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Shoulders and Hips: Exercises with Bands
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FIGURE 8 BANDS/LONG BANDS

Shoulder and hips have some of the largest problems with women and keeping the shoulder joint happy and the hip muscle groups in balance to help with low back pain. Most women do not do enough shoulder exercise to keep the posture strong and the rotators in balance. Most women are also very imbalance in the muscle supporting the hip joints. In order to work these muscles effectively in the water, we must bring in bands. Using noodles or buoys cannot effectively train some of the muscles in the shoulders and hips. Certain muscle groups leave us in uncomfortable positions in the water and certain exercises cannot be done at all.

The following list of exercises targets the muscles in the shoulders and hip for better overall joint stabilization and muscular work.

Shoulder issues and background:

The deltoids, rhomboids, traps, lats, pecs, serratus anterior, teres major and the shoulder rotator muscles (infraspinatus, supraspinatus, teres minor and subscapularis) are of specific concern for posture and well and shoulder health especially as people age. The rear delt, supraspinatus and infraspinatus run along the back of shoulder blade and help with external rotation and keeping the shoulder head back. The teres minor, traps and rhomboids helps keep the shoulder blade in to the back and pulled toward the spine. The pecs and anterior delt can pull the shoulder forward and in. The medial delt and upper traps lift the shoulders; the lower traps and lats pull them down and in. In general people need to work on keeping the shoulder back, down and in. We also need to be able to reach overhead and behind the head which is an ability that people lose as they get older if they don't keep the shoulder muscles strong, healthy and in balance.

Hip issues and background:

Muscular balance is the key here. The hip rotators, abductors, adductors, hip flexors, quads and hamstrings need to be in balance in order for the joints of the hip and pelvic region to be healthy and the stresses on the low back to be even and not cause low back pain. Low back pain is not always tight hamstrings or hip flexors; it can be tight internal rotators, a weak abductor or adductor from right to left or tight external rotators.

The following are exercises that are nearly impossible to get in the water without the use of bands. External hip rotation, shoulder press, lat pull down, medial delt lateral raise, anterior delt front raise, hip abduction and upright shoulder rotation for shoulder cuff.

Shoulder exercises with the band

1. HITCHHIKER (rotators): works primarily the external rotator cuff muscles; also includes deltoids (shoulder) and scapular stabilizers.

CUES: have participants place hands in each loop of the bands, palms up. Keep upper arms against the body at all times during the move. Pull hands away from each other while keeping elbows secure against body. The motion is actually rolling the head of the

humerus in the shoulder socket. To perform this with the long bands, simply roll the elastic tubing around each hand until there is sufficient tension between the hands before beginning.

2. **BOW AND ARROW:** primarily works rear deltoids and rhomboids; also works scapular stabilizers and some of the rotator group.

CUES: have participants place hands in each loop of the bands. Extend right arm out to the side of the body, shoulder height. The left arm is also shoulder height, but its elbow is bent and the hand begins at the chin. Begin this exercise by retracting the shoulder blades for stability, and then pulling the left shoulder and elbow towards the back of the body (behind the frontal plane), and then releasing to the starting point. The left elbow will NOT straighten. Reverse. It is exactly like pulling back a bow for release of the arrow towards a target. To perform this with the long bands, simply roll the elastic tubing around each hand until there is sufficient tension between the hands before beginning.

3. **SINGLE ARM LAT PULLDOWNS:** primarily works Latisimus Dorsi; also works rhomboids, Scapular stabilizers, deltoids, and pectorals

CUES: have participants place hands in each loop of the bands. Extend right arm above the head and/or slightly over the right shoulder, just in front of the body. Bring left arm up with the elbow bent, just high enough to keep minimal tension in the band. The movement begins with the left arm pulling down and slightly away from the body in an arching motion. The elbow's movement line resembles a crescent shape from starting point to the ending point near the hip, and back up to the starting point again. The primary muscular firing sequence starts in stabilizing the shoulder blades, and then contracting the back muscles to pull the elbow down to the hip. To perform this with the long bands, simply roll the elastic tubing around each hand until there is sufficient tension between the hands before beginning.

