

Exercises for Lower Trapezius and Rotator Cuff Muscle Strength

The following exercises are designed to help you improve your posture and the biomechanics of your shoulder. These exercises can help you to improve lower trapezius and rotator cuff strength in order to maintain proper posture and to insure proper shoulder blade function during arm movement. These exercises should never be painful. Particularly focus on not shrugging your shoulders or activating the upper trapezius muscle during these exercises. Always focus on your posture.

Starting Position

Attach the exercise band up high. You can tie a knot in the exercise band, and then close it over a door. Make sure the door is closed tight.

Make sure your shoulder blades are set in a back and down position. Hold a good upright posture.

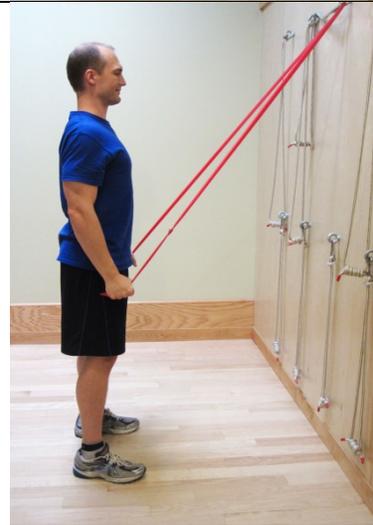


Shoulder Extension Exercise

Keep your elbows straight and your shoulder blades set back and down to maintain a proper posture. Don't allow your shoulders to shrug up.

Extend the arms backward until they reach your side. Hold for 1 second, and then repeat. Depending on your strength level, the resistance of the exercise band will change as will the number of repetitions performed.

Perform two sets of 10 repetitions, 1-2 times per day.



Shoulder External Rotation Exercise

Keep your shoulder blades set back and down to maintain a proper posture. Don't allow your shoulders to shrug up.

Grab the exercise band (palms facing up) with the elbows remaining close to your sides. Pull your hands apart from each other. Make sure your forearms remain parallel to the floor.

Perform two sets of 10 repetitions, 1-2 times per day.



"Y" Hold over Ball

Keep your body in proper alignment. Raise your arms in a "Y" position with the thumbs pointed up. Be sure to keep your abdominal muscles active. Don't over arch your back. Be sure to keep your chin slightly tucked and in a neutral position. Keep your shoulder blades back and down. Don't shrug. Hold for 10 seconds or more. This helps to develop more endurance for the posture muscles which hold you upright.

Perform two sets of 10 repetitions, for 10 seconds, 1-2 times per day.



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