

## Nicholas Institute of Sports Medicine and Athletic Trauma (NISMAT) Arm Care Program

Exercise	Description	Muscle Activated
<b>Push-up Plus</b>	Standard push up position; with elbows fully extended, maximally protract both scapulae; add resistance band across the shoulder blades or weighted vest as able	Serratus Anterior
<b>Bilateral External Rotation with Scapular Retraction</b>	Elbows at 90°, neutral shoulder rotation; circular resistance band wrapped around hands; maximally ER both shoulders and simultaneously retract + depress scapulae	Lower Trapezius
<b>Standing horizontal abduction with neutral</b>	Arms forward flexed to 90°, resistance band held in each hand, palms facing ceiling, maximally horizontally abduct bilateral shoulders and simultaneously retract + depress scapulae	Posterior Deltoid
<b>Lawnmower</b>	Feet slightly beyond shoulder width apart, standing perpendicular to wall, resistance band ~knee height, hold band in opposite hand, rotate shoulders away from the wall and pull resistance band up and away from the wall	Lower Trapezius Posterior Deltoid
<b>Standing Diagonal Band Pull-Apart</b>	Arms forward flexed to 90°, resistance band held in each hand, palms facing the floor, pull upward and outward with one hand, downward and outward with the opposite hand	Supraspinatus Upper Trapezius Middle Trapezius Lower Trapezius Posterior Deltoid
<b>Standing Row + 90/90 ER</b>	Feet shoulder width apart, facing the wall, resistance band ~chest height, resistance band in each hand, pull backwards until elbows in 90° flexion, then externally rotate to 90/90° position	Infraspinatus Teres Minor
<b>Side Plank with ER</b>	Forearm side plank position, resistance band in hand farthest from the floor, elbow tucked in at the side, externally rotate the shoulder while remaining in plank position	Infraspinatus
<b>Shoulder IR at 90/90**</b>	Feet staggered, facing away from the wall, resistance band ~shoulder height, arm in 90/90° position, internally rotate to neutral	Subscapularis
<b>Standing Scaption</b>	Feet together standing on resistance band which is in each hand, forward flexi shoulders in the plane of the scapula	Supraspinatus Middle Deltoid Teres Minor
<b>Wall Walk with Elastic Resistance</b>	Facing the wall standing 12-18 inches away, circular resistance band around hands, “walk” hands up the wall while maintaining tension on resistance band	Infraspinatus
<b>Seated Forearm Pronation with Theraband/CLX</b>	Sitting, resistance band under foot, elbow in 90° flexion, supported on thigh, start palm facing up and rotate forearm until palm facing down	Pronator Teres Flexor Digitorum Superficialis
<b>Wrist Ulnar Deviation with Theraband/CLX</b>	Shoulders in 90° forward flexion, resistance band in each hand, elbows fully extended, palms facing the floor, maximally ulnar deviate	Flexor Carpi Ulnaris

\*\*Do not perform if recovering from UCL injury or surgery

Adapted from *Evidence Based Arm Care: The Throwers 10 Revisited*, Mullaney et al., IJSPT, 2021

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