

Buchberger 12 Exercises

Side Lying Abduction



Keep 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 for hands.
Keep body straight
- do not drop back/pelvis.



Round back (as if to
bring shoulder blades
apart)

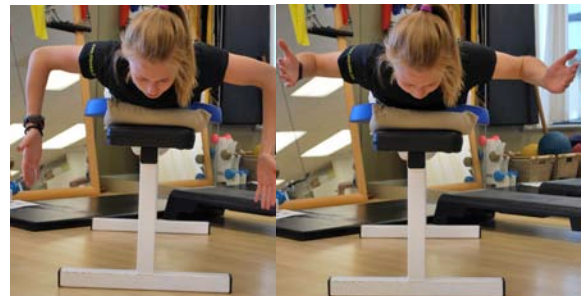


Retract shoulder blades
(as if to pinch together in
center)

Field Goal



Start with palms facing towards you.
Pinch shoulder blades together
(retract) – maintain this throughout
exercise. Then bend elbows until 90° .



Turn palms inwards and lift arms up until
parallel with body.

Reverse steps slowly.

Concentric/Eccentric



Start position:
- thumb pointing backwards
-elbow tucked in hip
-shoulder blades retracted.

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



Slowly resist against drop arm across chest for internal rotation.

Reset, remembering to keep shoulder blades retracted.

Empty Can



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



Halfway up, start spinning thumbs upwards.



Continue lifting arms until 100° and thumbs point back.

Elbow Flex + Pronation/Supination



Flex elbow with fist turned away from face (brachialis).

Turn fist towards face (biceps).

Subscapularis Pull (Internal Rotation)



Hold with arm extended out and thumb pointing up.

Pull hand behind as if to touch thumb to opposite shoulder blade.

External Rotation (With Subscapular Retraction)



Keep elbow tucked into side throughout exercise.

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

Bilateral Backburn



Lie with arms hanging off bed and palms facing forward.



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

Standing Three-Way

Begin with weights or theraband in hands by side. Keep shoulders relaxed down and back. Lift arms to about shoulder height in each of the 3 positions:



- i. Straight in front.
- ii. 45° from body
- iii. Straight to side

Dynamic Backburn



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

Scapular Retraction End Range



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



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