



Centers for  
Orthopaedics  
*Experience in Motion*

33 Sewall Street  
Portland, ME 04102  
(207) 828-2100

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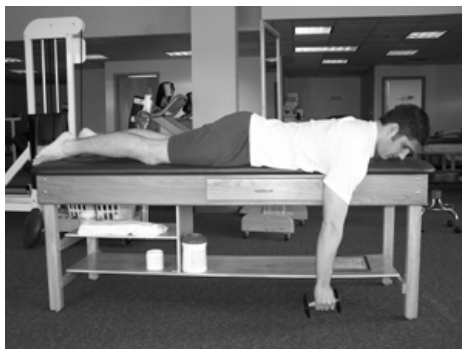
## UPPER EXTREMITY STRENGTHENING EXERCISES



### Prone extension

Lying on your stomach or bent over with your arm hanging down, pull back on your shoulder blade like you are pulling it to your opposite hip pocket. Maintain this position while you lift your straight arm up to the level of your hip and then lower.

Reps \_\_\_\_\_ Sets \_\_\_\_\_ Tempo \_\_\_\_\_



### Prone row

Lying on your stomach or bent over with your arm hanging down, pull back on your shoulder blade like you are pulling it to your opposite hip pocket. Maintain this position while you lift your bent elbow towards the ceiling and then lower.

Reps \_\_\_\_\_ Sets \_\_\_\_\_ Tempo \_\_\_\_\_



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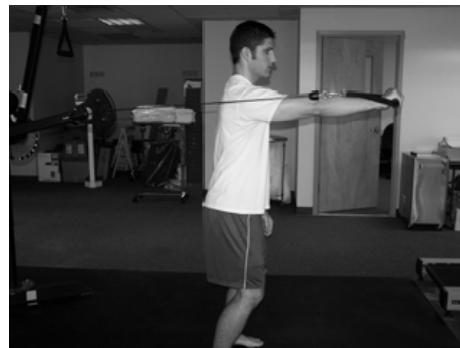
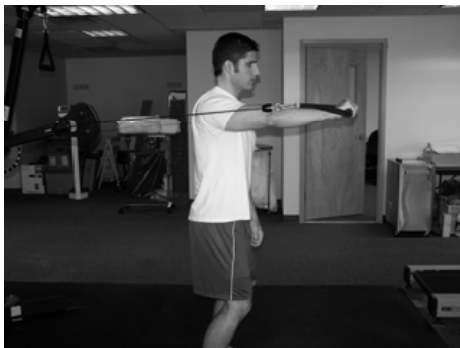
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### **Shoulder blade push-up**

On the ground either on your knees or on your toes with your hands in push-up position. Pinch your shoulder blades together and then round out your back while focusing on the muscles between the shoulder blades and not tightening up into the neck.

**Reps** \_\_\_\_\_ **Sets** \_\_\_\_\_ **Tempo** \_\_\_\_\_



### **Serratus press**

Stand and face away from a cable pulley or theraband and hold it in your hand out at shoulder height. Keeping your arm straight, press your shoulder blade forward and then back while keeping tension out of your neck muscles.

**Reps** \_\_\_\_\_ **Sets** \_\_\_\_\_ **Tempo** \_\_\_\_\_



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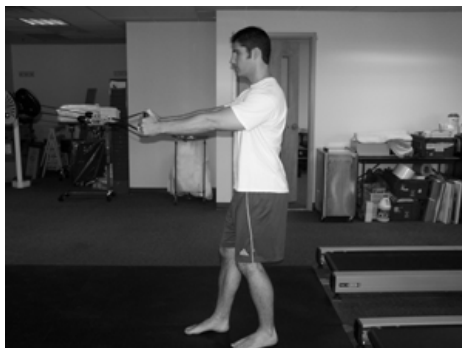
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### **Standing pull downs**

Stand facing a cable pulley or theraband and hold it with both hands. Pull back on your shoulder blades and maintain this position while you lower your arms to your side and then back up.

