

Healthy Joint Series

Precision Fitness

Healthy Shoulder Program

**Function,
Stability,
Mobility,
Strength!**



Precision Fitness, Personal Fitness, Inc.

www.pfitcentral.com

www.facebook.com/pfitness



About Precision Fitness

Founded in 2001, Precision Fitness has been a leader in designing comprehensive strength and conditioning programs.

Many of our clients come to us because either pain, injury or declining health has left them unable to maintain an active vibrant lifestyle. These people, many of whom come in feeling helpless after exhausting all other options, find renewed hope after working with our highly qualified team of fitness, wellness and sports medicine experts.

We have countless success stories of people who have overcome their issue to take charge of their lives again. Because fitness is strength, and strength is power, we are passionate about helping people who feel defeated to find new strength for living at Precision Fitness.

The information contained within this manual is for education purposes only. It is not medical advice and is not intended to replace the advice or attention of health-care professionals. Consult your physician before beginning or making changes in your diet or exercise program, for diagnosis and treatment of illness and injuries, and for advice regarding medications.

We hope you find the following information useful.

Sincerely,

The Fitness Pros at Precision Fitness

www.pfitcentral.com



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Disclaimer:

You must get your physician's approval before beginning this exercise program. These recommendations are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

The information in this report is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. Precision Fitness advise readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this book, be sure that your equipment is well-maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician.

You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician. If your physician recommends that you don't use our Shoulder Protocol, please follow your Doctor's orders.



The Precision Fitness Healthy Shoulder Program is designed to improve the strength and function of the shoulder joint and all the muscles that are associated with it.

If you have shoulder issues, please make sure that you have a medical professional diagnose the issue before beginning this program.

The shoulder joint is one of the most mobile joints in the body, but also one of the more susceptible joints for injuries. Keeping your shoulders mobile, stable, and strong is the key to keeping them healthy.

While this manual shows exercises for stability and strength, mobility is very important. To view our shoulder mobility videos, please visit our YouTube page at the following link:

Shoulder Mobility Videos:

- <https://www.youtube.com/watch?v=ghJB0XXXIyk>
- <https://www.youtube.com/watch?v=Xab1YyeO5LE>
- <https://www.youtube.com/watch?v=FUrI90cE9v4>

Tubing Combo (tubing)

Preparation

- Stand with your feet shoulder width apart.

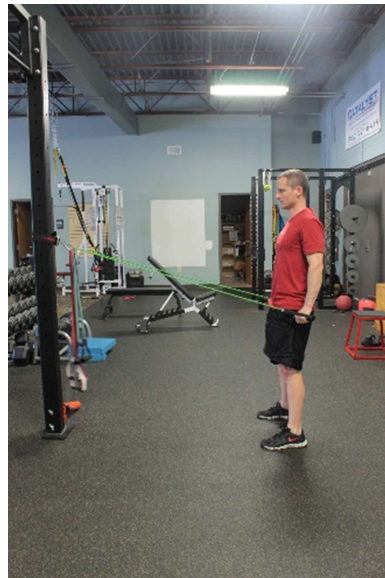
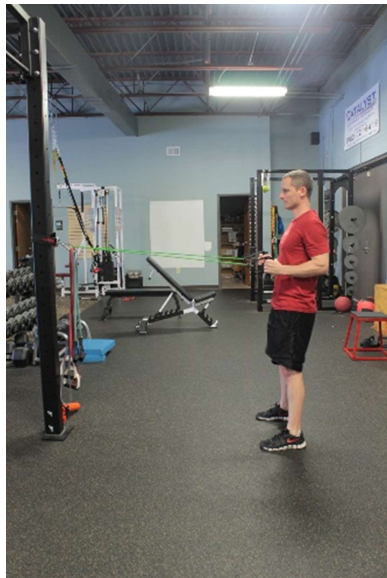
Movement (Front pull and row combination)

- Brace your abdominals and retract the cervical spine. (Neutral Spine Position)
- Perform the row movement by driving your elbows posterior and pinching your shoulder blades together. (scapulae retraction)
- Return to the start position.
- With straight arms pull your hands to the side of your legs and pinch your shoulder blades together. (scapulae retraction)
- Return to the start position and repeat.

