

## SHOULDER STRENGTHENING YOUR KINISIO THERAPY PROGRAM

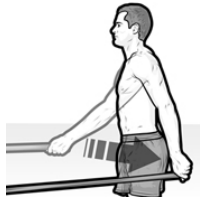


### RESISTANCE BAND STANDING ROW

Stand with good posture in a staggered stance holding the ends of the resistance band (1). Using only the arms, pull the band keeping your elbows tucked in next to your body. Ensure the movement is smooth throughout (2). Return to the start position and repeat.

SETS & REPS: 3 x 8

FREQUENCY: 4-5 x week

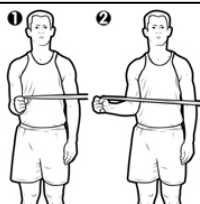


### RESISTANCE BAND EXTENSION

Hold the resistance band with both hands in front. Keeping your elbows straight, pull your arms backwards as far as you can. Ensure your shoulders do not rotate forwards. Return to the start position. Repeat.

SETS & REPS: 3 x 8

FREQUENCY: 4-5 x week

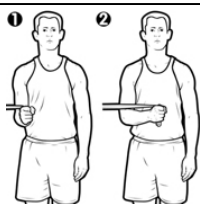


### RESISTANCE BAND EXTERNAL ROTATION (INNER RANGE)

Hold the resistance band with your thumb upwards, elbow at your side and bent to 90° (1). Rotate your forearm outwards as far as you can (2). Return to the start position and repeat.

SETS & REPS: 3 x 8

FREQUENCY: 4-5 x week

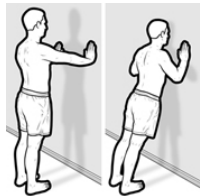


### RESISTANCE BAND INTERNAL ROTATION (INNER RANGE)

Hold the resistance band with your thumb upwards, elbow at your side and bent to 90° (1). Rotate your forearm across your body to a 45° angle (2). Return to the start position and repeat.

SETS & REPS: 3 x 8

FREQUENCY: 4-5 x week

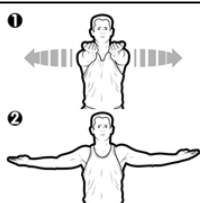


### WALL PRESS-UP

Standing, lean forwards placing your hands on a wall just wider than your shoulders with elbows straight (1). Ensure your lower back remains in 'neutral'. Then perform a press-up, bending only from the elbows and lower your body towards the wall (2). Push back to the start and repeat.

SETS & REPS: 3 x 8

FREQUENCY: 4-5 x week

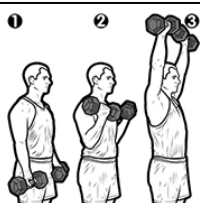


### Y-T-W-L SHOULDER MATRIX: T

Start with your arms in front of you at shoulder-height, your elbows straight, palms facing one-another and your shoulder blades pulled 'back and down' (1). Abduct your arms out to the side to form a T-shape with your body (2). Keep your shoulder blades stabilized throughout the exercise. Return to the start position and repeat.

SETS & REPS: 3 x 8

FREQUENCY: 4-5 x week



### DUMBBELL CURL & PRESS

Standing with good posture, holding two dumbbells by your side (1), curl them up towards your shoulder while keeping your elbows fixed to your sides (2). Then press up your hands towards the ceiling as high as you can (3). Slowly lower the dumbbells back to position (2) and then return to the start position (1) by slowly straightening your elbows. Repeat.

SETS & REPS: 3 x 8

FREQUENCY: 4-5 x week