

Active Health Solutions

Shoulder Tubing Exercises



For the following exercises, the tubing should be firmly anchored around an immovable object or doorframe. Always use the tension (color tubing) recommended by the doctor.

Stand straight and tall with the belly button pulled in to the spine, the shoulders relaxed and pulled down and back, and your head/chin gently pulled back.



Resisted Adduction

Hold tubing in hand, arm out, thumb up. Pull arm into the body, rotating the thumb to a downward facing position, toward the back pocket of the same hip. Keep hips facing forward and do not twist or rotate trunk.

Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.



Resisted Internal Rotation

Hold tubing in hand, with thumb facing up and elbow bent at 90 degrees. Place rolled up towel underneath the elbow and hold in place. Pull the band from about 45 degrees outside of the hip across to the midline of the body.

Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.



Resisted External Rotation

Hold tubing in hand, with thumb facing up and elbow bent at 90 degrees. Place rolled up towel underneath the elbow and hold in place. Pull the band from the midline of the body (belly button) to about 45 degrees past the hip (away from the midline).

Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.



Resisted Extension

Hold tubing in hand, arm forward, palm facing down. Pull arm toward the body. Do not pull past the hip. Keep elbow straight.

Repeat _____ times per set.

Do _____ sets per session.

Do _____ sessions per day.



Bicep Curls

Fold tubing in half and stand on the crease with one foot. Hold the tube with palms facing up. Starting at the thigh, pull knuckles up and toward the shoulder. Keep elbow firmly in place at the side.

Repeat _____ times per set.

Do _____ sets per session.

Do _____ sessions per day.