



Bloomsbury Osteopathy

# Shoulder Exercises

## Strengthening of the triceps and rhomboid muscles SHOS11

### Function:

To strengthen and stabilise the shoulder by creating more power and control in the surrounding muscles. Strengthening of the flexors of the shoulders and protractors of the scapulae—the pectoralis and coracobrachialis.

### Method:

#### Starting Position:

Stand upright with feet apart or sit on a steady bench.

Take a looped exercise band and hold it with both hands with the band being behind your back

### Action:

With elbows almost straight, in a slow progressive manner stretch the band by bringing your arms towards the front of your torso. At maximum resistance pause for 5 seconds. Relax and repeat

### Notes:

As your rehabilitation progresses your osteopath may advise you to increase the resistance level of the band.

Contract your core muscles to maintain an erect and stable posture.

All exercises are available from

[www.Bloomsbury-Osteopathy.co.uk](http://www.Bloomsbury-Osteopathy.co.uk)

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STRENGTHENING OF THE MUSCLES OF THE SHOULDER:

1. PECTORALIS MAJOR & MINOR
2. BICEPS
3. CORACOBRACHIALIS (SHOS11)

