

Shoulder Strengthening



Rhomboids & Deltoids Exercise #1

- Step 1: Lie on ball, back and legs straight, head in neutral position
- Step 2: Loop Thera-Band around bottom of ball, held in hands
- Step 3: Keep arms stretched out to the side, elbows slightly bent
- Step 4: Slowly squeeze scapula together, leading with elbows,
hold 2 seconds
- Step 5: Release slowly.
- Step 6: Repeat exercise 8-12 times.