

## MIDDLEBURY COLLEGE

### SPORTS MEDICINE

#### Recommended Stretches

Corner Stretch

Physioball Stretch

Across the body stretch

Triceps stretch

Sleeper Stretch

#### Shoulder Strengthening

##### Isometrics

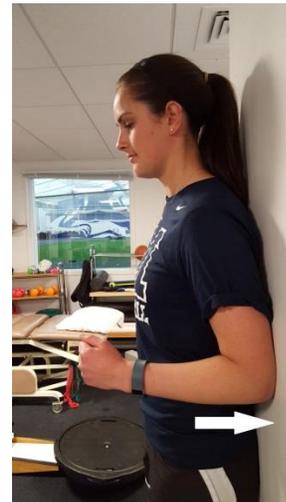
##### Flexion

Stand just a few inches away from a wall and just push your hands towards the wall. Fully stretch the hands and press against the wall as you are trying to press the way away. Hold resistance for 10-15 seconds and repeat 3 times.



##### Extension

Stand up against a wall, back to the wall, with your elbow bent at 90-degrees and upper arm pressed into the wall. Push back against the wall trying to push wall away from you with your arm. Hold resistance for 10-15 seconds and repeat 3 times.



### Abduction

Stand next to a wall with arm straight or with elbow bent at 90-degrees. Push against the wall trying to move you are away from your side. Hold resistance for 10-15 seconds and repeat 3 times.



### External Rotation

Stand against a wall with the side of your arm against the wall and your elbow bent at 90-degrees. With your forearm push against the wall like you were going to move your arm in an outward direction. Hold resistance for 10-15 seconds and repeat 3 times.



### Internal Rotation

Stand in a doorway with, facing the doorway frame with your arm on the one side of the frame with elbow flexed at 90-degrees. Push against the wall trying to bring your forearm in towards your stomach. Hold resistance for 10-15 seconds and repeat 3 times.



## Thera-Band Exercises

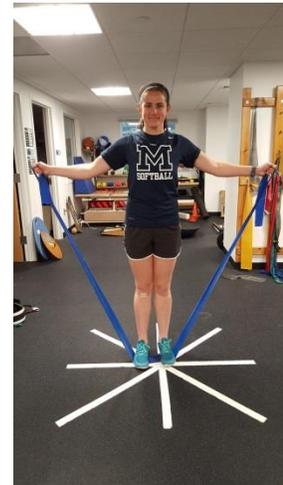
### Front Deltoid Raise

Secure Thera-band low behind you and grab the ends with your hands on each side of your thighs, palms facing inward. Pull the band up until your arms are parallel to the floor and allow them to slowly return to starting position. Keep arms straight throughout. Complete 3 set of 10 reps.



### Lateral Deltoid Raise

Secure the band underneath your feet and grab the ends with your hand on each side of your thighs, palms facing inward. Pull the band out and up until your arms are parallel to the floor and allow them to slowly return to starting position. Keep your arms straight throughout. Complete 3 sets of 10 reps.



### Shoulder Press

Secure band underneath your feet and grab the ends with your hands over your shoulders, elbows bent and palms facing forward. Push up until your arms are close to being fully extended (straight) and then slowly return to starting position.

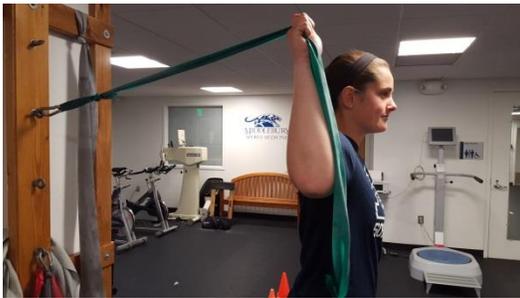


### Shoulder Internal Rotation (0-degrees and 90-degrees)

0-degrees: Secure band at a medium height at your side (about waist height) and grab the ends with the hand closet to it in front of you, upper arm pressed against your side and elbow bent at 90-degree throughout exercise. Pull the band inward towards you stomach and then slowly return to starting position. Complete 2 set of 10 reps.



90-degrees: Secure band at shoulder height behind you and grab the end of the band with one of your hands, elbow bent at 90-degrees and upper arm up and level with shoulder. Pull the band forward until lower arm is parallel with the floor and then slowly return to starting position. Do not let your elbow drop as you do this motion. Complete 2 sets of 10 reps.

