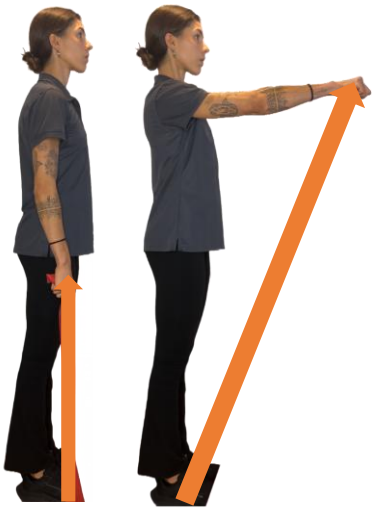
RESISTANCE BAND SHOULDER EXERCISES

Perform 10-15 reps, 1-2 sets.

Front raise

Stand on the resistance band. Raise your arm out in front of you, pause, then slowly lower.



Lateral raise

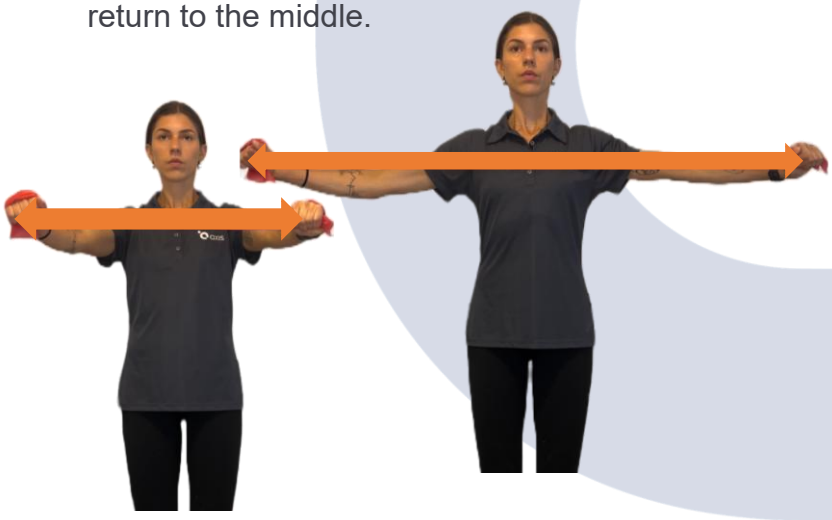
Stand on the resistance band. Raise your arm out to the side of you, pause, then slowly lower.

Shrugs

Stand on the resistance band. Shrug your shoulder up towards your ear, pause, then slowly lower.

Reverse flies

Hold the resistance band out in front in both hands. Pull the band apart, pause, then slowly return to the middle.



These exercises should not cause significant discomfort or pain, if they do, please seek advice from a Physiotherapist.