Band shoulder rotation

RESISTANCE BANDS / HOME EXERCISE GUIDE

PURPOSE

Rotate the shoulder through a small range while keeping the elbow by your side.

YOU WILL NEED

Your prescribed resistance band, approved anchor and a small folded towel if advised.

BEFORE YOU BEGIN

Your clinician should select the side, resistance and range, especially after a dislocation, tear or surgery. Replace damaged bands and follow manufacturer eye-protection guidance.

PAUSE AND GET ADVICE

Stop for sharp pain, instability, catching, new tingling or weakness.

Ask for reassessment if symptoms worsen after exercise. Do not increase resistance on your own during injury rehabilitation.

STEP BY STEP

1. Stand or sit side-on to the secure anchor, with the exercising arm farther from it.
2. Hold the band and bend that elbow to about a right angle. Keep the elbow gently beside your body; a small towel may help.
3. Move your hand outward a short distance while the elbow stays in place.
4. Return slowly without letting the band recoil. Keep your trunk facing forward.

KEEP IN MIND

Use a comfortable range. Do not twist your body, shrug or pull the elbow away to gain distance.

YOUR INDIVIDUALIZED PLAN

Your clinician should select this exercise and complete the plan before you begin. Use only the range and resistance demonstrated for you.

Repetitions: _____ Sets: _____

Hold (seconds): _____ Days per week: _____

Side: _____

Clinician / date: _____

Range or modification: _____

Band / range / anchor: _____

Review date: _____

SOURCES AND FURTHER READING

American Academy of Orthopaedic Surgeons - Rotator Cuff and Shoulder Conditioning Program

Performance Health / THERABAND - THERABAND Professional Latex Resistance Bands: use and safety

General adult education. Use only when selected and adapted by your clinician. This handout does not diagnose symptoms or replace your individual care plan.