



LIVEWELL HEALTH

your partner in successful aging

FUNCTIONAL SHOULDER EXERCISES

IN COLLABORATION WITH

VALD HEALTH

Wall push up (wide arms)

Exercise Details

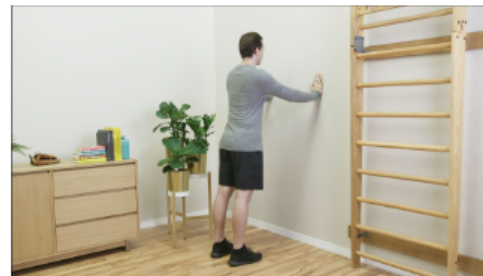
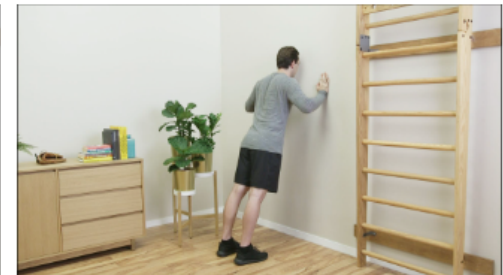
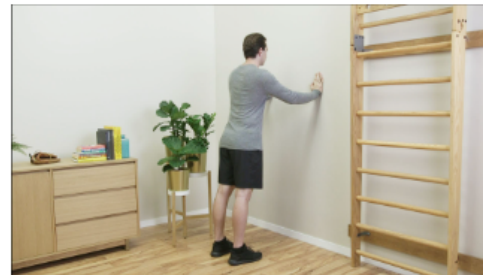
Sets 3

Reps 10

Rest Duration 60 seconds

No notes

Start by standing in front of the wall and place your hands on the wall slightly below and wider than your shoulders. Walk your feet backwards from the wall to take your body weight through your arms. Keeping your body straight, bend your elbows to lower your body towards the wall, and then push through your arms to come away from the wall to complete the exercise. Remember to keep your feet flat on the ground and body straight throughout the exercise. [See Less](#)

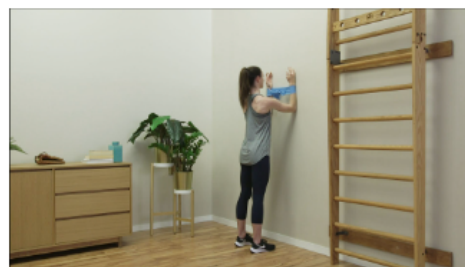
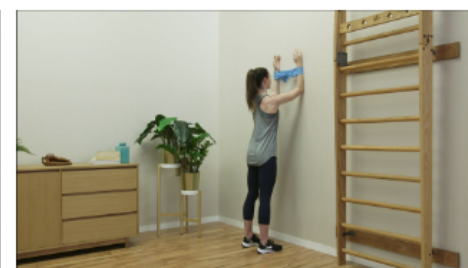
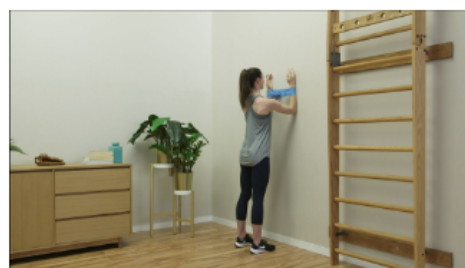


Scapula setting with raised arms and shoulder flexion (exercise band)

Exercise Details

| | |
|-----------------|----------------------|
| Sets | 3 |
| Hold Duration | 30 seconds |
| Resistance | Yellow exercise band |
| Rest Duration | 60 seconds |
| No notes | |

Start by placing the exercise band around your forearms then stand in front of the wall with your feet shoulder width apart, head up and chest tall. Bend your elbows and raise your arms so your arms are level with your shoulders and place your hands and forearms on the wall. Keeping your arms and hands on the wall, set your shoulders and then slide your hands up the wall, then lower your hands down to complete the exercise. Remember to keep your arms on the wall throughout the exercise. [See Less](#)

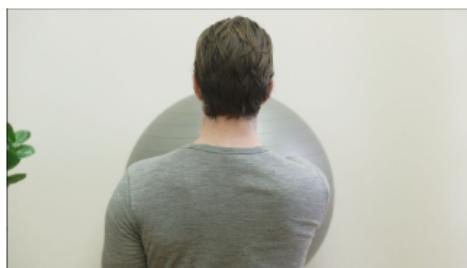
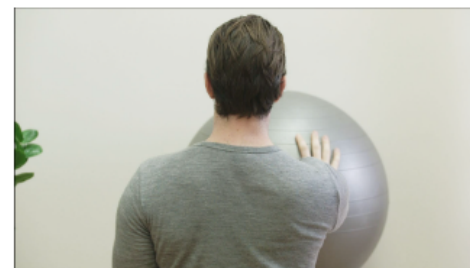
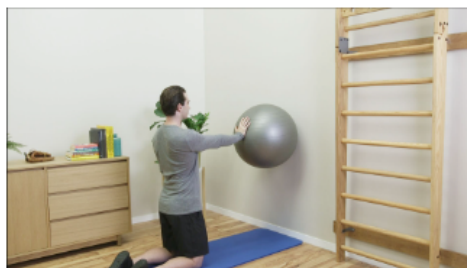


