

Physiotherapy Department

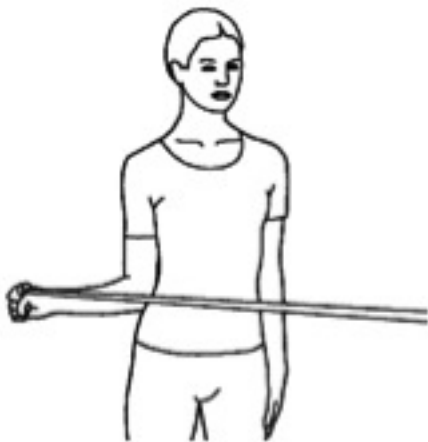
Theraband shoulder strengthening

Information for patients



These exercises are designed to improve strength and range of movement in your shoulder joint following injury.

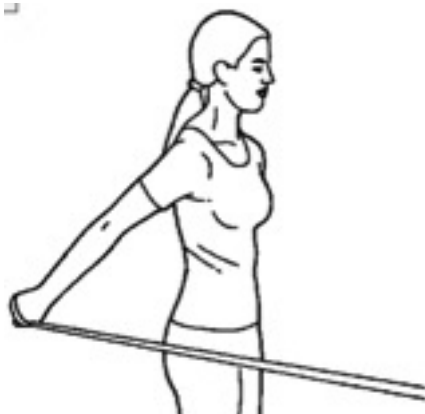
- Tie the Theraband onto something stable at elbow height or hold it in your other hand.
- Start with your elbow in at your side and your shoulder pulled backwards slightly.
- Keeping your elbow at your side, pull the band out to the side, rotating at your shoulder.
- Slowly return to the start.
- Repeat ___ times.



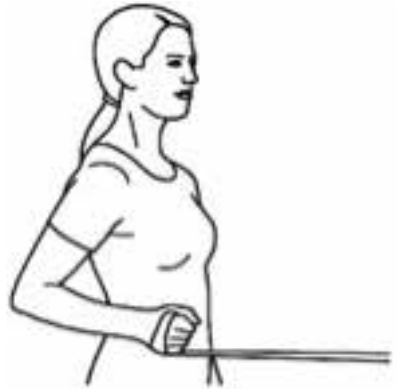
- Tie the band onto something.
- Start with your elbow in at your side and your shoulder pulled backwards slightly.
- Keeping your elbow at your side, pull inwards, across your body.
- Slowly return to the start.
- Repeat ___ times.



- Stand facing the secured rubber exercise band.
- Hold the end of the band in the hand of your affected arm.
- Bring your arm straight backward, pulling the band.
- Repeat ___ times.

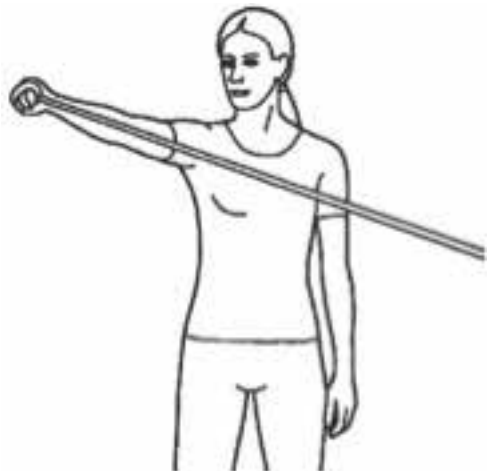


- Hold the end of the secured exercise band.
- Stand, keeping your arm close to your side and your elbow at a right angle. Pull the band back until your upper arm is at 45 degrees.
- Repeat ___ times.



- Hold the end of the secured exercise band.
- Stand, keeping your arm close to your side and your elbow at a right angle. Push the band forward, lifting your upper arm to 45 degrees.
- Hold for ___ seconds.
- Repeat ___ times.

- Stand with the hand of your arm to be exercised in front of your opposite hip. Hold on to the secured rubber exercise band.
- Pull the band up and away to the opposite side.
- Repeat ___ times.



How to contact us

Telephone: **01865 221 540**

(Monday to Thursday, 8.00am to 5.00pm. Fridays, 8.30am to 4.00pm)
with an answerphone for after hours.

If you have a specific requirement, need an interpreter, a document in Easy Read, another language, large print, Braille or audio version, please call **01865 221 473** or email **PALSJR@ouh.nhs.uk**

Physiotherapy Department
February 2015
Review: February 2018
Oxford University Hospitals NHS Trust
Oxford OX3 9DU
www.ouh.nhs.uk/information

