







Shoulder Strengthening Exercises (intermediate-advanced)

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✓ Exercises	Instructions	Notes
 <p><u>Shoulder abduction (standing)</u></p>	Raise your elbows sideways, parallel to the floor. Avoid shrugging your shoulders during this exercise. Do 3 series of 10 repetitions daily.	
 <p><u>Biceps strengthening (standing)</u></p>	Flex your elbows against a resistance, tightening your biceps. Keep your elbows close to your body, and shoulders low. Alternate each side. Do 3 series of 10 repetitions daily.	
 <p><u>Alternative shoulder elevation (sitting)</u></p>	Raise a small weight in your hand towards the ceiling, one side after the other. Fully extend the elbows above your head. Do 3 series of 10 repetitions on each side daily.	
 <p><u>Pectorals strengthening (supine)</u></p>	Elbows extended, open and close your arms sideways until the weight touches above your head. Do not pass the horizontal position when going down. Do 3 series of 10 repetitions daily.	
 <p><u>Shoulder flexion (supine)</u></p>	Starting with arms straight up, lower your arms holding small weights in each hand above your head. Then return to the initial position and downward towards your hip as if you were doing half circles. Keep your elbows extended throughout this exercise. Do 3 series of 10 repetitions.	
 <p><u>Front raise shoulder flexors strengthening (standing)</u></p>	While keeping your body, neck and head in a neutral position, hold a small weight in each hand and raise your right arm in front of you, parallel to the floor. Repeat the same exercise with the left arm. This exercise program should be done 3 times per week with one day of rest between training days. Begin with a series of 3 repetitions with light weights that you can lift without difficulty. Progress gradually to 2 series of 15 repetitions, and then later to 3 series of 15 repetitions.	

These exercises have been developed by the Canadian Chiropractic Guideline Initiative (CCGI) and are based on the latest evidence-based Clinical Practice Guidelines for Neck Pain Associated and Whiplash Associated Disorders.*

Find out more at www.chiroguidelines.org

* Bussièrès AE, Stewart G, Al-Zoubi F, Decina P, Descarreaux M, Hayden J, et al. The Treatment of Neck Pain—Associated Disorders and Whiplash-Associated Disorders: A Clinical Practice Guideline. *Journal of Manipulative and Physiological Therapeutics*. 2016;39(8):523-64.e27.