Tips

- Maintain (cervical) neck retraction.
- Be sure not to shrug. (upper trap muscles)
- Keep the abdominals contracted.

- **Video:** <https://www.youtube.com/watch?v=FjgxXYqfEV4>



External Rotation

Preparation

- Stand with good posture with feet square and knees bent.
- The elbow of the working arm will rest on the rib cage and be flexed at 90°

Movement

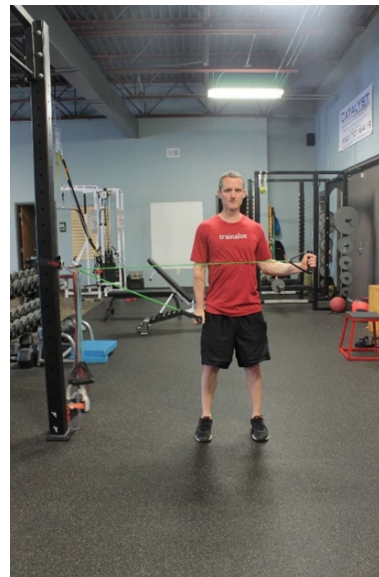
- Engage inner abdominals and pelvic floor muscles to assure spinal stabilization.
- Slowly rotate the arm out just enough to keep the elbow on the body, DO NOT allow the shoulder or body to rotate back.
- Pause and slowly return to the start position, repeat.

Tips

- Keep shoulders square and do not allow torso to rotate. Keep head up.

Progression

- Decrease band length to increase resistance.
- 45° E-Rot.
- **Video:** <https://www.youtube.com/watch?v=Vjf6VsKV4bU>



Tubing Abduction (Rear Delt)

Preparation

- Stand with good posture.
- Arms straight out in front of body with palms facing each other.

Movement

- Engage inner abdominals and pelvic floor muscles to assure spinal stabilization.
- Open arms to sides pinching shoulder blades together.
- Return to start position and repeat.

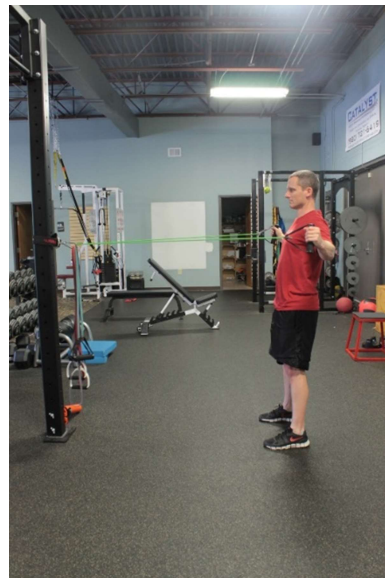
Tips

- Do not shrug.

Options

- Dumbbell, Tubing

• **Video:** <https://www.youtube.com/watch?v=5diCXm8JLxM>



Scaption

Preparation

- Stand with your feet shoulder width apart. Or lay (prone on an incline bench, prone on ball.)

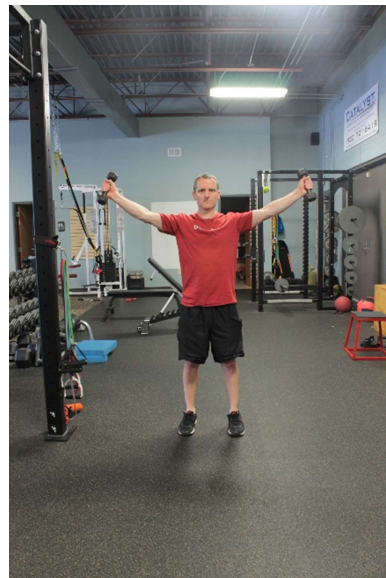
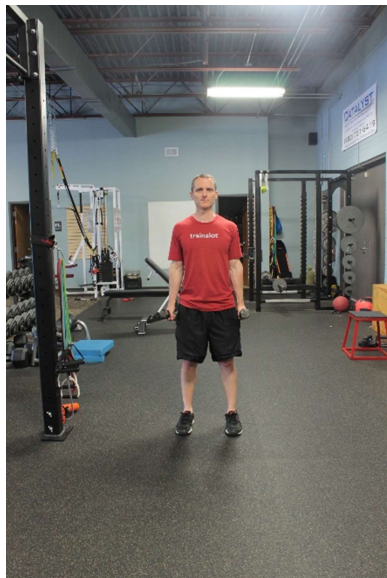
Movement

