

Avoiding Shoulder Injuries During Exercise

Simply avoiding the following list of exercises will go a long way to avoiding a shoulder injury or preventing an injury from getting worse during your quest for injury rehab. **Please understand that the “try instead” exercises are not intended for shoulder injury rehabilitation but rather they are recommended as alternate exercises for strengthening a healthy, stable shoulder.** Our Therapists can recommend targeted rehabilitation exercises specific to your condition.

Don't:
Upright Rows



Instead Try:
Shoulder Fly/ Lateral Raise



Don't:
Pec Deck



Instead Try:
Cable Crossover



Don't:
Tricep Dip



Instead Try:
Tricep Rope Press



Don't:
Straight Bar Bench Press



Instead Try:
Dumbbell Bench Press



Don't:
Behind the Head Lat Pull



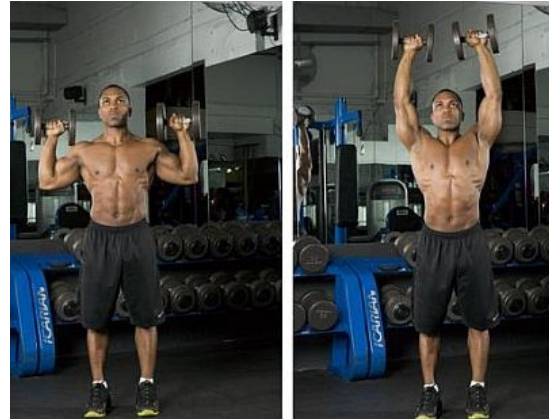
Instead Try:
Cable Lat Pull



Don't:
Overhead Press



Instead Try:
Overhead Dumbbell Press



As noted above the “instead try” exercises are intended for general strengthening only and are not intended as a substitute for specific rehabilitation. Check back with us as we further develop our online video series of rehabilitation focused exercises. If you or your fitness professional have any specific questions about the research behind the above recommendations, please contact Dr. Hankins directly for further discussion.

If you experience persistent or recurring shoulder pain please contact us for an assessment. We offer a wide selection of treatment options for both acute and chronic shoulder conditions and can assist with diagnostic imaging or specialist referrals when necessary.