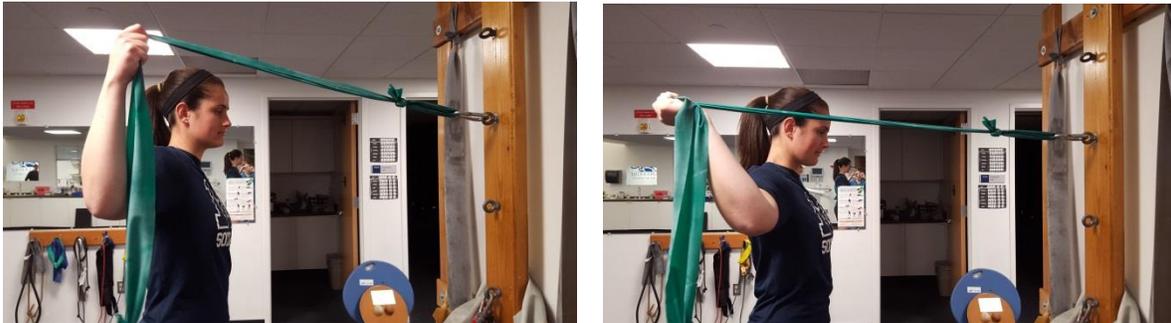


### Shoulder External Rotation (0-degrees and 90-degrees)

0-degrees: Secure band at medium height to your side (about waist height) and grab the end of the band with your hand furthest from it in front of you, upper arm pressed against your side and elbow bent at 90-degrees throughout exercise. Pull the band out away from your stomach and then allow it to slowly go back to starting position. Complete 2 sets of 10 reps.



90-degrees: Secure band at shoulder height in front of you and grab the end of the band with one of your hands, elbow bent at 90-degrees and upper arm up and level with shoulder. Pull the band back against resistance until you reach your full range of motion and then slowly return to starting position. Do not let your elbow drop as you do this motion. Complete 2 sets of 10 reps.



### Shoulder Pinches (No Moneys)

Holding a Thera-band below the waist, elbows bent at 90 degrees. Pull the band, bringing your hands/forearms apart against the band resistance. Slowly return to starting position. Repeat this movement 10-15 times that then take a break. Complete 2-3 sets of 10-15 each.



## Exercises with Weights

### Shoulder ABCs with small weight

Standing in an upright position with shoulders back, holding onto a ball or small weight, hold the arm up to about shoulder height in front of you and write the alphabet from A to Z in upper case letters.



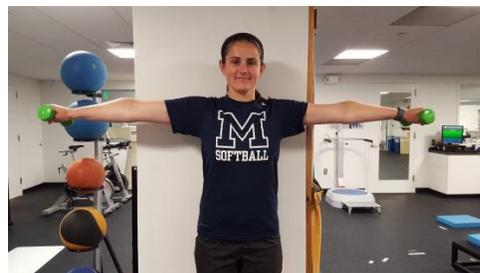
### Front Raises

Standing in an upright position with shoulders back and holding onto a ball or small weight, arms at your sides. Slowly bring arms up in front of your body to shoulder height, keeping the elbow straight and palms of the hands facing down. Slowly lower arms back down to your sides, return to starting position. Continue this movement 10-15 times. Complete 2-3 sets of 10-15 reps.



### Lateral Raises

Standing in an upright position with shoulders back and holding onto a ball or small weight, arms at your sides. Slowly bring arms up and out away from your sides to shoulder height, keeping the elbow straight and palms of the hands facing down. Slowly lower arms back down to your sides, return to starting position. Continue this movement 10-15 times. Complete 2-3 sets of 10-15 reps.



I, T, Y

I's: Lying on your stomach with your palms facing down and arms at your side pick your arms up off the table and squeeze your shoulder blades together and then release slowly.



T's: Lying on your stomach with your arms at 90 degrees even with your shoulders and thumbs facing towards the ceiling so your body is in a position of a T pick your arms up and squeeze your shoulder blades together and then release slowly.



Y's: Lying on your stomach with your arms at about 45 degrees out in front of you with thumbs pointing up towards the ceiling when the arms are picked up. Pick the arms up and squeeze the shoulder blades together so your body's in the position of a Y and then release slowly.



## Counter Push Ups

Place your hands on the countertop or bench a little wider than shoulder distance with your feet away from the counter so your body is at a 45 degree angle to the counter. Lower your bodies towards the counter until your chest almost touches and then push yourself back up until your arms are straight.

