

IMG PHYSICAL THERAPY

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Shoulder Scapular 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...

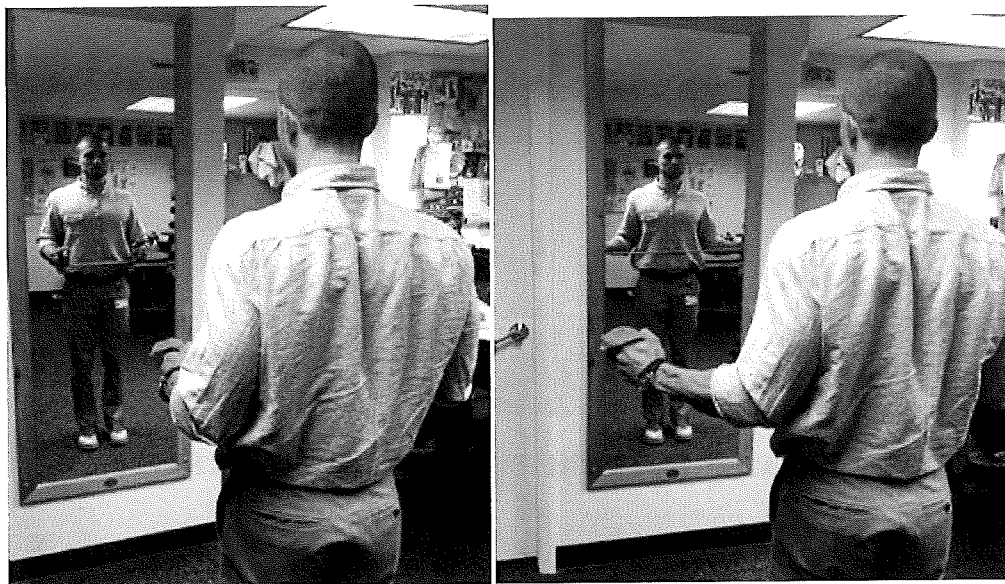
- * Any specific exercise that causes pain, especially sharp knife like pain, is hindering the healing process for your injury and should be modified or discontinued until you notify your therapist.
- * Increased swelling after exercise indicates that the exercise may be too difficult or it is not being 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 your self 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 3 to 5 days per week.
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.

Tube exercises, (1), (2), (3), (4), for scapular retraction/depression. (to strengthen scapular retractors/depressors and posterior rotator cuff muscles).

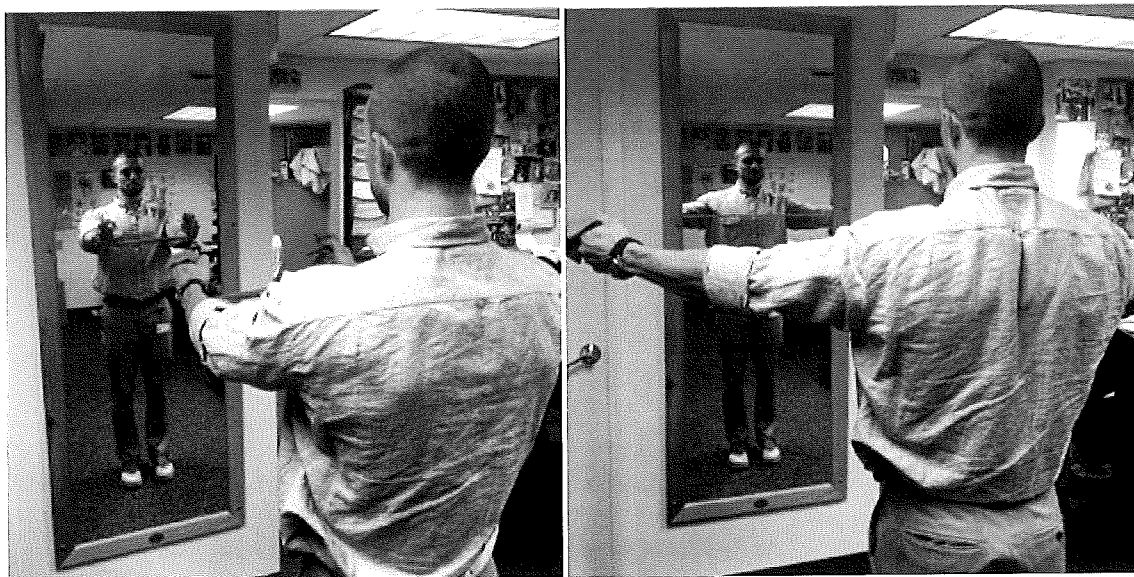
Either seated or standing, (1) elbow at 90 degrees flexion, elastic resistance item in both hands with little or no tension. Move the hands away from the midline of the body, keeping the elbows against the sides to create scapular retraction/depression and hold for 6 seconds. Maintain good head and neck posture in each of the four exercise positions.



