

IMG PHYSICAL THERAPY

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Shoulder Strengthening with Kettlebells Home Exercise Sheet

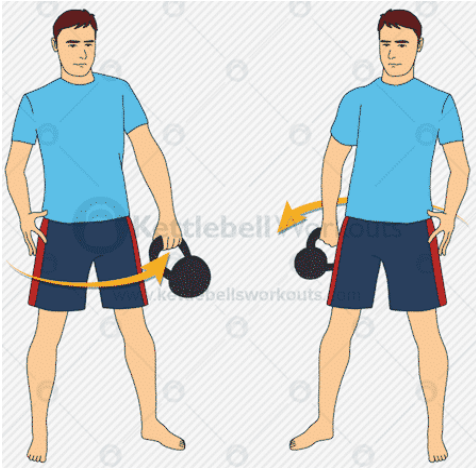
Rehabilitation of the shoulder may take an extended period of time. A loss of strength, range of motion, and use is common after an injury or surgery. Your strength, range of motion, and use of the shoulder can be regained. It may become frustrating at times, but you can be successful with hard work, 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 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, and/or fatigue, 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 or 2 to 3 days per week.

Ice for 15 minutes after exercise and at the end of the day.
Do not ice before exercising.



Around the Body Pass

Begin with weight in one hand at your side
 Pass the weight to your other hand and take the weight behind your back
 Pass the weight back to your first hand while it is behind your back and bring front
 Keep the upper body, hips, and feet still while maintaining straight arms
 Repeat. Then circle the body in the other direction

Complete _____Set(s) _____Repetitions

Perform _____Time(s) per day, _____Time(s) per week



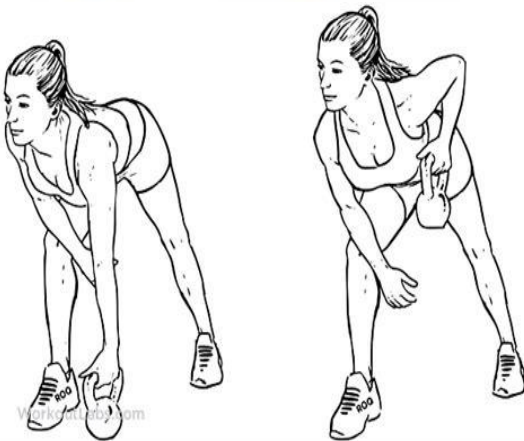
Kettlebell Upright Row

Start by holding weight with both hands at waist height
 Lift the weight to chest height as you bend at your elbows as shown
 Return to starting position. Repeat

Complete ____Set(s) _____Repetitions

Hold 1 second at chest height

Perform _____Time(s) per day, _____Time(s) per week

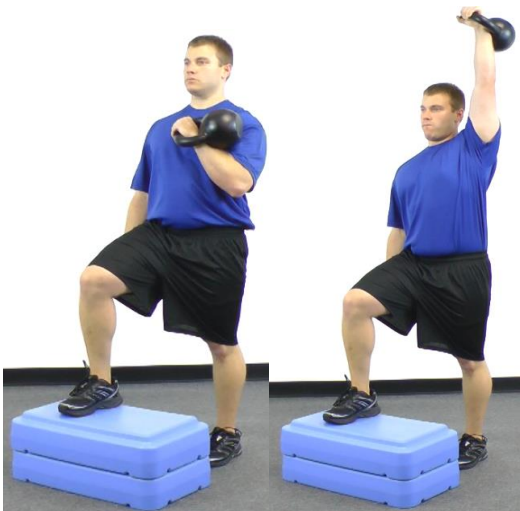


One-arm Bent Over Row

Begin in a front lunge with your right leg forward and rest your right arm across it for support
 Hold a weight in your left hand next to your front foot
 With your spine straight and head neutral, pull your left elbow up and back while keeping your arm tucked close into your side
 Squeeze your shoulder blades together at the top
 Return weight to ground. Repeat
 Perform exercise with opposite arm

Complete _____Set(s) _____Repetitions

Perform _____Time(s) per day, _____Time(s) per week



Single Leg Supported Single Arm Press

Start with one foot in the center of an elevated surface and the weight in front of your shoulder
 Activate your core and raise the weight overhead until the arm is straight
 Slowly return the weight to shoulder height. Repeat
 Complete exercise with opposite arm

May be advanced to perform exercise in half kneeling with 1 or 2 weights

Complete _____Set(s) _____Repetitions

Perform _____Time(s) per day, _____Time(s) per week

