

Buchberger 12 Exercises

Side Lying Abduction:



Keep the thumb pointing forward.
Arm should be out 45° from body.



Lift arm only to knee height.
Reverse slowly, resisting against gravity.

Push-Up Plus:



Stay in top push-up position. Use anything unstable under the hands.
Keep the body straight.

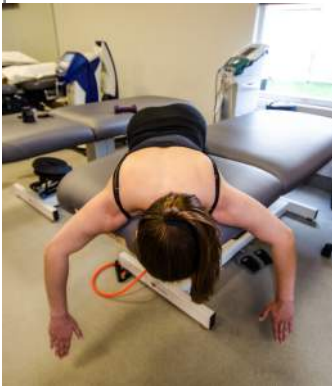


Round the back, separating the shoulder blades away from the middle back.

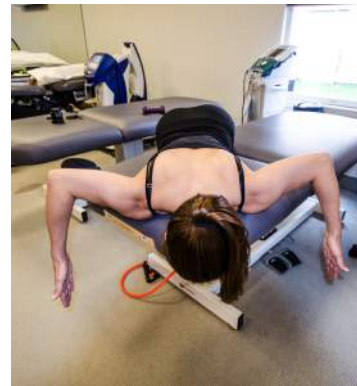
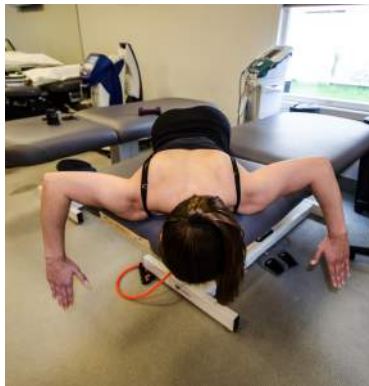


Depress the chest towards the hands, allowing the shoulder blades to approximate towards the middle back.

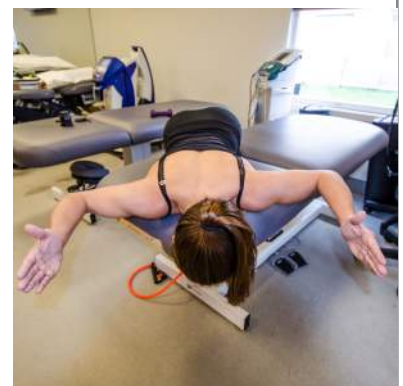
Field Goal:



Start with palms facing towards the toes. Pinch shoulder blades together (retract)- maintain this through the exercise. Next, bend the elbows to 90°.



Turn palms inwards and lift arms up until they are parallel with your body. Reverse steps slowly.



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Concentric/Eccentric:



Start position:

- Thumb pointing backwards
- Elbow tucked into the hip
- Shoulder blade retracted

Slowly lower the arm across the chest with internal rotation, towards the floor.

Reset, remembering to keep the shoulder blades retracted.

Extend the elbow and press upwards to external rotation. Turn the thumb forward at the top.

Empty Can:



Start lifting arms 45° out from the body with the thumbs down

Halfway up, start spinning the thumbs upwards.

Continue lifting the arms up until 100° and point the thumbs back.

Elbow Flex + Pronation/Supination:



Flex the elbow with fist turned away from the face. Turn the fist towards the face.

Subscapularis Pull (Internal Rotation):



Hold with the arm extended out and thumb pointing up. Pull the hand behind as if to touch the thumb to the opposite shoulder blade.

External Rotation (With Subscapular Retraction):



Keep the elbow tucked into the side throughout exercise.

Rotate the arm from opposite side to outside of the body. Squeeze the shoulder blades together at the end.

Bilateral Blackburn:



Lie with the arms hanging off the bed and palms facing forward.



Slowly raise the arms out to the side (elbows fully extended) by squeezing the shoulder blades together.



Standing 3-Way: Begin with weights or Thera-band in the hands on the side of the body. Keep shoulders relaxed, down, and back. Lift the arms to about shoulder height in each of the 3 positions:



- Straight in front
- 45° from the body
- Straight to side

Dynamic Blackburn:



Place hands on buttocks and retract shoulder blades. Reach hands towards feet (keep hands together) to depress shoulder blades. Release hands; bring arms out to the side. At 90°, turn thumbs up. Continue until 100°. Reverse direction.

Scapular Retraction:



Face down with shoulder and elbows at 90°, retract shoulder blades without lifting forearms.

Maintain retraction and lift elbows and thumbs up towards ceiling. Hold.