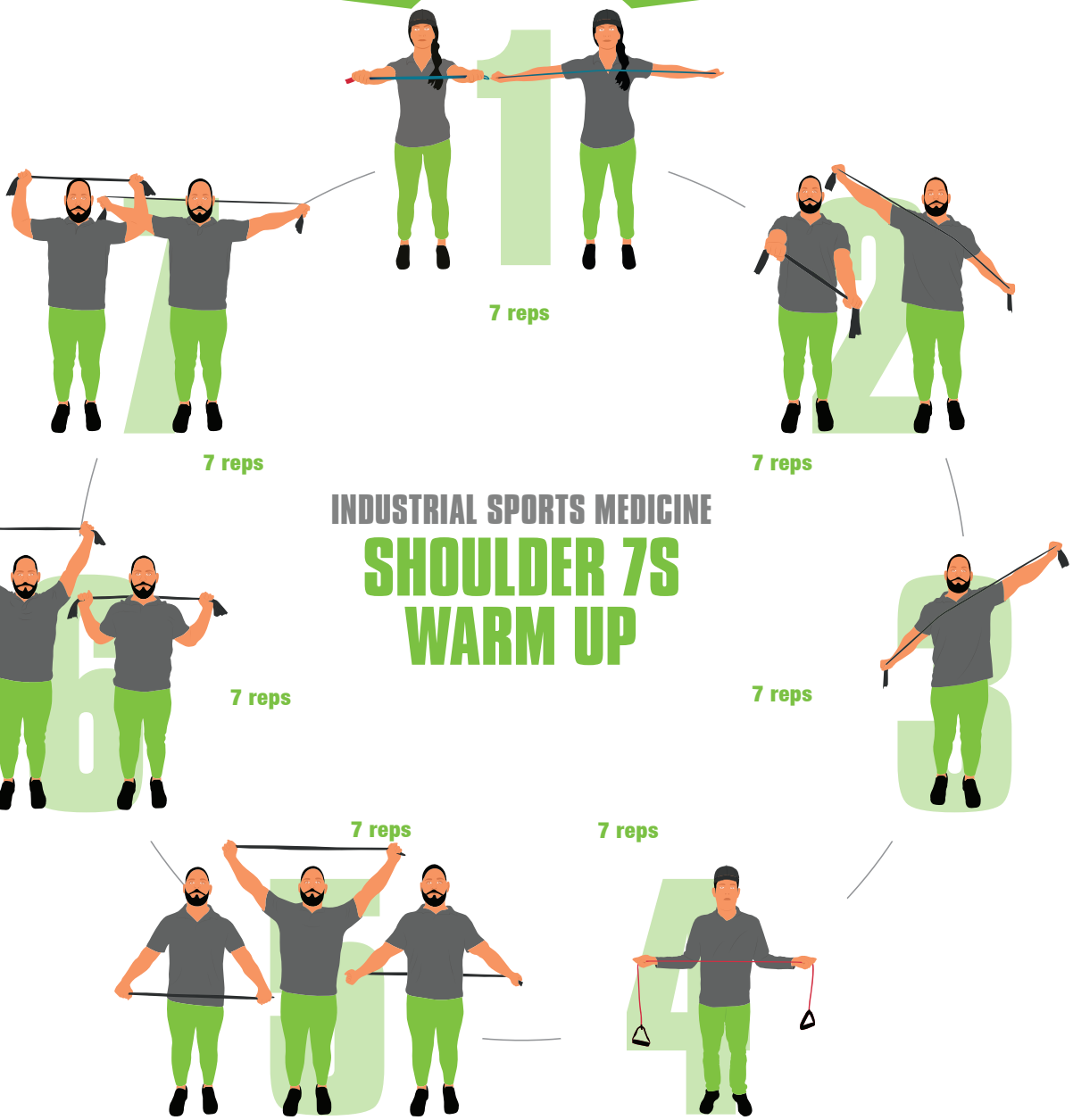
WORK RIGHT
INJURY PREVENTION



INDUSTRIAL SPORTS MEDICINE

SHOULDER 7S WARM UP

1

BAND PULL APART

Holding onto a resistance band with arms raised to shoulder height in front of you and elbows straight, pull the band apart until arms are to your side. Return to start.

2

DIAGONAL PULLS (R ARM)

Hold band out in front of you with right arm at shoulder level and left hand at waist level, gently retract shoulder blades, "proud chest", pull band apart in diagonal movement pattern, control the return back to starting position.

3

DIAGONAL PULLS (L ARM)

Hold band out in front of you with left arm at shoulder level and right hand at waist level, gently retract shoulder blades, "proud chest", pull band apart in diagonal movement pattern, control the return back to starting position.

4

BILATERAL EXTERNAL ROTATION

Begin with elbows locked at your side, and arms pointed straight ahead. Rotate your arms 90 degrees out to the side while squeezing your shoulder blades together.

5

THERABAND RAINBOWS

Hold band out in front of you with wide grip. Lift band forward and up overhead moving to reach band behind back until you feel a mild stretch to the shoulders and chest. Slow return back to start. Aim for a deeper range of motion with each rep.

6

BANDED LAT PULLDOWNS

Hold band with mild tension overhead, pull band down behind your head as you bend elbows and arms land in W" shape. Act as if you were trying to pull elbows towards your back pockets, squeezing back muscles at bottom of the pull motion. Return to start.

7

DOUBLE TRICEP EXTENSION

Start with band behind head, arms bent to a goal post position. Keeping elbows at shoulder height, straighten arms out to sides for a double tricep extension. Control the movement back to starting position.