



## SHOULDER STRENGTHENING

- None of the exercises should hurt or cause pain.
- Inspect your band BEFORE each use. Look for small nicks, tears, or holes. Throw away any band with these signs of wear.
- Remove jewelry before using and beware of any objects that could puncture/tear the band.
- Do not stretch the bands more than 4 times its resting length - over stretching the product could result in serious injury.
- Ensure the band is secure during use. Never release your band while under pressure—this can cause the band to snap towards the head and cause significant injury, especially to your eyes. Always wear suitable eye protection during use.
- Begin all exercises slowly and avoid jerking the band.
- Clean with a damp cloth—do not use soap or cleaning products as this can affect the strength of the band.
- Store bands away from direct sunlight, heat sources, outside, or in cold environments.
- Resistance bands are NOT toys and should only be used for specific exercises as shown in this handout. DO NOT allow pets to chew on your band.

## WHY ARE CONDITIONING EXERCISES IMPORTANT?

- Areas of the body, like your shoulders, need a lot of stability and support. It's important to keep your muscles healthy to safely meet the repetitive demands on the body while at work.
- Aim to perform conditioning exercise 3 times/week starting with 2-3 sets of 10-12 reps

## EXERCISES ON BACK

\*OSSPT is not responsible/does not assume any liability for any accident or injury that may occur while using resistance bands to perform prevention exercises on your own time at home or at the gym. You are performing these prevention exercises at your own risk, and any accident, injury, or exacerbation of a previously existing condition is not the responsibility OSSPT. If you have any medical conditions, consult with your physician prior to performing any of the conditioning prevention program exercises.

# On-Site Solutions

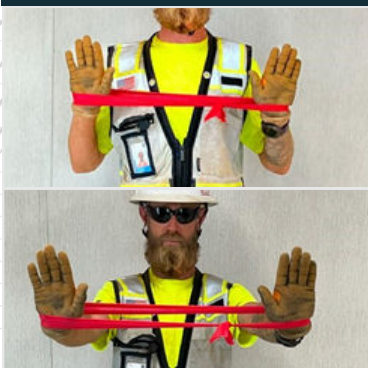
## Ergonomics and Stretching

### SHOULDER STRENGTHENING



OSSPT

## Banded Bench Press



Place loop around your hand/wrists.

Squeeze your shoulder blades together and put tension on the band.

Keep the tension on the band as you straighten your elbows and push forward and as you return to the starting position.

## Banded Shoulder Flexion



Place loop around your wrists.

Keep tension on the band as you fully raise your arms overhead and as you lower your arms to the starting position.

## Banded Shoulder 3-Way Pull



Place loop around your wrists with palms facing the wall.

Squeeze your shoulder blades together and put tension on the band.

Bring arm up at a diagonal and back to the start, out to the side and back to the start, down at the diagonal and back to the start. This counts as 1 Repetition. Repeat with other arm.

## Sharapova



Place loop around your wrists/hands with your elbows and hands against the wall. Keep your hands and elbows against wall during the exercise. Maintain tension in the band the entire time. As you move one arm don't let your other arm move.

Slide right hand up, making a "C" pattern, so the hand comes in and out.

Repeat sliding your left hand up, making a "C" pattern so the hand comes in and out. Aim to make 2-3 "C" patterns per side on the way up, and then 2-3 "C" patterns on the way down. That is 1 rep. Try to get 5 reps before taking a break.

 [gmler@onsitesolutionspt.com](mailto:gmler@onsitesolutionspt.com)

 (612) 860-9388

PREVENTION AND WELLNESS

ON-SITE PHYSICAL THERAPY

ERGONOMICS

FUNCTIONAL JOB ANALYSIS AND PRE-EMPLOYMENT SCREEN

[OnSiteSolutionsPT.com](https://www.onsitesolutionspt.com)