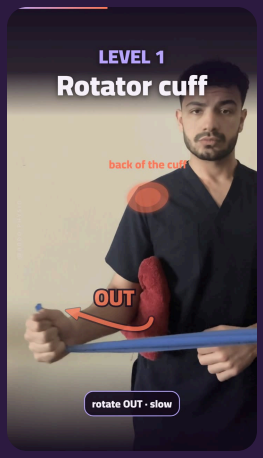
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FREE GUIDE

Shoulder stability: 1 rule + 4 levels

For a shoulder that keeps slipping out. Train the muscles that hold it in, 3 times a week for about 3 months.

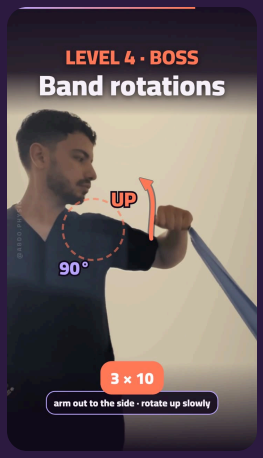


1 Level 1: rotator cuff

3 × 15 EACH WAY **3× A WEEK**

The rule: while you build up, no wide-grip bench, no behind-the-neck press, no diving for the ball.

1. Band in a door at **elbow height**. Rolled **towel** between elbow and side.
2. Rotate **out**, slowly, elbow glued to the towel.
3. Turn around and rotate **in**.
4. About **2 seconds** each way.



2 Then level up

Move up only when the current level feels easy and solid.

- **Level 2:** push-up plus, 3 × 10. At the top, push the floor away a little more.
- **Level 3:** plank shoulder taps, 3 × 10 each side. Hips still.
- **Level 4:** band rotations, arm out to the side, 3 × 10, slow. Then sport at half speed.
- Pain gone? **Don't rush back.** Keep going for about 3 months.

⚠ Stop and get it checked if...

- it's **stuck out** or looks **deformed** (emergency)
- **numbness or tingling** in your arm or hand
- your hand is **pale, blue or cold** (same day)
- it **keeps slipping** during the exercises
- it slips with **tiny movements** or in your sleep
- **sharp pain** that doesn't settle



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Educational content only. Not a substitute for an in-person assessment by a physiotherapist or doctor. Stop any exercise that causes sharp or worsening pain. 12-week progressive exercise improved shoulder function after dislocation: Eshoj et al., Orthop J Sports Med, 2020.