

# Shoulder stability exercises - sheet 1



## Exercise 1 - scapula (shoulder blade) depression exercise

1. Using a resistance band, step into it as in picture No.1, so that the top of the band sits across the (trapezius) muscle on the shoulder.
2. Keeping your body upright (there is a temptation to lean to the side where the band is) raise your arm to shoulder height, keeping your hand rotated so the thumb is at the top.
3. Continue raising your hand until it is straight up, or until you have reached the end of your comfortable range of movement, whichever is the soonest. **Make sure you don't shrug your shoulder as you lift your arm.**
4. Gently lower your arm. Repeat the exercise 10 times.