

# Exercises for the Avid Angler

## *Key points*

These exercises are designed to gradually build strength. Progress slowly, start with minimal weight and resistance and gradually increase both as tolerated.

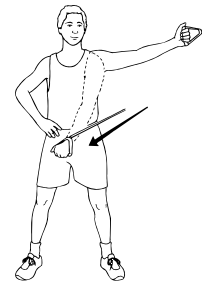
Exercises should not be painful nor should they cause an increase in the symptoms you may be experiencing.

If pain or symptoms increase be sure to consult with a qualified orthopaedic specialist.

Be sure to have 1 -2 days of rest between exercise sessions. Soreness from the previous session should be gone before your next exercise session.

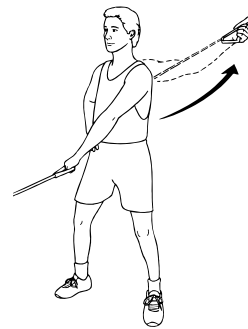
## **Rotation: Internal - Diagonal (Single Arm)**

Side toward anchor in shoulder width stance. Palm forward, bring arm down and across body to palm back. Repeat 10-20 times per set. Repeat with other arm. Do 1 set per session. Do 3 sessions per week.



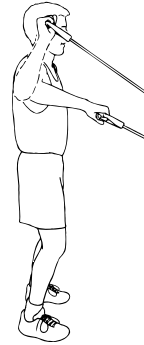
## **Rotation: External - Diagonal (Single Arm)**

Side toward anchor in shoulder-width stance, arm across body. Palm down, bring arm up and away, and rotate to thumb up. Elbow slightly bent at end position. Repeat 10-20 times per set. Repeat with other arm. Do 1 set per session. Do 3 sessions per week.



### **External in Abduction (Single Arm)**

Face anchor in shoulder width stance with elbow bent at 90°, forearm in front. Palm down, pull forearm up. Repeat 10-20 times per set. Repeat with other arm. Do 1 set per session. Do 3 sessions per week.



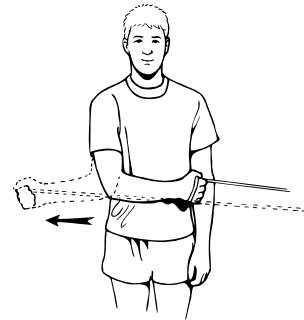
### **Rotation: Internal in Abduction (Single Arm)**

Face away from anchor in shoulder width stance. Bend elbow to 90°, forearm up, arm out to side. Palm forward, pull forearm down, keeping elbow bent. Repeat 10-20 times per set. Repeat with other arm. Do 1 set per session. Do 3 sessions per week.



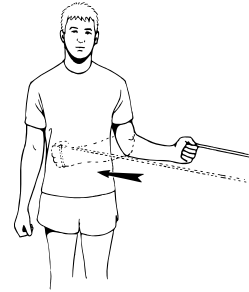
### **Active Resisted External Rotation**

Using tubing, keep elbow in at side and rotate arm outward away from body. Be sure to keep forearm parallel to floor. Repeat 10-20 times per set. Repeat with other arm. Do 1 set per session. Do 3 sessions per week.



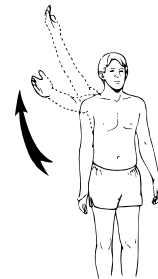
### Active Resisted Internal Rotation

Using tubing, keep elbow in at side and rotate arm inward across body. Be sure to keep forearm parallel to floor Repeat 10-20 times per set. Repeat with other arm. Do 1 set per session. Do 3 sessions per week.



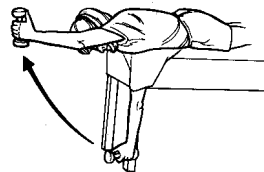
### Scaption with External Rotation

Raise arm diagonally from hip. Keeping elbow straight and thumb pointing up, raise arm above head. Repeat 10-20 times per set. Repeat with other arm. Do 1 set per session. Do 3 sessions per week.



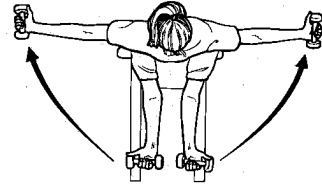
### Prone Flexion

Lying face down on a table or bench. Keeping the arm straight, lift the weight forward. Repeat with other arm. Repeat 10-20 times per set. Repeat with other arm. Do 1 set per session. Do 3 sessions per week.



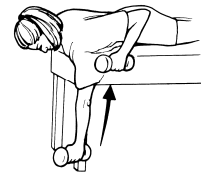
### **Horizontal Abduction (thumbs up)**

Lying face down on a table or bench. Keep elbows straight and thumbs pointing upward. Slowly raise arms out to the side. Repeat 10-20 times per set. Repeat with other arm. Do 1 set per session. Do 3 sessions per week.



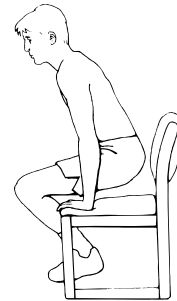
### **Prone Rowing**

Lying face down on a table or bench. Slowly bend elbow and lift weight as high as possible. Repeat with other arm. Repeat 10-20 times per set. Repeat with other arm. Do 1 set per session. Do 3 sessions per week.



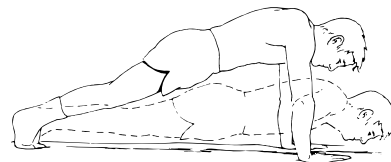
### **Sitting Press-Up**

Sitting on chair with palms flat on seat, slump forward a bit. Push up so bottom comes off chair. Repeat 10-20 times per set. Repeat with other arm. Do 1 set per session. Do 3 sessions per week.



### **Push-Up**

With toes on ground, feet together, hands shoulder-width apart, and chest on floor, push up by straightening arms. Then lower body slowly to start position. Repeat 10-20 times per set. Repeat with other arm. Do 1 set per session. Do 3 sessions per week.



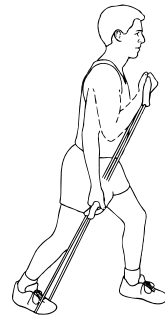
### **Triceps Press**

Face away from anchor in stride stance. Straighten arm to palm forward. Repeat 10-20 times per set. Repeat with other arm. Do 1 set per session. Do 3 sessions per week.



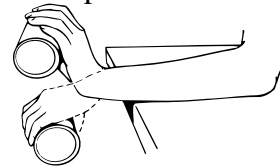
### **Curl**

Anchor tubing under back foot in stride stance. Palm up, curl arm toward shoulder. Repeat 10-20 times per set. Repeat with other arm. Do 1 set per session. Do 3 sessions per week.



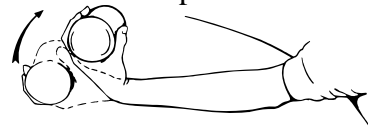
### **Wrist Extension**

With wrist over edge of table, lift 1-2 lbs., keeping forearm on table top. Repeat 10-20 times per set. Repeat with other arm. Do 1 set per session. Do 3 sessions per week.



### **Wrist Flexion**

With hand palm-up and holding 1-2 lbs, bend hand toward you at wrist. Repeat 10-20 times per set. Repeat with other arm. Do 1 set per session. Do 3 sessions per week.



**Active Resisted Forearm Supination/Pronation**

With a 1-2 lb object in hand, slowly turn palm up, then down.

Repeat 10-20 times per set. Repeat with other arm. Do 1 set per session. Do 3 sessions per week.

