

# Top/Quick Rehab/Strength Program for Shoulders

## Stretches

1-3 sets  
hold for 15-45 secs



Shoulder abduction  
Do Several times  
All day long



This Stretch can be done standing, or with shoulder against wall, or lying on side with shoulder against floor



## Strength

Perform 1-3 sets for 10-15 reps

See written descriptions [Here](#)



Keep elbows by side, squeeze shoulder blades together, you can do this both palms up and down



Row, squeeze shoulder blades together



Keeping elbows up, squeeze shoulder blades together



Keeping arms straight, squeeze shoulder blades together



Keeping arms with slight elbow bend with thumbs up raise dumbbells up in the acapular plane to chest level