

# On-Site Solutions

## Shoulder Strengthening Exercises



OSSPT

### Horizontal Pull Apart

Hold the band in front of you with both hands.  
Pull arms out to the side squeezing your shoulder blades together.  
Slowly return to the start. Perform 10-15 reps.



### Diagonal Pull Apart

Hold the band in front of you with both hands.  
Pull your arms out diagonally, squeezing your shoulder blades together.  
Slowly return to the starting position. Repeat the movement in the opposite diagonal.  
Perform 10-15 reps in each direction.



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## Shoulder Strengthening Exercises



OSSPT

### Chest Fly

Hold the band behind your back with arms out to the side or slightly behind. Move arms in front of you, keeping them slightly below shoulder height, and slowly return to the start. Perform 10-15 reps.



### Modified Touchdown

Hold the band with both hands and applying enough resistance to take up the slack. Maintain this position as you slowly raise your arms, bringing elbows to shoulder height. Maintain resistance on the band as you return to the start. Perform 10-15 reps.



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