- Brace your abdominals, retract the cervical spine. (Neutral Spine Position)
- Stabilize your arms in a straight position.
- With your thumbs pointing up slowly raise the dumbbells out to your sides in a narrow 'V' position.
- Return to the start position and repeat.

Tips

- Maintain (cervical) neck retraction.
- Be sure not to shrug. (upper trap muscles)
- Make sure to not raise arms above ear level.

- **Video:** <https://www.youtube.com/watch?v=mrkHffKCHDw>



Internal Rotation

Preparation

- Stand with good posture with feet square and knees bent.
- The elbow of the working arm will rest on the rib cage and be flexed at 90° with shoulder externally rotated.

Movement

- Engage inner abdominals and pelvic floor muscles to assure spinal stabilization.
- Slowly rotate the arm and shoulder internally keeping elbow at side.
- Pause and slowly return to the start position, repeat.

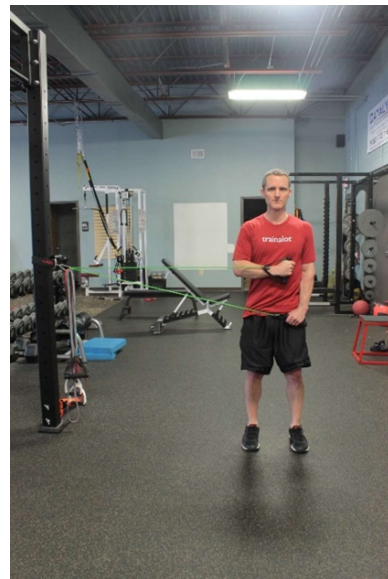
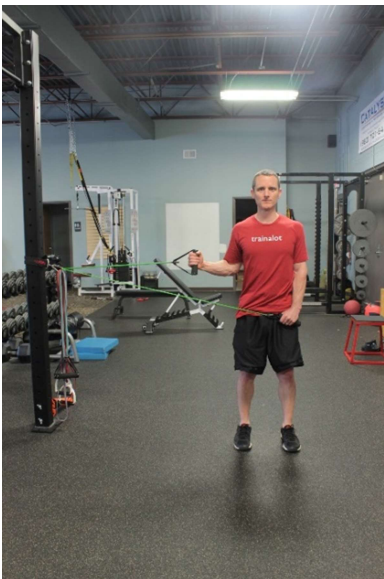
Tips

- Keep shoulders square and do not allow torso to rotate. Keep head up.

Progression

- Decrease band length to increase resistance.

Video: <https://www.youtube.com/watch?v=4NqYBUS0Gos>



External Rotation @ 90

Preparation

- Stand with good posture with the feet square and knees bent.
- The elbow of the working arm will be 90 / 90 during the exercise.

Movement

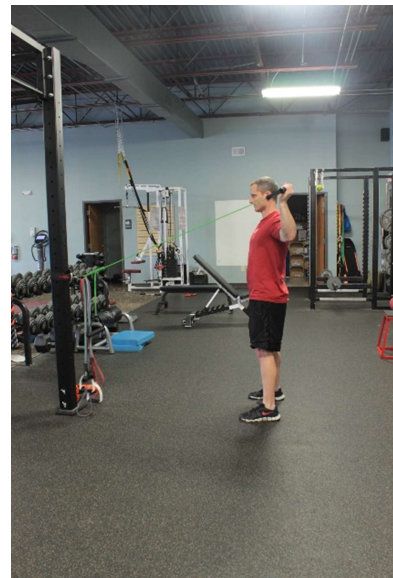
- Slowly rotate the arm from the start position until the hand is even with the ear, DO NOT allow the shoulder or body to rotate back.
- Pause and slowly return to the start position, repeat.

