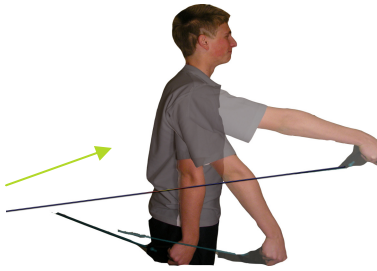


# Resistive Exercise Tube

## Exercises for the Shoulder



### flexion



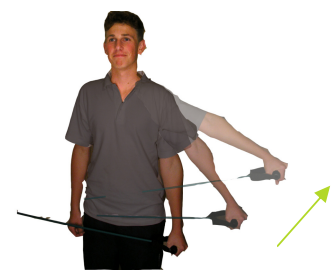
Place retainer at hip height—Face away from door—(R) arm up to shoulder level

### extension



Place retainer at top of door—Face door—Lower (R) arm down to side

### abduction



Place retainer at hip height—(R) side to door—(L) arm up to shoulder height

### internal rotation



Place retainer at waist height—(R) side to door—Bent (R) hand move inwards

## smart tips...

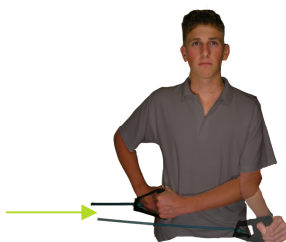
- Place retainer tab in open door & close it. Ensure it is secured before using
- Before beginning stretch, move away from door until band is taut
- Place feet flat on floor with legs shoulder distance apart
- Start by doing the movement slowly & only part of the way. Over time increase speed & distance
- Repeat each exercise on left & right side
- Never over-exert yourself or exercise to the point of pain
- Ongoing pain should always be assessed by a qualified therapist

### adduction



Place retainer at top of door—(R) side to door—(R) arm to centre

### external rotation



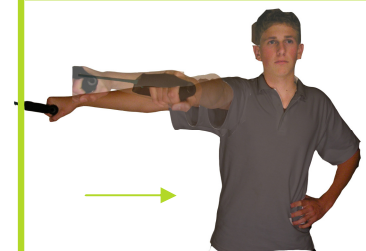
Place retainer at waist height—(R) side to door—Bent (L) hand move inwards

### during all exercises



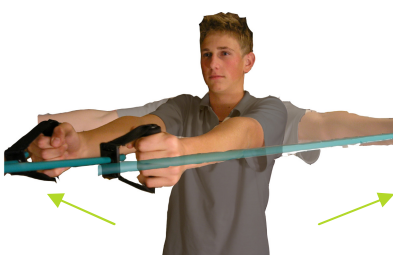
Make sure that you "set your shoulder" by keeping your shoulders back and shoulder blades together

### horizontal adduction



Place retainer at shoulder height—(R) side to door—(R) arm inwards

### butterfly



Place retainer at shoulder height—Face door—Both arms to sides of body



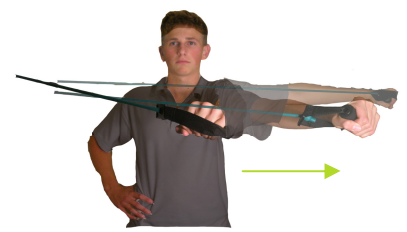
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### horizontal abduction



Place retainer at shoulder height—(R) side to door—(L) arm outwards