Up and Down - Facing the Door
- Put a chair against the door and sit so you are facing the door. Your toes should be about 25cm from the door.
- Grasp a handle with each hand and gently pull the rope straight up and down. Make sure your shoulder does not hurt when stretching it.
- In the downward movement, try to make the shoulder go down and backwards as far as possible.

Up and Down - Back to the Door
- Put a chair against the door and sit so you are facing away from the door.
- Grasp a handle with each hand and gently pull the rope straight up and down. Make sure your shoulder does not hurt when stretching it.
- In the downward movement, try to make the shoulder go down and backwards as far as possible.

Side Circle
- Put a chair against the door and sit so you are facing away from the door.
- Grasp a handle with each hand and gently pull the rope up and down. Keep the injured arm stretched to the side, allowing it to make a circular motion to your side. Make sure your shoulder does not hurt when stretching it.

Front Circle
- Put a chair against the door and sit so you are facing away from the door.
- Grasp a handle with each hand and gently pull the rope up and down. Keep the injured arm stretched to the front, allowing it to make a circular motion in front of you. Make sure your shoulder does not hurt when stretching it.

Rotation
- Put a chair against the door and sit so the side of your injured arm faces the door.
- Hold your injured elbow against your body.
- Grasp a handle with each hand and gently pull with your good arm, making your injured arm rotate.

Internal Rotation
- Put a chair against the door and sit so the side of your injured arm faces away from the door.
- Grasp a handle with your injured arm behind your back. Chances are that you will be able to do this by yourself. Have someone hand you the handle if necessary.
- Gently pull with your good arm, making your injured arm go upward behind your back. Be very careful when performing this exercise.

All these exercises can also be performed in a standing position:

Up and Down - Facing the Door
Up and Down - Back to the Door
Side Circle
Front Circle
Rotation
Internal Rotation

More exercises on www.moves-band.com, Facebook and YouTube.