



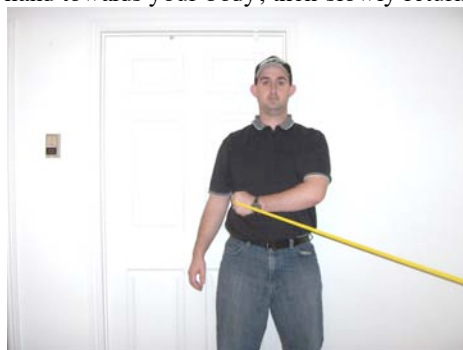
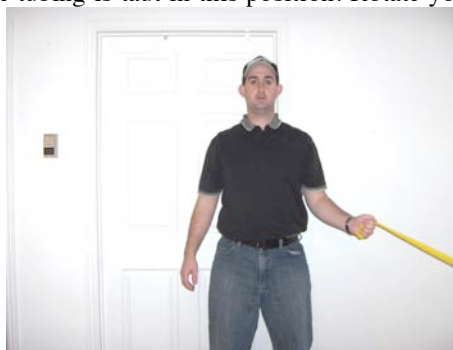
**ROSENBERG COOLEY METCALF**  
THE ORTHOPEDIC CLINIC AT PARK CITY  
www.rcmclinic.com  
**Michael H. Metcalf, M.D.**  
**Shoulder Strengthening Program**

**Progression**  
Yellow Band = Easy  
Red Band = Medium  
Green Band = Hard

**Perform 2 sets of 20 repetitions**, band resistance is based on your strength and tolerance of the exercises. These exercises should only be performed **2-3 times per week**, allowing at least one day of rest in between.

- Tie a knot in one end of the theraband and place the knot between a door and its door jamb to secure the theraband in the door or tie the theraband to a stable object
- Resistance may be adjusted by sliding closer to or further from the anchored portion of the theraband or by changing to a higher resistance band (see text box above)

**Internal Rotation:** With your elbow at your side and bent 90 degrees, begin with your hand turned outwards. Stand far enough away from the door that the tubing is taut in this position. Rotate your hand towards your body, then slowly return to the starting position.



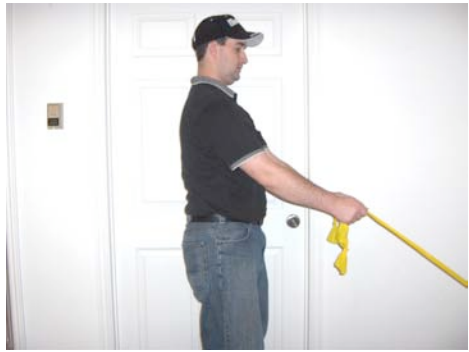
**External Rotation:** Opposite of internal rotation. Begin with your hand on your stomach and rotate your hand outwards. Slowly return to the starting position.



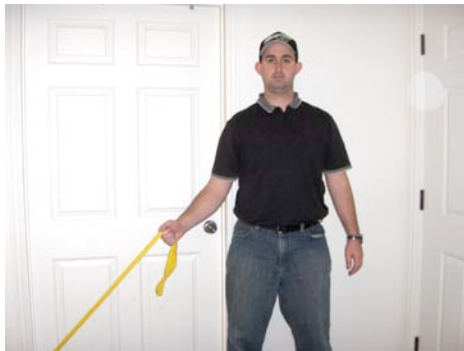
**Forward Elevation:** Beginning with your arm at your side, keep your elbow straight and raise your arm forward. Return to the starting position. For less resistance, try beginning with your elbow bent and “punching” forward instead of raising your arm with the elbow straight.



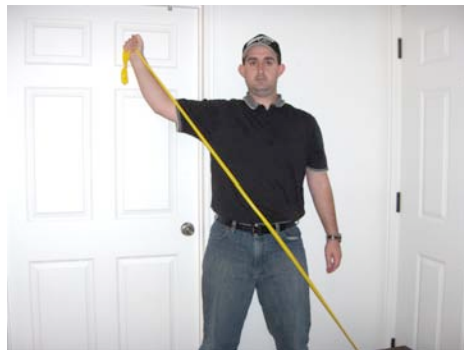
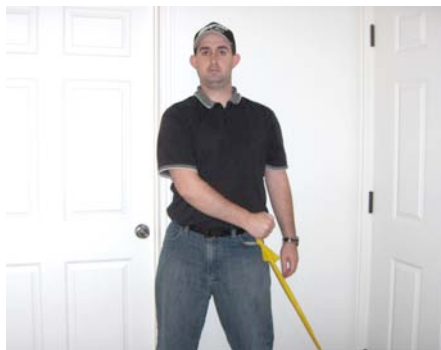
**Horizontal Row:** Holding both ends of the Theraband in front of you, pull back as if you were rowing a boat, pinching your shoulder blades together throughout the movement. Slowly return to the starting position.



**Diagonals 1:** Begin with your arm out to your side. Then raise your arm up and across your body. Slowly return to the beginning position.



**Diagonals 2:** Begin with your hand at your opposite hip. Then raise your arm up and away from your body. Slowly return to the beginning position.



Please check our website for updates: <http://www.rcmclinic.com> and other orthopedic information

