

SHOULDERS & UPPER BACK

# UNWIND

Chiropractic Care  
EASY SHOULDER/UPPER BACK EXERCISES



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# Truth about shoulders.

The shoulder is an amazing part of the body because it is the most mobile joint in your body! But due to mobility, the shoulder can become problematic when injured and can be one of the most frustrating joint to deal with because of daily activities. Fortunately, if you understand what shoulder injury you have, problems can be properly treated!

- 1.

# *Lateral Shoulder Raise*

1.



2.



In lateral shoulder raises, you are strengthening the deltoids. Start with hands by your side and lift up laterally with your elbows slightly bent. Do not use heavy weights.

2.

Directions:  
3 sets of 12 repetitions.

# *Upright Row*

1.



2.



This is a compound exercise that involves multiple muscle groups. Start with light dumbbells in front of your thighs. As you move up, the dumbbells should be as close to your body as possible.

3.

Directions:  
3 sets of 10 repetitions.

# *Flys Exercise*

1.



2.



A fly exercise can be done with cables or dumbbells. This is a strengthening and training exercise in which the hand and arm move through an arc while the elbow is kept at a constant angle. This is a great exercise for shoulders and upper back!

4.

Directions:  
3 sets of 10 repetitions.



# Overhead/Shoulder Press

1.



2.



The overhead or shoulder press is a weight training exercise with many variations. While sitting or standing with dumbbells, push straight upwards using your shoulders, traps and lats. This works on upper trapezius, deltoids, and triceps for stabilization.

5.

Directions:  
4 sets of 12 repetitions.

# Front Raise

1.



2.



This exercise is great because it isolates shoulder flexion. It primarily works the anterior deltoids stabilized by upper back muscles. Use a light weight because this is a tough one and raise slowly in front of you with elbows slightly bent.

6.

Directions:  
3 sets of 12 repetitions.



# Rear Deltoid Raise

1.



2.



You're going to do this seated! This exercise focuses on two factors two shoulder joints: the glenohumeral (GH) joint and the scapulothoracic joint.

Slight bending of your elbows and keep your back straight and lift up while in bent position.

7.

Directions:  
3 sets of 12 repetitions.

# *Int/Ext Rotation*

1.



2.



Use a light weight for this one! Probably 5-15lbs is more than enough. Keep your elbows close to your chest and make sure it stays in 90 degrees position at all times. Rotate your shoulders inwards and outwards. Keep the elbow in place.

8.

Directions:  
3 sets of 12 repetitions.



*Easy Exercises For*

# UPPER BACK

Strengthening your upper back is just as important as your shoulders! Upper back such as your scapula and middle/lower trapezius muscles move along with your shoulder muscles during motion! It helps to support your shoulders so always work on upper back when strengthening your shoulders.

9.

# *Bent-Over Dumbbell Row*

1.



2.



This exercise works the larger muscle groups and is just as effective for the upper and the lower, making this a great overall back builder. Start in bent position with arms hanging down. Lift your dumbbells to the lower abdomen using upper back. Keep your back straight and make sure to look straight or up.

10.

Directions:  
3 sets of 8 repetitions.



# Single-arm Dumbbell Row

1.



2.



This is a great unilateral exercise. It allows you to work on specifically on sides you may be weaker on. You'll get a great exercise when training unilaterally, and won't be restrained if your weaker side fails first.

Directions:

4 sets of 10 repetitions.

11.

# Dumbbell Dead Lifts

1.



2.



This helps to strengthen your upper and lower back when you do this correctly. Start your dumbbells low to the ground and lift up using your back. Try not to allow your knees pass your feet. It is important to make sure to keep your back as straight as possible.

**TIP:** Looking up helps to keep your lower and upper back straight!

12.

Directions:  
3 sets of 10 repetitions.



An aerial photograph of a wide, sandy beach. The ocean waves are breaking in the distance, creating white foam. Several people are scattered across the beach, some walking, some standing, and some sitting. The sky is clear and blue.

SHARE THIS WITH YOUR FRIENDS!

Hopefully you found these stretches helpful.

For any questions, please contact us!

For more information, visit our website at [unwindchirocare.com](http://unwindchirocare.com)

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