Kneeling scapula setting - wall horizontal lines with an exercise ball

Exercise Details

| | |
|-----------------|------------|
| Sets | 3 |
| Reps | 10 |
| Rest Duration | 60 seconds |
| No notes | |

Start by kneeling on the mat in front of the wall and place your hand on the ball and the ball against the wall. Pressing gently against the ball set your shoulder blade before drawing horizontal lines with the ball on the wall. Draw lines one way and then the other and then relax to complete the exercise. Remember to keep your chest tall and shoulder blade set throughout the exercise. [See Less](#)

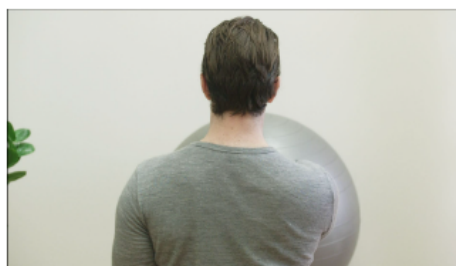
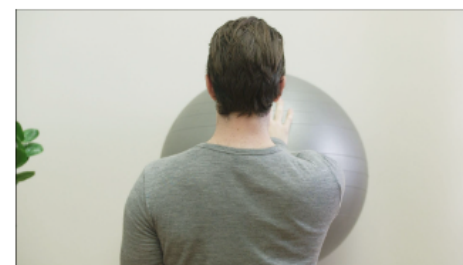
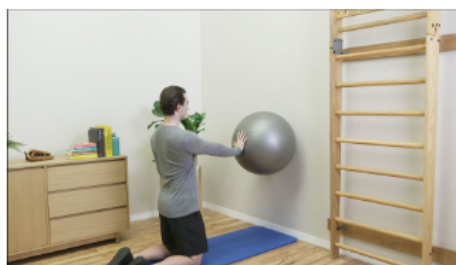


Kneeling scapula setting - wall vertical lines with an exercise ball

Exercise Details

| | |
|---------------|------------|
| Sets | 3 |
| Reps | 10 |
| Rest Duration | 60 seconds |
| No notes | |

Start by kneeling on the mat in front of the wall and place your hand on the ball and the ball against the wall. Pressing gently against the ball set your shoulder blade before drawing vertical lines with the ball on the wall. Draw lines up and down the wall and then relax to complete the exercise. Remember to keep your chest tall and shoulder blade set throughout the exercise. [See Less](#)

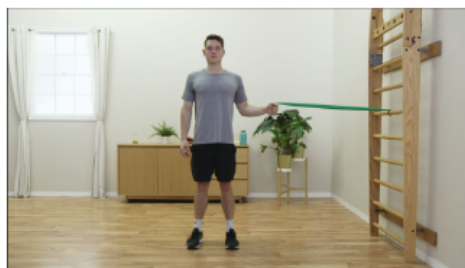
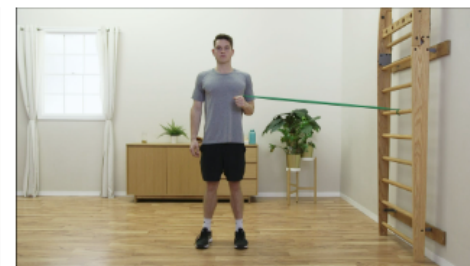
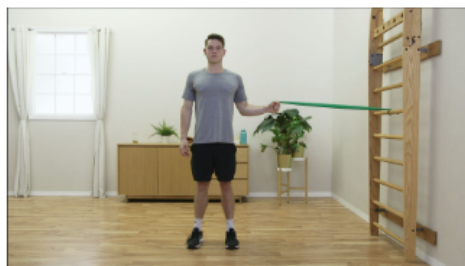


Shoulder internal rotation in standing (exercise band)

Exercise Details

| | |
|-----------------|----------------------|
| Sets | 3 |
| Reps | 10 |
| Resistance | Yellow exercise band |
| Rest Duration | 60 seconds |
| No notes | |

Tie an exercise band to a solid object in line with your stomach and hold the other end in your hand. Stand with your feet shoulder width apart, head up and chest tall, then bend your elbow to bring your hand up. Keeping your chest straight, rotate your arm towards your stomach, then rotate it back away from your stomach to complete the exercise. Remember to keep your chest up and shoulders relaxed throughout the exercise. [See Less](#)

