

Theraband Shoulder Exercises

Safety notice: When starting any new exercise always ease into the stretch gently to find your comfort limit. Some mild “stretching strain” may be experienced, but if significant pain is felt then ease off and try a more gentle version of the exercise. If pain restricts you from doing these stretches at all then consult a health professional for alternative options.

Gripping the Theraband

To help keep a sturdy grip on the theraband I recommend wrapping your fingers around the ends of the band as shown. Two fingers (as pictured) are usually enough, but if you have enough length, all four fingers will work too.



1. Shoulder stabilising



This exercise helps strengthen the Rotator cuff muscles around the shoulder joint, providing more stability for the joint. Stand upright with your elbows tucked in against your side and your elbows at right angles. Slowly turn your hands away from each other as far as comfortable to do so. Hold the end position momentarily before slowly returning to the start position. Repeat 10 times.