

HOME EXERCISE PROGRAM

Advanced Shoulder Strengthening Program

Rotator-cuff and scapular strengthening for the later stages of shoulder recovery

This is the advanced strengthening phase for the shoulder — progress to it once you have comfortable, pain-free motion and have completed the basic shoulder program. Move slowly and control the return of every repetition. Use light weights or bands and stop if any exercise causes sharp pain.

SCAPULAR STRENGTHENING (PRONE)

Done face-down on an incline bench with light weights. Squeeze the shoulder blades and lower slowly.

Y Raise

3 sets × 10, 2–3 days/week

Lie face down on an incline bench holding light weights. Raise your arms overhead into a "Y" with thumbs up, squeezing the shoulder blades, then lower slowly.



W Raise

3 sets × 10, 2–3 days/week

Lie face down on an incline bench. Pull your elbows back and down into a "W", squeezing the shoulder blades together, then release slowly.



Lower Trap Raise

3 sets × 10, 2–3 days/week

Lie face down on an incline bench and raise your arms out to the side with thumbs up, focusing on the lower trapezius. Lower slowly.

BAND & DYNAMIC CONTROL

Slow, controlled band work for the rotator cuff and shoulder-blade muscles.



Face Pull

3 sets × 12, 3 days/week

Anchor a band at about head height. Pull it toward your face, leading with the elbows and squeezing the shoulder blades, then return slowly.



Dynamic Hug

3 sets × 12, 3 days/week

With a band around your upper back, open your arms wide, then "hug" them forward against the resistance, feeling the muscles around the shoulder blades work. Return slowly.



Wall Angels

2 sets × 10, daily

Stand with your back, head, and arms against a wall. Slide your arms up and down like a snow angel while keeping the hands and elbows in contact.

STABILITY & FUNCTION

Build control and endurance for daily and athletic tasks.



Push-Up Plus

3 sets × 10, 3 days/week

In a push-up position (or against a wall to start), keep the arms straight and push your shoulder blades apart (the "plus"), then let them draw back together. Strengthens the serratus anterior.



Ball-on-Wall Stabilization

2 sets × 20–30 sec each direction

Press a small ball against the wall at shoulder height with your hand and make small circles in both directions, challenging the rotator cuff and scapular muscles.



Plank Shoulder Taps

3 sets × 10 each side

In a high plank with a wide, stable base, tap one hand to the opposite shoulder while keeping your hips level and core tight. Alternate slowly.

Stop and call the office at (513) 354-3700 if any exercise causes sharp pain, new swelling, numbness, or symptoms that worsen into the next day. This general program is patient education and does not replace an individualized plan from Dr. Pettit or your physical therapist. If you are recovering from surgery, follow your specific post-operative protocol first.



SCAN FOR THE LATEST VERSION ONLINE

robertpettitmd.com/exercise-programs/shoulder-adv.html

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