5. **UPRIGHT ROWS:** primarily targets shoulders, arms, and upper back.

Have participants stand with feet hip width apart on tubing. Handles can either be in same side hands or crisscrossed in front of the body. With palms facing inward pull handles toward the chin with elbows pointing out to the sides shoulder height or slightly above. Slowly lower.

6. **SIDE/FRONT LATERAL RAISES:** targets shoulders. Have participant stand with Feet hip width apart on tubing, holding a handle in each hand. With abdominals contracted, slowly raise their right arm with elbow in a straight but relaxed position to shoulder height. Lower slowly and repeat with left arm. This may be done bilaterally (both arms at the same time). Front lateral raises will be raised in front of the body, working the anterior deltoids, and side lateral raises will be raised out to the side of the body, working the medial deltoid.

7. **ROWS:** targets the mid traps, rhomboids and rear delt.

Have participant stand with Feet hip width apart with tubing connect in front to a pole or another persons tubing, holding a handle in each hand. With abdominals contracted,

slowly pull straight back squeezing the shoulder blades together, but keeping the shoulders down.

8. OVERHEAD PRESS: targets the medial delts and upper traps

Feet hip width apart on tubing, holding a handle in one hand. With abdominals contracted and the hand by the shoulder slowly press straight up and release slowly.

9. PRONE FLYS: targets the mid traps, infraspinatus and supraspinatus.

Hole the figure 8 band in both hands, elbows out and shoulder level. Keeping the shoulders down squeeze the shoulder blades together.

10. URIGHT ROTATORS: targets, infraspinatus and supraspinatus. And rear delt

Stand on band with handles in each hand. Elbows are out to side and at shoulder level palms are down and facing back. Rotate up so palms face forward and front. Elbows are still shoulder level. Slow release. Do not move back or flex at hips.

11. REAR RAISES: targets shoulders – rear delt. Have participant stand with

Feet hip width apart on tubing, holding a handle in each hand. With abdominals contracted, slowly raise their right arm with elbow in a straight but relaxed position to behind hip at 45 degrees. Lower slowly and repeat with left arm. This may be done bilaterally (both arms at the same time)

Hip Exercises

1. STANDING LEG CURL: targets hamstring group. Using “figure 8” bands, have participants place one loop around each foot or ankle. While standing on one leg, extend left leg slightly behind the body. Flex left foot and curl the heel upward towards the buttocks, no more than 90 degrees, lower slowly. Complete all repetitions on one leg before switching to the right leg. Remember to keep standing/stabilizing leg slightly bent. With long handled bands, keep the band taught around instep or heel of active leg.

2. STANDING LEG ABDUCTION: targets outside hip/thigh. Using “figure 8” bands, have participants place one loop around each foot or ankle. While standing on one leg, extend other leg to the side away from the body, return slowly to start position. Complete all repetitions on one leg before switching to the other leg. Remember to keep standing/stabilizing leg slightly bent. If using the long tubing, stand with feet on center of tubing, securing handles with your hands in front of the body or hands at your hips. Proceed with leg extension out to the side.

3. LEG EXTENSIONS: targets quadriceps. Place one foot in each of the “figure 8” loops. Lift left leg no more than 90 degrees and bend at the knee. Slowly straighten and bend left knee, pushing a flexed foot away from the body and letting it return to its starting position. Repeat repetitions on right leg. Keep standing leg slightly bent.

14. Describe a hamstring exercise with a band.

15. What are the consequences of weak imbalance shoulders as we age?

16. T or F All of these exercises can be done with buoys and noodles.

17. Name the 5 of the hardest muscle groups to exercise without bands. And give an exercise for them.

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