



Exercises for Shoulder Mobility

You can do these in order, mix them up, or choose your favorites to build your own program.

1. Arm Circles:

- Stand with your feet shoulder-width apart and arms extended straight out to the sides.
- Begin making small circles with your arms, gradually increasing the size of the circles.
- Perform 10-15 circles forward, then 10-15 circles backward.
- Aim for 2-3 sets.

2. Shoulder Dislocations with a Band:

- Hold a resistance band with both hands, palms facing down and hands wider than shoulder-width apart.
- Keeping your arms straight, raise the band overhead and then lower it behind your back as far as comfortably possible.
- Reverse the motion to bring the band back overhead.
- Aim for 10-12 repetitions.
- If using a resistance band is too challenging initially, start with a wider grip or use a lighter resistance band.

3. Wall Slides:

- Stand with your back against a wall and your feet about 6 inches away from the wall.
- Raise your arms to shoulder level with your elbows bent at 90 degrees and palms facing forward, touching the wall.
- Slowly slide your arms up the wall as far as you can while keeping your elbows and wrists in contact with the wall.
- Slide your arms back down to the starting position.
- Aim for 10-12 repetitions.
- If you feel any pain or discomfort, reduce the range of motion.

4. Y-T-W Exercises:

- Lie face down on a mat with your arms extended overhead in a Y position, thumbs pointing up.
- Lift your arms off the ground, keeping them straight, and squeeze your shoulder blades together.
- Lower your arms back down and repeat for 10-12 repetitions.
- Then, move your arms to a T position with palms facing down and repeat the lifting motion for 10-12 repetitions.
- Finally, move your arms to a W position with elbows bent at 90 degrees and repeat the lifting motion for 10-12 repetitions.

5. Thread the Needle Stretch:

- Start on your hands and knees in a tabletop position.
- Reach one arm under your body and through the gap between your opposite arm and knee, lowering your shoulder and ear to the ground.
- Hold the stretch for 20-30 seconds, then return to the starting position and repeat on the other side.
- Aim for 2-3 sets on each side.

6. Child's Pose Stretch:

- Begin on your hands and knees in a tabletop position.
- Sit back on your heels, reaching your arms forward and lowering your chest toward the ground.
- Hold the stretch for 20-30 seconds, focusing on relaxing your shoulders and breathing deeply.
- Aim for 2-3 sets.

7. External Rotation with a Resistance Band:

- Attach a resistance band to a sturdy object at elbow height.
- Stand with your side to the anchor point, holding the band in the hand farthest from the anchor.
- Keep your elbow tucked into your side and bend it to 90 degrees.
- Rotate your forearm away from your body, stretching the band.
- Slowly return to the starting position.
- Aim for 10-12 repetitions on each side.

8. Shoulder Shrugs:

- Stand with your feet shoulder-width apart and arms relaxed by your sides.
- Shrug your shoulders up towards your ears as high as possible.
- Hold the shrug for a moment, then relax and lower your shoulders back down.
- Aim for 10-15 repetitions.
- You can perform this exercise with or without weights.

9. Prone Shoulder Extension:

- Lie face down on a mat with your arms extended straight out in front of you.
- Lift your arms and chest off the ground as high as possible, squeezing your shoulder blades together.
- Hold the top position for a moment, then lower back down.
- Aim for 10-12 repetitions.

10. Cross-Body Shoulder Stretch:

- Stand or sit tall.
- Bring one arm across your body, holding it at elbow height with your opposite hand.
- Gently pull your arm towards your chest until you feel a stretch in your shoulder.
- Hold for 20-30 seconds, then switch arms and repeat.
- Aim for 2-3 sets on each side.

Performing these exercises regularly can help improve shoulder mobility over time. Start with lighter intensity and gradually increase as your flexibility improves. If you have any existing shoulder issues or concerns, consult with a healthcare professional before starting a new exercise routine.