

Shoulder DB Rehab 2

This is a basic shoulder DB rehab program to be used alongside professional advice. If any exercise causes more pain than 4 out of 10 on the pain scale then stop exercising.

List of Exercises -30s on, 20s off - repeat each exercise twice

Anterior deltoid stretch
Pec band stretch
Shoulder circumduction both
Combo 1
Combo 2
Hugger
Front cross
Circle shrugs
External rotation with horizontal add
Standing lateral raises - front, V, lateral - with set
shoulder blade
Poser
Pec wall stretch
Thoracic long arm stretch
Sleeper stretch

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Disclaimer:

Before you start this or any exercise programme you must get your GP's / medical professional's approval. These home workouts are for informational purposes only and it is not meant as medical advice, nor is it a substitute for medical advice or a medical programme. Anyone experiencing any pain, discomfort, light-headedness, dizziness or becoming short of breath, should stop exercising immediately and consult a doctor/physician. The author is not responsible in any manner for any injury, loss, risk or liability, personal or otherwise, that result from the use of the fitness workout programmes or exercises outlined in this document.