



Bloomsbury Osteopathy

Shoulder Exercises

Strengthening of the triceps and rhomboid muscles SHOS09

Function:

To strengthen and stabilise the shoulder by creating more power and control in the surrounding muscles. Strengthening of the extensors of the shoulders – the triceps – and the muscles that retract the scapulae- the rhomboids.

Method:

Starting Position:

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

Take a looped exercise band and hold it with both hands

Action:

Raise your arms by your sides with almost straight elbows. In a slow progressive manner pull both hands apart thus stretching the band. When your hands are lightly behind your torso hold the stretch 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.

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All exercises are available from

www.Bloomsbury-Osteopathy.co.uk

STRENGTHENING OF THE MUSCLES OF THE SHOULDER:

1. DELTOIDS
2. INFRASPINATUS
3. TRICEPS
4. LATISSIMUS
5. SUBSCAPULARIS
6. TERES MINOR
(SHOS09)



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