Tips

- Keep shoulders square and do not allow torso to rotate. Keep head up. Avoid shrugging.

Progression

- Decrease band length to increase resistance.
- **Video:** <https://www.youtube.com/watch?v=F45I5JA6GOM>



Scapular Pushups

Preparation

- Place hands on wall around shoulder height with arms straight

Movement

- Engage inner abdominals and pelvic floor muscles to assure spinal stabilization.
- Keep arms extended, lower chest toward wall (shoulder blades will come together).
- Pause, and push through the palms and spread your shoulder blades as far apart as possible.
- Return to the start position and repeat.

Tips

- Maintain (cervical) neck retraction.
- Maintain abdominal brace
- Avoid hyper extension of the back.

- **Video:** <https://www.youtube.com/watch?v=nRQbNXxVZa0>



PNF Pattern #1

Preparation

- Stand with good posture.
- Place right hand on left side of body (hand in pocket).

Movement

- Engage inner abdominals and pelvic floor muscles to assure spinal stabilization.
- Begin rotating palm and lead with the elbow and draw the right arm across the body up and over the right shoulder (drawing a sword).
- Turn palm down and lower to start position and repeat.

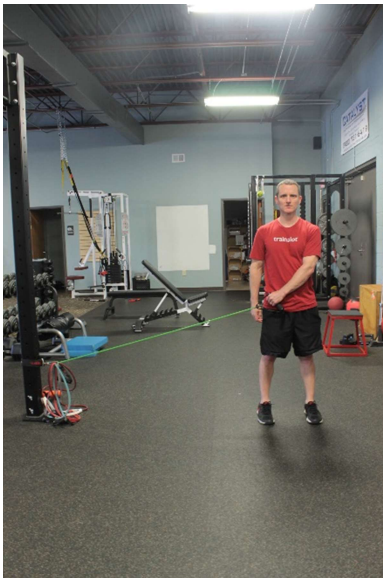
Tips

- Do not shrug.

Options

- Dumbbells, Tubing

• **Video:** <https://www.youtube.com/watch?v=ColvifBso6Y>



PNF Pattern #2

Preparation

- Stand with good posture.
- Place tube in right hand, overhead and to the side.

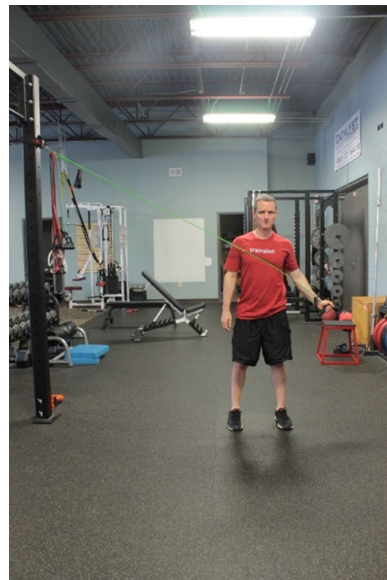
•Movement

- Engage inner abdominals and pelvic floor muscles to assure spinal stabilization.
- Pull tubing down and across body to the opposite pocket.
- Lower to start position and repeat.

Tips

- Lead with thumb.

Video: https://www.youtube.com/watch?v=-s_iC26S9fo



Press-ups

Preparation

- Sit on edge of chair or table.
- Place both hands on sides of object sitting upon with palms down and fingers pointed outward.

