



# BACKSTRONG SPINE & REHAB

GET STRONG • BE STRONG • STAY STRONG  
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Patient name: .....

## INTERMEDIATE EXERCISES FOR THE SHOULDER (PRONE WEIGHTS)

*These sheets contain intermediate exercises for the shoulder using weights in the prone position.*

### PRONE FULL CAN

#### Step 1

Lie on your stomach at the edge of a firm table holding a 1-2kg weight in your hand. Allow your arm to relax to the floor.



#### Step 3

Slowly raise your arm in an upwards direction. Ensure your arm is turned outwards so that your thumb is closest to the ceiling.



#### Step 2

Gently pull your shoulder blades backwards and downwards.

#### Step 4

Slowly return your arm to the step 1 position.

Repeat steps 2-3 ten to fifteen times. You can perform up to three sets.

Those with shoulder problems have altered movement patterns not only at the shoulder but through the trunk and elbow.

## PRONE SIDeways LIFT

### Step 1

Lie on your stomach at the edge of a firm table holding a 1-2kg weight in your hand. Allow your arm to relax to the floor.



### Step 2

Gently pull your shoulder blades backwards and downwards.

### Step 3

Slowly raise your arm in a sideways direction. Ensure your arm is turned outwards so that your thumb is closest to the ceiling.



### Step 4

Slowly return your arm back to the step 1 position.

Repeat steps 2-3 ten to fifteen times. You can perform up to three sets.

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Retraining your  
shoulder muscles can  
improve the nerve signals  
to your brain.

## PRONE OUTWARD ROTATION

### Step 1

Lie on your stomach at the edge of a firm table holding a 1-2kg weight in your hand. Allow your arm to relax to the floor.



### Step 2

Bend your elbow to 90 degrees.



### Step 3

Gently pull your shoulder blades backwards and downwards.



### Step 4

Slowly rotate your arm outwards.

### Step 5

Slowly return your arm back to the step 2 position.

Repeat steps 2-5 ten to fifteen times. You can perform up to three sets.

When you learn new exercises you're not just changing your body – you're also changing your brain!