



Treatment and Prevention of Shoulder Injuries

Many shoulder injuries can be prevented and/or treated by performing exercises that strengthen the rotator cuff. These are small muscles that stabilize the shoulder and hold the joint in proper alignment. When the rotator cuff muscles are weak the shoulder joint capsule can become inflamed leading to symptoms such as pain when the arms are extended over the head, the feeling of the joint “sticking” during exercise, and pain during certain movements. The following strength routine should be performed three times each week to improve and maintain the health of the shoulder joint.

Equipment Required

Resistance Band



OR

Thera Band/Tubing





Austin Public Safety Wellness Center

517 S. Pleasant Valley Rd. Austin, TX 78741 (512) 974-0200 phone / (512) 974-0222 fax



Shoulder Internal Rotation (Three rounds of 10 reps per arm)



Starting Position



Ending Position

Shoulder External Rotation (Three rounds of 10 reps per arm)



Starting Position



Ending Position

Band Pull-a-Parts (Two rounds of 20 reps)



Starting Position



Ending Position

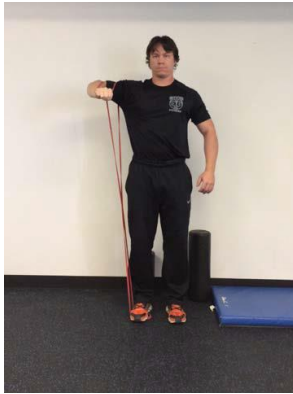


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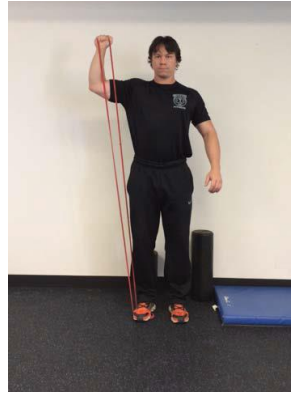
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Vertical Shoulder Internal/External Rotation



Starting Position

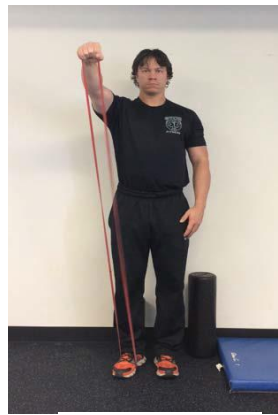


Ending Position

Band Front Raises (two sets of 15 reps each side)



Starting Position



Ending Position

Band Lateral Raises (two sets of 15 reps each side)



Starting Position



Ending Position