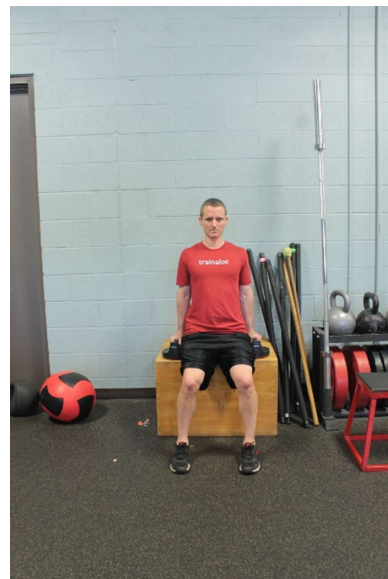
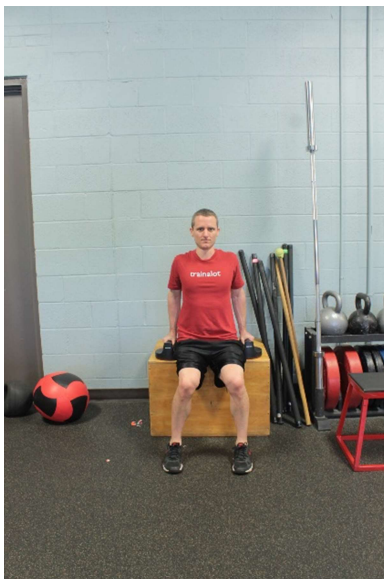
Movement

- Engage inner abdominals and pelvic floor muscles to assure spinal stabilization.
- Place hands directly in line with shoulders
- Slowly push downward through the hands to elevate body while depresses shoulders and squeezing shoulder blades together
- Hold for a count of 2.
- Slowly lower to start position and repeat

Tips

- Maintain (cervical) neck retraction.
- Maintain abdominal brace
- Avoid hyper extension of the back.

- Video: <https://www.youtube.com/watch?v=P1S0ZcARo-8>



Bicep Curls w/supination

Preparation

- Stand with good posture with arms against sides

Movement

- Engage inner abdominals and pelvic floor muscles to assure spinal stabilization.
- Bend elbow and curl hand toward shoulder while turning the palm up.
- Hold for 2 seconds at the top position and return to the start position.

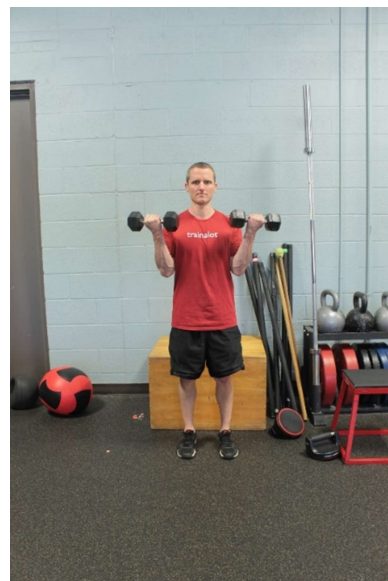
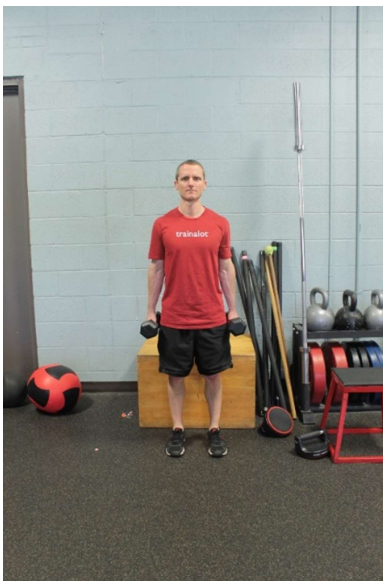
Tips

- Maintain control at all times.

Options

Use dumbbells for increased resistance

Video: <https://www.youtube.com/watch?v=ZV0AK4oMmNQ>



Tricep Pressdowns

Preparation

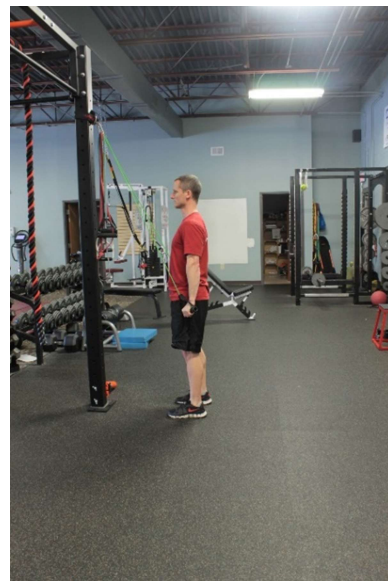
- Grasp straight bar with an overhand grip and pull arms into sides of body.
- Stand with good posture with arms against sides, forearms parallel to the ground.

