

3 Posterior Shoulder Girdle Strengthening using T-Band

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Exercise Instruction

- None of these exercises should cause pain.
- Attached the black strap inside a closed door, make sure the door latches and is secure. Recommend attaching it just above the door hinge and shutting the door, again making sure the door is latched. Test it.
- If you experience pain, try to modify the exercise by reducing the resistance by stepping in closer to where the band is attached to the door. If stepping in closer to the door does not abolish the pain "STOP" that exercise.
- Feel free to contact me if you have any questions.

Bent Arm Row (Start Position)



Bent Arm Row

- Stand with your feet comfortably apart.
- Place your spine in a neutral position.
- Tighten your stomach muscles.
- Grasp the handles of the T-band with arms straight.
- Pull the handles toward your trunk bending your elbows.
- Think of pulling your shoulder blades together.

Bent Arm Row (End Position)



Bent Arm Row (continued)

- Hold position for 3-6 seconds, then return to the start position.
- Repeat 2 sets of 10, progress to 2 sets of 15.
- Perform exercise 3 times a week or every other day.

Straight Arm Row (Start Position)



Straight Arm Row

- Stand with your feet comfortably apart.
- Place your spine in a neutral position.
- Tighten your stomach muscles.
- Grasp the handles of the T-band with arms straight.
- Pull the handles toward your trunk keeping your elbows straight.
- Think of pulling your shoulder blades together.

Straight Arm Row (End Position)



Straight Arm Row (Continued)

- Hold position for 3-6 seconds, then return to the start position.
- Repeat 2 sets of 10, progress to 2 sets of 15.
- Perform exercise 3 times a week or every other day.

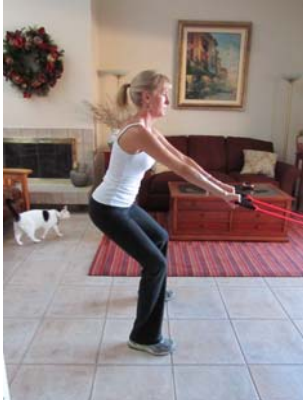
Squat Row (Start Position)



Squat Row (Start Position)

- Grasp and hold T-band handles with elbows bent.
- Stand with your feet comfortably apart.
- Place your spine in a neutral position.
- Tighten your stomach muscles.

Squat Row (End Position)



Squat Row (Continued)

- Squat and allow your elbows to straighten, hinge at your hips and keep your spine in a neutral position.
- Then pull the band handles back with elbows bend and straighten your trunk
- Hold 3-6 seconds.
- Repeat 2 sets of 10, progress to 2 sets of 15.

All- Purpose Exercise T-Bands

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