1.START: PROTRACTION

1. FINISH: RETRACTION/EXT. ROTATION

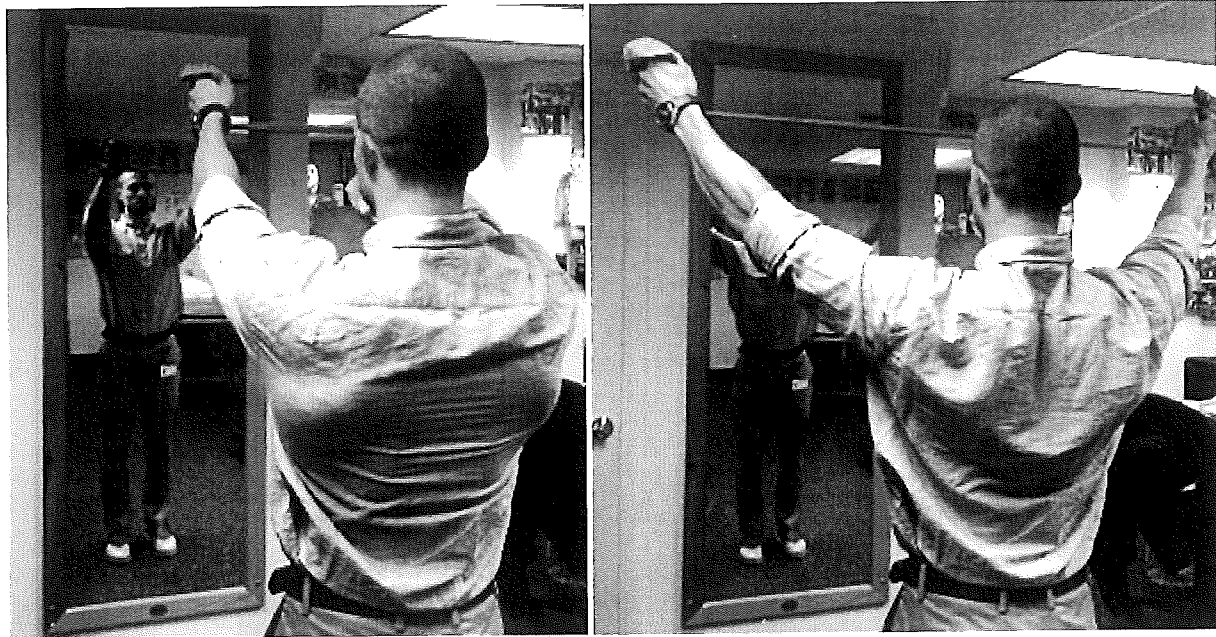
(2) Place the arms at shoulder height with elbows fully extended, hold elastic resistance item in both hands and move the hands away from the midline creating scapular retraction/depression.



2. START: PROTRACTION

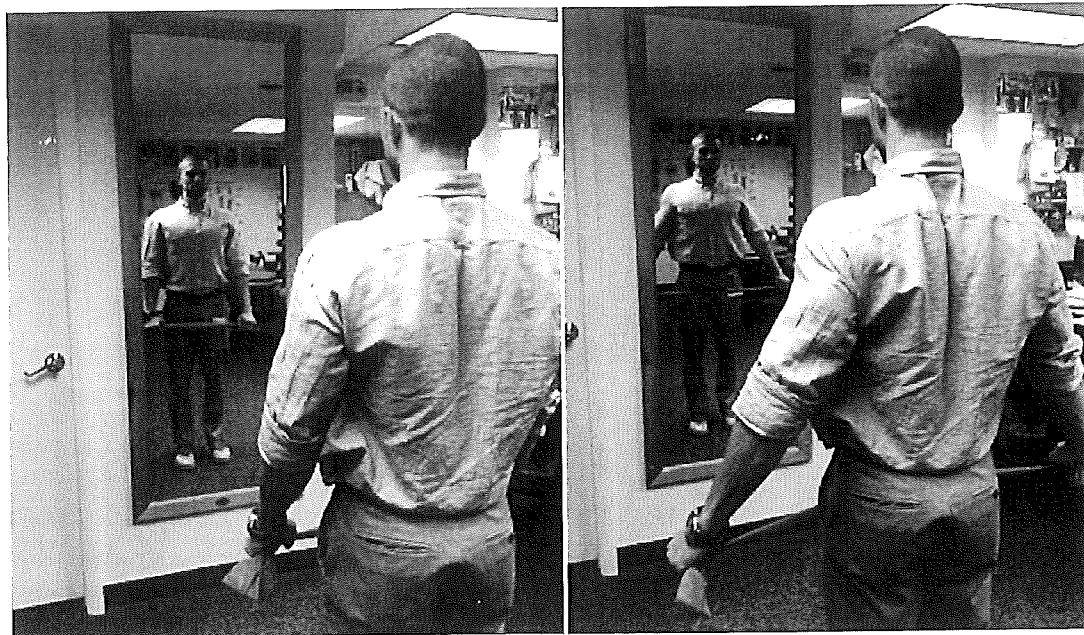
2. FINISH RETRACTION

(3) Place the arms just above the head level and repeat exercise (2).



