

IMG PHYSICAL THERAPY

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4 Simple Shoulder Stretching & Strengthening Home Exercise Sheet

Rehabilitation of the shoulder may take an extended period of time. A loss of strength, range of motion, and use is common after an injury or surgery. Your strength, range of motion, and use of the shoulder can be regained. It may become frustrating at times, but you can be successful with hard work, patience, and listening to your body.

When you are exercising on your own at home there are some things to remember....

- * Any specific exercise that causes pain, especially sharp knife like pain, is hindering the healing process for your injury and should be modified or discontinued until you notify your therapist.
- * Increased swelling after exercise indicates that the exercise may be too difficult or it is not being done correctly. Be sure to ice that area of swelling and use a compression wrap as needed.
- * Re-injuries during the rehabilitation process will slow your progress. If you get recurring pain either lower the resistance; lower the number of sets or repetitions; or reduce the range of motion to avoid the area of pain.
- * You should experience muscle soreness, dull ache, fatigue, and stretching sensations, but the exercises should not increase the pain or swelling.
- * When in doubt about how much weight to use for exercises, guess low. It is safer and easier to add weight than to hurt yourself with too much weight.
- * Consult your Physician or Physical Therapist if any problems arise or if you have any questions regarding an exercise. It is better to make sure that you are doing an exercise correctly than to cause further injury by doing an exercise incorrectly.

These exercises are to be done 1 time a day.

Perform 10-30 seconds holds for 3-10 repetitions for stretching exercises

Perform 2 sets of 15 repetitions for strengthening exercises

Ice for 15 minutes after exercise and at the end of the day.

Do not ice before exercising.



Shoulder ER Cane Stretch: With your elbow bent to 90 degrees, use a cane (bar, etc) to push your hand back at an angle keeping your arm at same place and elbow bent. Hold for 10-30 seconds. Do for 5 minutes.



Shoulder Shrugs: Start with arms at your side. Lift your shoulders up toward your ears and then gently roll your shoulders back. If easy you can add weights in your hands. Perform 2 sets of 15 reps.



Scapular Pinches with Tubing: Stand with elbows bent to 90 degrees. Pinch your shoulder blades back and together. This motion should cause you to slowly pull your hands apart while keeping your elbows tucked into your side. Perform 2 sets of 15. If easy increase the resistance. You can use weights if you do not have resistance tubing.



Doorway Stretch: Stand in a doorway or a Corner of a room. Hands should be placed at shoulder height. With one foot in front of the other or both feet together, slowly lean into the open space with your body until you feel a stretch in your chest arm areas. If painful, perform just one arm at a time. Hold for 30 seconds. Repeat 3 times.