

SHOULDER

This covers rotator cuff rehabilitation, shoulder stability, posture, and mobility. Exercises progress from stability foundations through to full shoulder function.

Rotator Cuff Rehabilitation

Foundational exercises for rotator cuff stability and strengthening. Start here for most shoulder complaints.

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Buchberger 12, Day 1

Shoulder stability program: Day 1 protocol. Perform after adequate range of motion has been restored.

Buchberger 12, Day 2

Shoulder stability program: Day 2 protocol. Alternate with Day 1 for a comprehensive shoulder routine.

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External Rotation

Isolated strengthening of the Infraspinatus and Teres Minor rotator cuff muscles. Key for shoulder stability.

Sleeper Stretch

Shoulder internal rotation stretch of the posterior rotator cuff. Uses resistance and relaxation technique

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Row Variation

Posterior back and shoulder strengthening via a row pattern. Builds upper back strength supporting the shoulder.

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Band Separates

Resistance band exercise to strengthen upper back and posterior shoulders. Also used post AC joint separation.

Cuban Press

Compound shoulder exercise strengthening the rotator cuff and larger deltoid muscles through a full arc of motion.

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Wall Angels

Thoracic mobility and posture rehabilitation. Keep back flat against the wall and slide arms overhead.

Upper Body Stretches

Full upper body stretch circuit for neck, shoulders, chest, and upper back. Perform at least 2x/week.

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