3. START: ELEVATION/PROTRACTION 3. FINISH: ELEVATION/RETRACTION

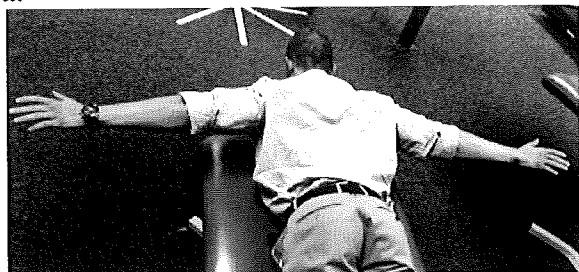
(4) Place the arms/hands below the waist and repeat the exercise (2).



4. START: PROTRACTIO/DEPRESSION 4. FINISH: RETRACTION/DEPRESSION

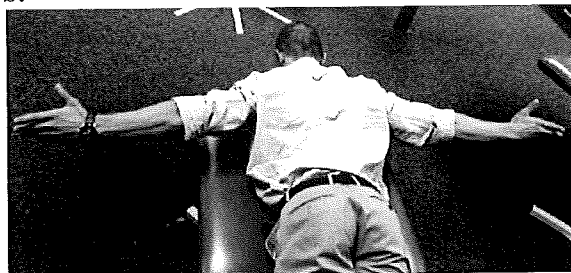
5. Blackburn 6- All performed on your stomach

a.



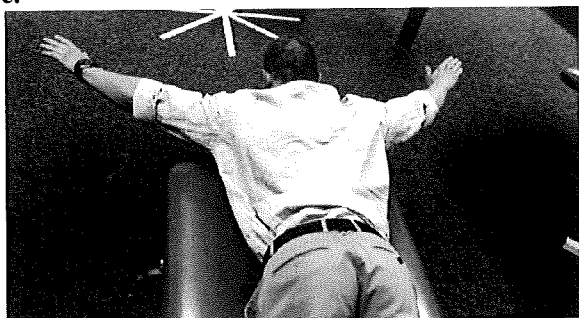
Extend arms out perpendicular to your body with your palms facing the floor. Raise arms up slowly while pulling shoulder blades together. Hold for 2 counts.
Perform __ sets of 15 repetitions.

b.



Remain in the same position as a. but turn your thumbs up so it points towards the ceiling. Raise arms slowly while pulling shoulder blades together. Hold for 2 counts.
Perform __ sets of 15 repetitions.

c.



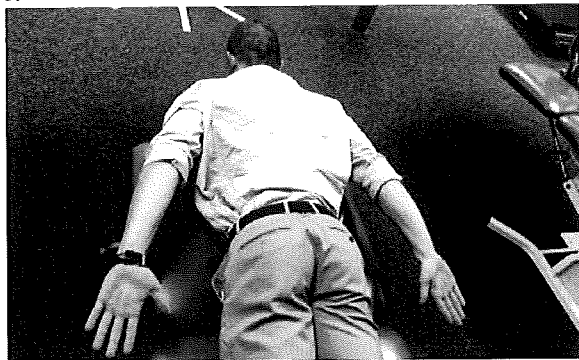
Extend arms out in front of head like Superman with palms facing the floor. Raise arms slowly while pulling shoulder blades together. Hold for 2 counts.
Perform __ sets of 15 repetitions.

d.



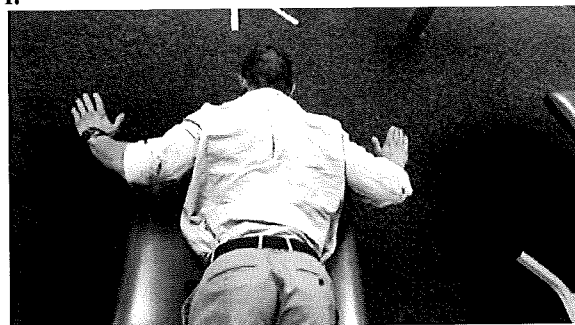
Remain in the same position but point thumbs towards the ceiling. Raise arms up slowly while pulling shoulder blades together. Hold for 2 counts.
Perform __ sets of 15 repetitions.

e.



Place arms at your sides with your palms facing the ceiling. Raise arms slowly while pulling shoulder blades together. Hold for 2 counts.
Perform __ sets of 15 repetitions.

f.



Extend arms out perpendicular to your body with elbows bent to 90 degrees. Start with fingers towards floor and rotate arms so forearms become parallel to the floor. Raise arms slowly while pulling shoulder blades together. Hold for 2 counts.
Perform __ sets of 15 repetitions