

# Thera-Band Exercises for Shoulders

By Elizabeth Kovar, eHow Contributor

• [ehow.com](http://ehow.com)



*The shoulder is a ball and socket joint that performs movement in the sagittal, frontal and transverse [plane](#)<sup>↗</sup>. This multiplanar joint completes flexion, extension, adduction, abduction and internal and external rotation movements. The shoulder joint is comprised of the deltoid and rotator cuff muscles. Thera-Bands strengthen the shoulder joint while performing exercises in these various motions. The bands are manufactured in light, moderate or heavy resistances, which allows Thera-Bands to be used for strength or rehabilitation purposes.*

## Shoulder Flexion

Shoulder flexion occurs in the sagittal plane that targets the deltoid muscle. To perform this exercise, attach the Thera-Band around a doorknob. Grab the band with your right hand, stand with your back toward the door and take two steps away from the door. Keeping your arm straight by your side, lift your arm in front of you so your hand is level with your shoulder. Release back to the starting point, repeat 12 to 15 times and complete one to three sets. Repeat on the left arm. □

## Shoulder Extension

Shoulder extension is also performed in the sagittal plane and strengthens the

posterior deltoid, subscapularis and the teres major, which are two of four rotator cuff muscles. Attach the Thera-Band around a doorknob, stand facing the doorknob and grab the band with your right hand. Take two steps back. Place your right arm at a 45 degree angle to your body, and ensure that the band does not have much slack. Keeping your right arm straight, pull the band down to your hip. Repeat this motion 12 to 15 times, and complete one to three sets. Repeat on the left arm.

## Shoulder Internal Rotation

Internal rotation uses the transverse plane, which rotates the shoulder joint toward your body's midline. This movement strengthens the teres major, subscapularis and the anterior fibers of the deltoid. Attach the Thera-Band around a doorknob. Grab the band in your right hand with your elbow into your side at 90 degrees. Take two steps away from the door. While keeping your elbow tucked to your right side, slowly bring your right hand across your body to touch your left arm. Complete one to three sets of 12 to 15 repetitions. Face the other direction, and repeat with the left arm.

## Shoulder External Rotation

External rotation completes movement in the transverse plane. This exercise strengthens the infraspinatus, teres minor and the posterior deltoid. Attach the Thera-Band around a doorknob. Grab the band in your right hand with your elbow into your side at 90 degrees and your hand pointing toward the door. With your left side facing the door, take two steps away from the door. Keeping your elbow at your side, slowly move your right hand away from your body. If you experience a pinching feeling in the shoulder, place a [towel](#) between your elbow and the oblique. Complete one to three sets of 12 to 15 repetitions. Repeat on your left arm.

Read more: [Thera-Band Exercises for Shoulders | eHow.com](#)

[http://www.ehow.com/info\\_7863748\\_theraband-exercises-shoulders.html#ixzz2FHSComIY](http://www.ehow.com/info_7863748_theraband-exercises-shoulders.html#ixzz2FHSComIY)