

HEALTHY HABITS

STRONG SHOULDERS

The Importance of Shoulder Strengthening

The shoulder is the most moveable and unstable joint in the body. Known as the ball-in-socket joint, the "ball" is larger than the socket, which is why it is susceptible to injury. To remain stable, it must be kept in place by muscles, ligaments, and tendons. It is, therefore, very important to ensure proper strengthening to keep the shoulder strong, flexible, more coordinated, and conditioned to handle stress.

Shoulder Exercises



Shoulder Press

Position dumbbells on either side of your shoulders with elbows below your wrists. Press dumbbells upward until your arms are extended overhead. Lower to the starting position, and repeat. Do 12-15 reps, and repeat up to three times.



Lateral Raise

Grasp dumbbells in front of your thighs with elbows slightly bent. Back, hips, and knees should all be slightly bent. Raise arms up at your sides until elbows are shoulder-height. Maintain elbows' height above or equal to wrists. Lower and repeat. Elbows should have a slight bend throughout the movement (10° to 30° angle). Do 12-15 reps, and repeat up to three times.



Upright Row

Hold the bar with hands shoulder-width apart or slightly narrower. Palms should face down. Pull bar upwards to your neck with elbows leading. Allow wrists to flex as the bar rises. Lower and repeat. Do 12-15 reps, and repeat up to three times.



Internal Rotation

Stand holding the band with your inside hand. Your thumb is up and elbow is flexed at 90°. Rotate your arm away from the body. Keep the elbow fixed at 90° and the elbow pinned to your side. Rotate your arm *inward* (towards your stomach) with control while keeping your torso fixed. Rotate the arm outward back to the starting position. Do 12-15 reps, and repeat up to three times.

External Rotation

Reverse the exercise. Rotate your arm *outward* (away from the body) with control while keeping your torso fixed. Rotate the arm inward back to the starting position with control. Do 12-15 reps, and repeat up to three times.

Note: We advise that you consult with a health care practitioner before beginning any new exercise program.

Sources: www.sparkpeople.com, www.exrx.net/Exercise.html