



# BACKSTRONG SPINE & REHAB

GET STRONG • BE STRONG • STAY STRONG  
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Patient name: .....

## INTERMEDIATE EXERCISES FOR THE SHOULDER (STANDING WEIGHTS)

*These sheets contain intermediate exercises for the shoulder using weights in the standing position.*

### FULL CAN

#### Step 1

Stand with your feet hip width apart, holding 1-5kg weights in your hands. Your arms should be turned out slightly.



#### Step 3

Slowly raise your arms in a sideways direction but slightly in front of your body. Ensure your arms remain turned out.



#### Step 2

Gently pull your shoulder blades backwards and downwards.

#### Step 4

Slowly return your arms to the step 1 position.

Repeat steps 2-3 ten to fifteen times. You can perform up to three sets.

Did you know there are nerves within your shoulder muscles and ligaments that send signals to your brain?

## ECENTRIC FULL CAN

This exercise is a variation of full can. You can either choose one or perform both.

### Step 1

Stand with your feet hip width apart, holding a 1-2kg weight in your hand.



### Step 2

Bend your elbow so your hand is close to your shoulder.



### Step 3

Straighten your arm so that your hand is above or close to above your shoulder.



### Step 4

Very slowly lower your arm sideways ensuring it is slightly in front of your body. Keep your arm turned out so that your thumb is closest to the ceiling.



### Step 5

Continue to lower your arm until it has reached the step 1 position.

Repeat steps 2-5 ten to fifteen times. You can perform up to three sets.



Poor shoulder muscle strength can affect the nerve signals to your brain.

## ECENTRIC FLEXION

### Step 1

Stand with your feet hip width apart, holding a 1-2kg weight in your hand.



### Step 2

Bend your elbow so your hand is close to your shoulder.



### Step 3

Straighten your arm so that your hand is above or close to above your shoulder.



### Step 4

Very slowly lower your arm sideways ensuring it is slightly in front of your body. Keep your arm turned out so that your thumb is closest to the ceiling.



### Step 5

Continue to lower your arm until it has reached the step 1 position.

Repeat steps 2-5 ten to fifteen times. You can perform up to three sets.



Those with shoulder problems have altered movement patterns not only at the shoulder but through the trunk and elbow.

## OUTWARD ROTATION

### Step 1

Stand with your feet hip width apart, holding a 1-5kg weight in your hand with your elbow bent to 90 degrees. Place a towel between your body and elbow.



### Step 3

Slowly rotate your arm outwards keeping the towel between your body and elbow.



### Step 2

Gently pull your shoulder blades backwards and downwards.

### Step 4

Slowly return your arm back to the step 1 position.

Repeat steps 2-4 ten to fifteen times. You can perform up to three sets.

Retraining your  
shoulder muscles can  
improve the nerve signals  
to your brain.

## OUTWARD ROTATION AT 90 DEGREES

This is a more difficult version of outward rotation. You can skip this exercise if you feel you are not ready to perform it or if you have a history of shoulder instability or dislocation.

### Step 1

Stand with your feet hip width apart, holding a 1-5kg weight in your hand.



### Step 2

Bend your elbow to 90 degrees and lift your arm until your elbow is close to or in line with your shoulder.



### Step 3

Gently pull your shoulder blades backwards and downwards.

### Step 4

Slowly rotate your arm backwards so that the hand ends up pointing to the ceiling.



### Step 5

Slowly return your arm back to the step 2 position.

Repeat steps 2-4 ten to fifteen times. You can perform up to three sets.

When you learn new exercises you're not just changing your body – you're also changing your brain!



## KNEELING ROW

### Step 1

Kneel one knee on a box or a bench and support the upper body with the hand on the same side. Hold a 1-5kg weight in the other hand and relax the arm.



### Step 3

Slowly bend your elbow to 90 degrees while drawing your arm backwards so that it ends up in line with your body.



### Step 2

Gently pull your shoulder blades backwards and downwards.

### Step 4

Slowly return your arm back to the step 1 position.

Repeat steps 2-4 ten to fifteen times. You can perform up to three sets.

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