

Erbst OrthoSport



BENT-OVER SHOULDER LATERAL RAISE

Stand sideways to door or wall where theraband or sportcord is anchored. Assume essentially a golf stance with shoulders slightly wider than shoulders and hips flexed somewhat and slight posterior pelvic tilt. Maintain this exaggerated athletic stance throughout the exercise-don't stand up tall at any point. Hold resistance in RIGHT LEFT hand. While keeping elbow nearly straight, move hand away from the wall. Movement starts at opposite knee and finishes at shoulder height. Do allow hips to sway slightly during exercise-as the arm moves, the hips follow.

Perform _____ repetitions, _____ sets for a total of _____ reps.

Perform this exercise _____ times each DAY WEEK.

Erbst OrthoSport Physical Therapy

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