



Therapi Tyline Lockdown Exercises



Lockdown Shoulder Exercises

Few relish shoulder workouts, you neglect them at your peril. Shoulder exercises not only relieve shoulders pain they significantly benefit the rotator cuff muscles improving movement and function.

Shoulders are one of the most frequently used muscle groups in the upper body..

Your shoulders are the most versatile joints in the body with the greatest range of motion. Their mobility makes them vulnerable to injury. That's why it's so important to regularly doing shoulder exercises. To help you get started, we pulled together a list of some of the best moves.



Shoulder Abduction (Active)

This exercise targets the middle deltoid.

1. Stand with feet hip-width apart and your arms and hand at your side.,
2. Slowly raise your arms until they're at shoulder level, Keeping your palms facing downward.
3. Hold for a count of 5
4. Slowly lower your arms,
5. Hold for a count of 5
6. Repeat 5 times.
7. Do a minimum of 2 sessions a day.



When suitable perform holding a water bottle or can and every couple days either increase the counts or repartitions

Shoulder stretch

1. Stand with feet hip-width apart and your arms and hand at your side
2. Raise your shoulders.
3. Hold for 5 seconds.
4. Squeeze your shoulder blades back and together
5. Hold for 5 seconds.
6. Pull your shoulder blades downward
7. Hold for 5 seconds.
8. Relax and repeat 5 times.
9. Do a minimum of 2 sessions a day.



When suitable perform holding a water bottle or can and every couple of days increase either the counts or repartitions



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Cross Body Stretch <https://wholelifestylenutrition.com/coaching/30-day-dumbbell-challenge/day-28-30-day-dumbbell-challenge-full-body-stretch/>

1. Stand with feet hip-width apart and your arms and hand at your side
2. Pull your arm across your body using your other arm at shoulder height.
3. To perform the stretch, pull your elbow into your chest.
4. Hold for a count of 10.
5. Relax the hold for a count of 10
6. Repeat stretch for 5 repetitions.
7. Alternate sides when done
8. Do a minimum of 2 sessions a day.



When you are pulling your arm across your body will feel the stretch in the muscles of your shoulder.

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Supported Shoulder Rotation (External Rotation)

1. Stand or sit by the side of a suitable worktop
2. Rest your elbow on the worktop
3. Keeping your elbow at your side
4. Shoulder blades down and together.
5. Rotate the forearm away from the body
6. Hold for a count of 5
7. Rotate the arm so that it is across the body.
8. Hold for a count of 5
9. Repeat 10 times per session.
10. Do a minimum of 2 sessions a day.



You can also perform this exercise using a water bottle or can.

Before performing this exercise, check with your surgeon or massage therapist to determine if you have an external rotation limit.



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Shoulder Internal Rotation (Assisted)

1. Use a suitable towel hand
2. Placing one hand behind you at the small of your back, grasp one end of the towel.
3. Using your other hand, grasp the opposite end of the towel above your head
4. Pull up towards the ceiling.
5. Hold for a count of 5
6. Pull down towards the floor.
7. Repeat times per session.
8. Do a minimum of 2 sessions a day.



Summary

- Most cases of shoulder pain aren't caused by anything serious and will ease within several weeks.
- Learning how to protect your joints and being aware of your posture will help cases of shoulder pain.
- Try the exercises suggested here to help ease pain and prevent future symptoms.
- Before performing this exercise, check with your surgeon or massage therapist to determine if you have an external rotation limit

Tips for avoiding injuries

The tips below can help you avoid injuries:

1. Allow time to warm up and cool down properly.
2. Start slowly and build your activity level gradually.
3. Be aware that exercising too hard or too often can cause overuse injuries. A mix of different kinds of activities and sufficient rest is safer.
4. Drinking plenty of water to stay hydrated
5. Choose clothes suitable for your type of exercise.
6. Initially use no weight, or very lightweights, when learning the exercises.

If there is persistent or intense muscle pain, that starts during exercises **stop** exercising or right afterwards, or persistent muscle soreness that lasts more than one to two weeks, merits medical attention or advice.



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Disclaimer:

The exercises suggested on this website are for educational and guidance purposes only, and the routines are not to be interpreted as a recommended as a specific treatment plan.

Exercise is not without its risks, and these or any other exercises may result in injury. To reduce the risk of injury, before beginning these or any exercise program, please consult a healthcare provider for appropriate exercise prescription and safety precautions.

