

Active Health Solutions

Shoulder Strengthening: Buchberger 12 Exercises



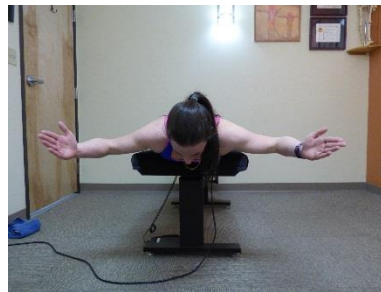
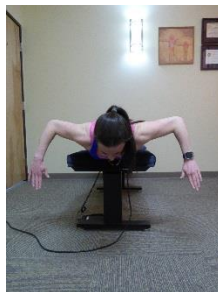
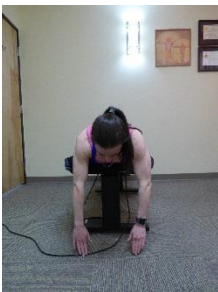
1.) Side Lying Abduction

Keep thumb pointing forward. Arm should be out at a 45 degree angle. Lift arm only to knee height. Reverse slowly, resisting against gravity.



2.) Push Up Plus

Stay in a plank position with your hands either on the floor or an unstable surface such as a BOSU or stability ball. Keep body straight and do not let the back/pelvis drop. Round back, as if pulling the shoulder blades apart. Retract shoulder blades, as if to pinch together in the center.



3.) Field Goal

Start with palms facing toward you. Pinch shoulder blades together (retract) maintain this throughout the exercise. Then bend elbows until 90 degrees. Turn palms inwards and lift arms up until parallel with body. Slowly reverse steps.



4.) Concentric/Eccentric

Side lying, start with elbow tucked in, shoulder blades retracted. Rotate arm backward with thumb up, like a hitch hiker. Slowly extend elbow & press upwards for external rotation. Slowly bring arm across chest, rotating thumb toward the floor for 5 seconds. Reset. Keep shoulder blades retracted.



5.) Empty Can

Start lifting arms 45° out from body with thumbs down. Halfway up, start spinning thumbs upwards. Continue lifting arms until 90° and point thumbs back.



6.) Elbow Flex & Pronation/Supination

Start with arm extended, and using a resistance band or hand weight, flex elbow, bringing the hand toward the head with fist turned away from face (brachialis). Return to the starting position. Repeat with the fist turned towards the face (biceps).



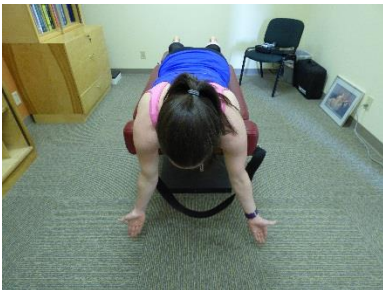
7.) Subscapularis Pull (Internal Rotation)

Hold with arm extended out and thumb pointing up. Pull hand behind as if to touch thumb to opposite shoulder blade.



8.) External Rotation With Subscapular Retraction

Keep a towel tucked underneath the arm throughout exercise. Rotate arm from opposite side to outside of body. Squeeze shoulder blade together at the end.



9.) Bilateral Backburn

Lie with arm hanging off bed or stability ball with palms facing forward. Slowly raise arms out to side (elbows fully extended) by squeezing shoulder blades together.



10.) Standing 3-Way

Begin with weights or resistance band in hands by side. Keep shoulders relaxed, down and back. Lift arms to about shoulder height in each of the 3 positions.

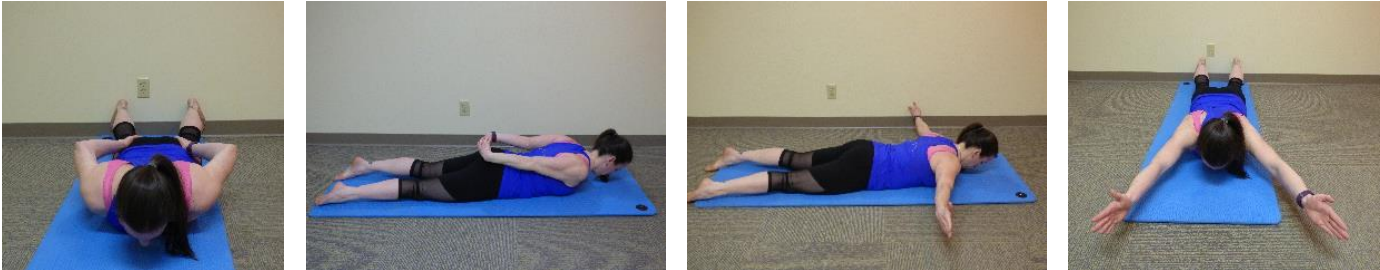
- 1) Straight in front
- 2) 45 degrees from body
- 3) Straight to side

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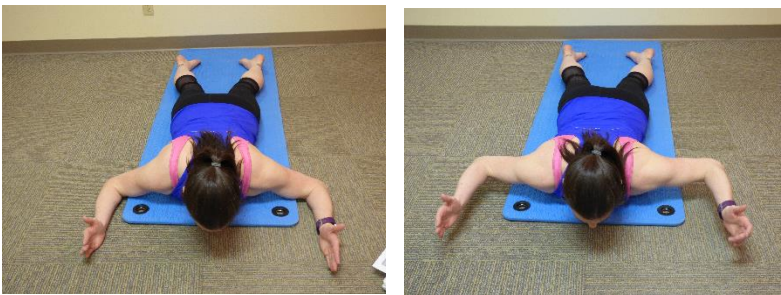


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11.) Dynamic Backburn

Place hands on buttocks and retract shoulder blades. Reach hands towards feet (keep hands together) to depress shoulder blades. Release hands; bring arms out to side. At 90 degrees turn thumbs up and continue until 100 degrees. Reverse motions.



12.) Scapular Retraction End Range

Face down with shoulders and elbows at 90 degrees, retract shoulder blades without lifting forearms. Maintain retractions and lift elbows and thumbs up towards ceiling. Hold.