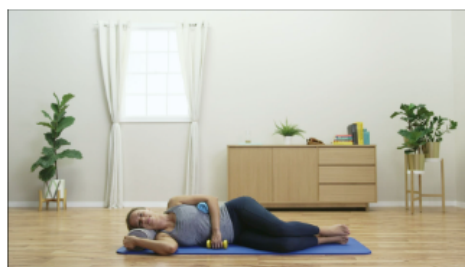


Shoulder external rotation in side lying (dumbbell)

Exercise Details

| | |
|-----------------|--------------|
| Sets | 3 |
| Reps | 10 |
| Resistance | 1kg dumbbell |
| Rest Duration | 60 seconds |
| No notes | |

Start by lying on your side and rest your arm on top. Bend your knees and hips into a comfortable position. Your elbow should be bent to 90 degrees and tucked into your side with a folded towel. Slowly rotate your arm away from your stomach, keeping your elbow bent to 90 degrees and resting on the towel. Rotate your arm as far you comfortably can then return to the starting position. Repeat for the prescribed number of repetitions. [See Less](#)



Shoulder external rotation in standing (exercise band)

Exercise Details

Sets 3

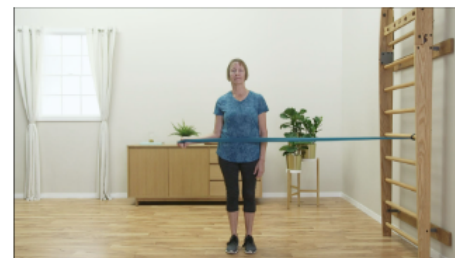
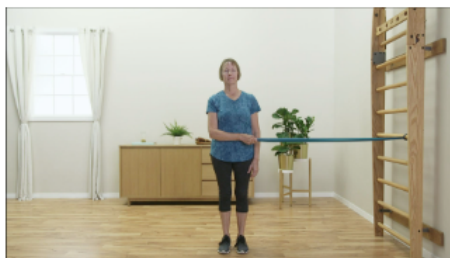
Reps 10

Resistance Yellow exercise band

Rest Duration 60 seconds

No notes

Tie an exercise band to a solid object in line with your stomach and hold the other end in your hand. Stand with your feet shoulder width apart, head up and chest tall, then bend your elbow to rest your arm across your stomach. Keeping your chest straight, rotate your arm away from your stomach, then rotate it back towards your stomach to complete the exercise. Remember to keep your chest up and shoulders relaxed throughout the exercise. [See Less](#)



AROM shoulder abduction in standing (dumbbell)

Exercise Details

Sets 3

Reps 10

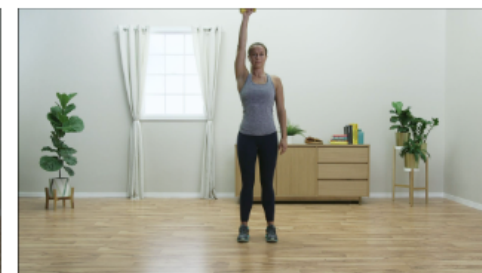
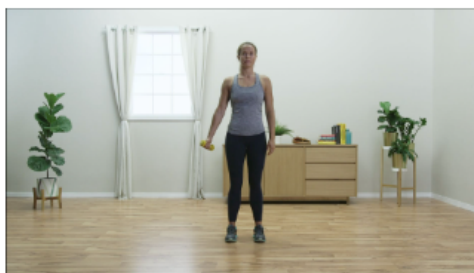
Resistance 1kg dumbbell

Rest Duration 60 seconds

No notes

Start by standing with your feet shoulder width apart, head up, chest tall and your arms by your sides, holding a dumbbell in your hand. Keeping your arm straight and leading with your thumb, lift your arm away from the side of your body and then up towards the side of your head. Then lower your arm back down to complete the exercise. Remember to keep your shoulder relaxed and arm straight throughout the exercise.

[See Less](#)



I, Y, T raises in standing (exercise band)

Exercise Details

| | |
|-----------------|----------------------|
| Sets | 3 |
| Reps | 10 |
| Resistance | Yellow exercise band |
| Rest Duration | 60 seconds |
| No notes | |

Start by standing with your feet shoulder width apart, head up, chest tall, holding an exercise band in your hands. Keeping your chest tall, arms straight and some tension on the exercise band, raise your arms up into the I position, then the Y position, and then the T position to complete the exercise. Remember to keep your head up and shoulders relaxed throughout the exercise. [See Less](#)



Back row in standing (exercise band)

Exercise Details

Sets 3

Reps 10

Resistance Yellow exercise band

Rest Duration 60 seconds

No notes

Tie an exercise band around a solid object in front of you and stand with your feet shoulder width apart, head up and chest tall. Pull your elbows towards your sides and focus on squeezing your shoulder blades together. Then extend your arms forwards to complete the exercise. Remember to keep your chest up and shoulders relaxed throughout the exercise.

[See Less](#)