**Reps** \_\_\_\_\_ **Sets** \_\_\_\_\_ **Tempo** \_\_\_\_\_



### **Standing rows**

Stand facing a cable pulley or theraband and hold it with both hands. Pull back on your shoulder blades and maintain this position while you pull the band towards you with both hands. Try not to let the elbows go much past the plane of the body. Progress to performing while

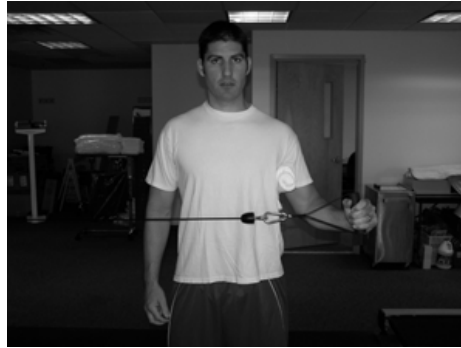
**Reps** \_\_\_\_\_ **Sets** \_\_\_\_\_ **Tempo** \_\_\_\_\_



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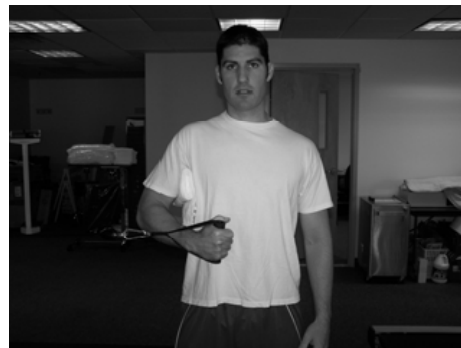
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### **External rotation**

Standing with your side to a cable pulley or theraband, elbow bent 90 degrees and a towel roll under your arm. Pull back on shoulder blade and rotate arm out to the side in a pain-free range of motion and then back while maintaining good shoulder blade retraction.

**Reps** \_\_\_\_\_ **Sets** \_\_\_\_\_ **Tempo** \_\_\_\_\_



### **Internal rotation**

Standing with your side to a cable pulley or theraband, elbow bent 90 degrees and a towel roll under your arm. Pull back on shoulder blade and rotate the arm inward towards the body and then back while maintaining good shoulder blade retraction.

**Reps** \_\_\_\_\_ **Sets** \_\_\_\_\_ **Tempo** \_\_\_\_\_



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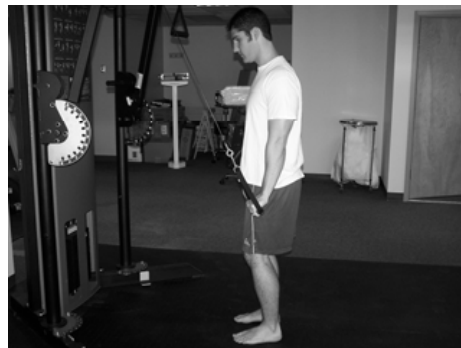
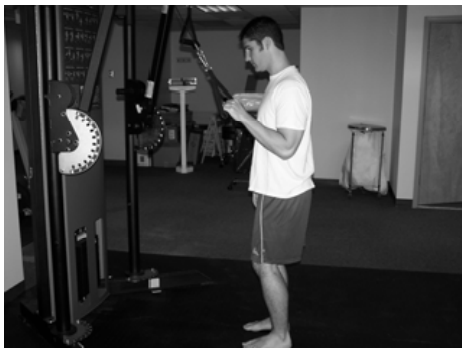
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### **Bicep curl**

Standing and hold either a hand weight, cable pulley, or theraband in your hand with your palm facing up. Bend your elbow and lift the weight while maintaining good shoulder blade position and tight abdominals, then lower back to starting position.

**Reps** \_\_\_\_\_ **Sets** \_\_\_\_\_ **Tempo** \_\_\_\_\_



### **Triceps press**

Standing facing a cable pulley or theraband and holding it with both hands with elbows bent. Pull back on shoulder blades and extend arms and then back up to bent position.

**Reps** \_\_\_\_\_ **Sets** \_\_\_\_\_ **Tempo** \_\_\_\_\_



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### Scaption lifts

Stand with arms at your sides and your thumbs pointed out about 45 degrees. Pull back on your shoulder blades and lift your arms out at an angle in a painfree range of motion and as high as you can without hiking shoulder.

Reps \_\_\_\_\_ Sets \_\_\_\_\_ Tempo \_\_\_\_\_



### Seated 90-90 external rotation

Sit with your elbow bent 90 degrees and supported out to the side at shoulder height or just below shoulder height. Pull back on shoulder blade and rotate the arm while maintaining the 90 degree bend of the elbow.

Reps \_\_\_\_\_ Sets \_\_\_\_\_ Tempo \_\_\_\_\_