



# COMPREHENSIVE SPINE CENTER

— OF DALLAS —

For more information, visit [WWW.DALLASSPINE.COM](http://WWW.DALLASSPINE.COM) (Physical Therapy Tab).

## SHOULDER ELASTIC BAND



### ELASTIC BAND ROWS

Holding elastic band with both hands, draw back the band as you bend your elbows. Keep your elbows near the side of your body.

Repeat 10 Times  
Complete 3 Sets

Hold 5 Seconds  
Perform 2 Times a Day



### ELASTIC BAND SHOULDER EXTERNAL ROTATION - ER

While holding an elastic band at your side with your elbow bent, start with your hand near your stomach and then pull the band away. Keep your elbow at your side the entire time.

Repeat 10 Times  
Complete 2 Sets

Hold 5 Seconds  
Perform 2 Times a Day



### ELASTIC BAND SHOULDER INTERNAL ROTATION - IR

While holding an elastic band at your side with your elbow bent, start with your hand away from your stomach, then pull the band towards your stomach. Keep your elbow near your side the entire time.

Repeat 10 Times  
Complete 2 Sets

Hold 5 Seconds  
Perform 2 Times a Day



### ELASTIC BAND BILATERAL HORIZONTAL ABDUCTION

While holding an elastic band with your elbows straight and in front of your body, pull your arms apart and towards the side.

Repeat 10 Times  
Complete 2 Sets

Hold 10 Seconds  
Perform 2 Times a Day



### ELASTIC BAND BILATERAL EXTERNAL ROTATION - ER

While holding an elastic band with your elbows bent, pull your hands away from your stomach area. Keep your elbows near the side of your body.

Repeat 10 Times  
Complete 2 Sets

Hold 10 Seconds  
Perform 2 Times a Day





### Scapular Retraction with External Rotation

Sit or Standing holding a theraband in your hands, palms facing up. Keep your elbows pulled in at your sides and squeeze your shoulder blades back and together, allowing your arms to rotate out to the side.

Repeat 10 Times

Complete 2 Sets

Hold 5 Seconds

Perform 2 Times a Day