

Notes :

When in-season, perform 1 set of 10 repetitions 1-2 days/week.
When out of season, perform 2 sets of 10 repetitions 2-3 days/week.

1 D2 PNF extension with band



In standing, attach a resistance band overhead on the working arm same side.
Hold the band with your palm facing up.
Pull the band down and across your body, as if you were putting a sword back in its sheath.
Rotate the arm as you pull, so the palm is facing towards your body at the end of the movement.
Return slowly to the starting position and repeat.

2 Shoulder D2 flexion



Stand and tie an elastic on the opposite side of your injured arm at floor level.
Cross your arm over your trunk and hold the elastic while keeping your palm facing inward at the opposite hip.
Pull the tip of your shoulder backwards while you raise your arm up and diagonally across to end with your palm facing forward.
Slowly return to the starting position and repeat.

3 Internal rotation, elastic



Tie an elastic behind you at head level and hold it with your hand.
Raise your arm to 90 degrees apart from your body and pull the tip of your shoulder backward while you pull the elastic forward in a rotating motion, keeping your elbow still.
Raise your hand slowly and repeat.

4 External rotation, 90° abduction



Stand and tie an elastic in front of you at shoulder level.
Hold the end of the elastic, bend your elbow to 90 degrees, and lift your arm out to the side to 90 degrees.
Pull the tip of your shoulder backwards while you rotate your forearm upwards, keeping your elbow bent.
Slowly return to the initial position and repeat.

5 Push-up



Lie on your stomach with your hands beside your shoulders.
Raise your body off the floor by straightening your elbows, keeping your chin tucked in and your body straight as a plank.
Bend your elbows and lower yourself back down to the floor.
Repeat.