. Keep both arms straight and palms facing the floor.
- Pull your shoulder blades together as you pull your straight arms downwards towards your hips.
- Hold for 5 seconds. Then slowly bring your arms back to the starting position.
- Repeat _____ times.



□ Exercise 10

Forward punch

- Anchor tubing through a closed door at shoulder height.
- Stand facing away from the door. Hold the tubing in both hands at shoulder height. Keep both arms straight and palms facing the floor.
- Reach forward with both arms, rounding your shoulders.
- Hold for 5 seconds. Then slowly bring your arms back to the starting position.
- Repeat _____ times.



□ Exercise 11

Sitting external rotation

- Anchor tubing through a closed door in front of you.
- Sit in a chair with your affected arm out to the side and resting on a table slightly below shoulder height. Use pillows to support your arm.
- Hold the tubing in the hand of your affected side with your palm facing down.
- Keeping your elbow bent at 90 degrees and resting on the table, pull the tubing up.
- Hold for 5 seconds. Then slowly bring your arm back to the starting position.
- Repeat _____ times.



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For more information, go to <http://library.novascotia.ca>

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Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

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