Movement

- Engage inner abdominals and pelvic floor muscles to assure spinal stabilization.
- Press the weight down while elbows at your sides until they are straight.
- Hold for 2 seconds and return to the start position.

Tips

- Maintain control at all times.
- Video: <https://www.youtube.com/watch?v=yTfVZ-wAMOW>



Wrist Flexion

Preparation

- Sit on bench with forearm flat on bench/table with palm facing up.

Movement

- Engage inner abdominals and pelvic floor muscles to assure spinal stabilization.
- Lower hand below table until you feel a slight stretch in forearm.
- Pull hand up as high as you can till you feel a strong contraction in the forearm.
- Slowly lower to start position and repeat.

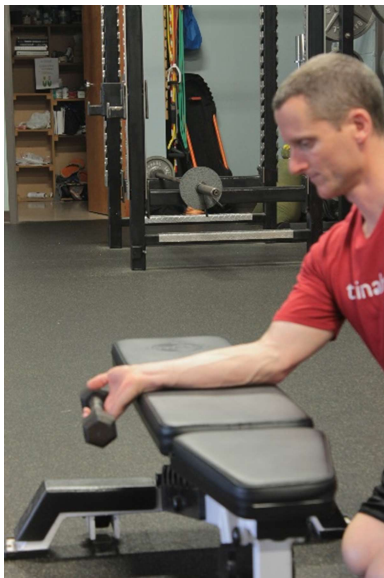
Tips

- Maintain control at all times.

Options

Use dumbbells for increased resistance

Video: <https://www.youtube.com/watch?v=5NNIPTj9LAM>



Wrist Extension

Preparation

- Sit on bench with forearm flat on bench/table with palm facing down.

Movement

- Engage inner abdominals and pelvic floor muscles to assure spinal stabilization.
- Lower hand below table until you feel a slight stretch in forearm.
- Curl hand up as high as you can till you feel a strong contraction in the forearm.
- Hold for a count of two
- Return to start position and repeat.

Tips

- Maintain control at all times.

Options

Use dumbbells for increased resistance

Video: https://www.youtube.com/watch?v=Oy1Uv_Oa_MQ



Wrist Supination

Preparation

- Sit on bench with forearm flat on bench/table, wrist in a neutral position with hand over the end of bench/table

Movement

- Engage inner abdominals and pelvic floor muscles to assure spinal stabilization.
- Roll wrist taking the palm up.
- Hold for 2 seconds and return to the start position.

Tips

- Maintain control at all times.

Options

Use dumbbells for increased resistance

Video: <https://www.youtube.com/watch?v=HVRmEZUOd7k>



Wrist Pronation

Preparation

- Sit on bench with forearm flat on bench/table, wrist in a neutral position

Movement

- Engage inner abdominals and pelvic floor muscles to assure spinal stabilization.
- Roll wrist taking the palm down.
- Hold for 2 seconds and return to the start position.

Tips

- Maintain control at all times.

Options

Use dumbbells for increased resistance

Video: <https://www.youtube.com/watch?v=EFC8XQy3f7s>



Exercise Progressions for Healthy Shoulders:

The following exercises are to be done in a supersets pattern for 2 sets per exercise, 12-15 reps.

1a Tube Combo

1b External Rotation

2a Rear Delts

2b Dumbbell Scapcion

3 Internal Rotation

4a External Rotation 90

4b Scapular Pushup

5a PNF Pattern 1

5b PNF Pattern 2

6 Seated Press-ups

7a Bicep Curl

7b Tricep Pushdown

7a Wrist Flexion

7b Wrist Extension

8a Wrist Supination

8b Wrist Pronation

•If you have healthy shoulders, you may use this as a warm-up progression. One set of each exercise for 6-8 reps.

To see our YouTube video of the Healthy Shoulder Program, click here:

<https://youtu.be/jyrb0XZy6TQ>



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<http://www.pfitcentral.com>