

# Posterior Shoulder Instability Exercises Handout

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## Introduction

This handout provides a structured exercise program to promote posterior shoulder stability and enhance dynamic shoulder function. These exercises are designed to strengthen specific muscles involved in shoulder stability, aiding in recovery from posterior shoulder instability. Perform each exercise as demonstrated and consult your healthcare provider if you experience pain or discomfort.

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## Exercise 1: Internal rotation with resistance band

**Equipment needed:** Resistance band

1. Attach one end of the resistance band to a stable object.
  2. Stand with your affected side closest to the anchor point.
  3. Hold the band with your elbow bent at 90 degrees, palm facing inward.
  4. Pull the band across your body, focusing on internal rotation.
  5. Slowly return to the starting position.
  6. Repeat for 10-15 repetitions for 2-3 sets.
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## Exercise 2: Scapular push-ups

**Equipment needed:** None

1. Start in a plank position with your arms straight.
  2. Keep your elbows locked and perform a push-up motion by moving only your shoulder blades.
  3. Push your shoulder blades apart (protraction) and then together (retraction).
  4. Perform 10-15 repetitions for 2-3 sets.
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## Exercise 3: Wall angels

**Equipment needed:** None

1. Stand with your back against a wall, feet slightly away.
2. Press your lower back, upper back, and head against the wall.
3. Slowly raise and lower your arms along the wall, forming a "W" shape, then a "Y," and finally an "I."
4. Maintain contact with the wall throughout the movement.
5. Perform 10 repetitions for each shape, for 2-3 sets.

## Exercise 4: Prone T-Y-I raises

**Equipment needed:** Light dumbbells or none

1. Lie face down on an exercise bench.
  2. Start with your arms hanging down toward the floor.
  3. Lift your arms to form a "T" shape, then a "Y," and finally an "I."
  4. Keep your thumbs pointing up and squeeze your shoulder blades together.
  5. Perform 10 repetitions of each shape, for 2-3 sets.
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## Exercise 5: External rotation with dumbbell

**Equipment needed:** Light dumbbell

1. Lie on your side with your affected arm on top and a light dumbbell in your hand.
  2. Keep your elbow at a 90-degree angle and your forearm resting on your abdomen.
  3. Rotate your arm upward, focusing on external rotation.
  4. Slowly lower the dumbbell back to the starting position.
  5. Perform 10-15 repetitions for 2-3 sets.
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## Guidelines

- Perform these exercises 3-4 times per week, allowing for rest days in between.
  - Start with low resistance and gradually increase as tolerated.
  - Focus on proper form and technique to avoid injury.
  - Consult your healthcare provider before starting this exercise program.
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## Conclusion

Consistency and proper technique are key to achieving optimal results with these posterior shoulder instability exercises. Monitor your progress and adjust the intensity as you improve. Contact your healthcare provider if you have any questions or concerns regarding your rehabilitation.