

## Accessory Exercises

### Banded External rotation

- Ensure shoulder blades set flat
- No shoulder pain, elbows can come up higher to make exercise more challenging
- Reps of 20 x 3 sets.

### Banded Overhead press

- Push out against band whole way
- Set shoulder blades flat and lift up through shoulder blades
- No pain / can add small weight to increase load
- Reps 20 x 3 sets

### Banded shoulder abduction

- Set shoulder blades
- Only come up to 90 deg or in line with shoulder
- Don't let shoulder hitch up
- Reps of 15-20 3 sets

### Banded WY to streamline on swiss ball

- If no swiss ball can do on ground or hand off bed/ chair
- Set shoulder blades flat
- Only lift chest off the ball a very small amount.

### Scapula Retraction Exercises

- There are 4 different heights the higher the harder
- Ensure shoulder blades and flat and across not down
- Pull back and pulse for 20 sec rep x 3 times each height

### Single arm scull on ball

- Set shoulders and lift off the ball very small amount
- Ensure shoulder set during exercise
- Make sure do equal amounts on each side