

IMG PHYSICAL THERAPY

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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...

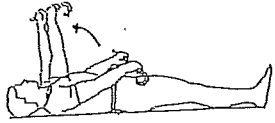
- * Any specific exercise that causes pain, especially sharp knife like pain, is hindering the healing process for your injury and should be modified or discontinued until you notify your therapist.
- * Increased swelling after exercise indicates that the exercise may be too difficult or it is not being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

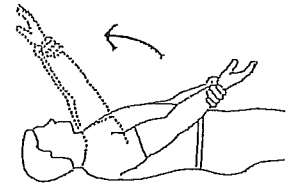
STRETCHES

HOLD FOR 15-30 SECONDS. REPEAT 5-15 TIMES. PERFORM DAILY



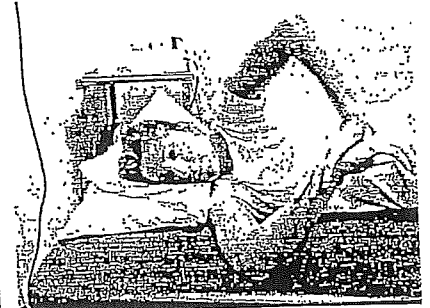
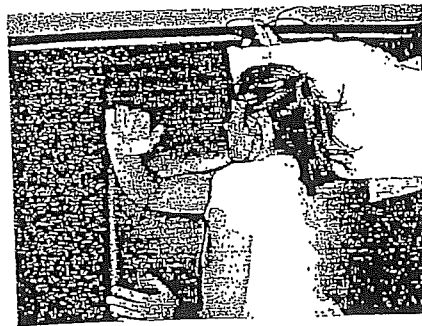
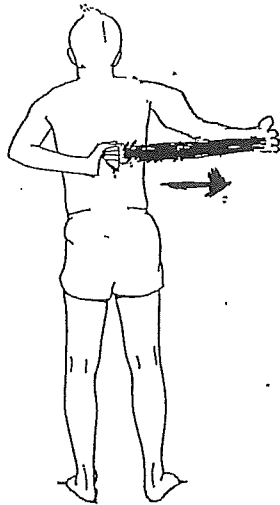
PROM shld flx supine w/cane

Lie on back with arms at side, holding cane.
Lift arms up using uninjured arm to help involved arm.
Keep elbows straight.
Lower and repeat.



PROM shld flx supine self

- Lie on back.
- Grasp wrist of involved arm with uninjured hand.
- Gently raise arm upward and in front, through available range.
- Return to start position and repeat.



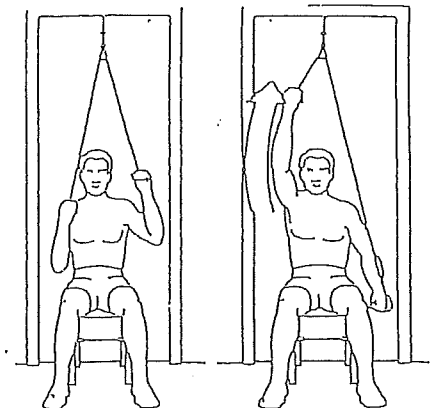
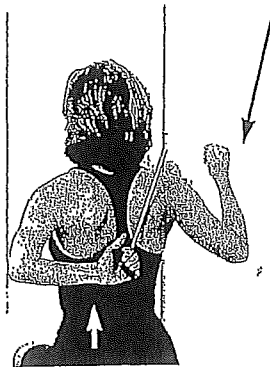
SLEEPER STRETCH:

Lay on the side of the injured shoulder.
Put injured arm straight out with the shoulder @ 90°.
Bend elbow to 90°. Place Chin on injured shoulder.
Using non-injured hand, pull injured hand toward the table.

BAR BEHIND THE BACK STRETCH:

Injured arm grasping bar w/ palm facing backward. Good arm grasping bar with palm facing forward. Pull with good arm away from injured side.
Progress to towel stretch when easy.

Rock The Baby } 5 minutes each
Stir The Soup

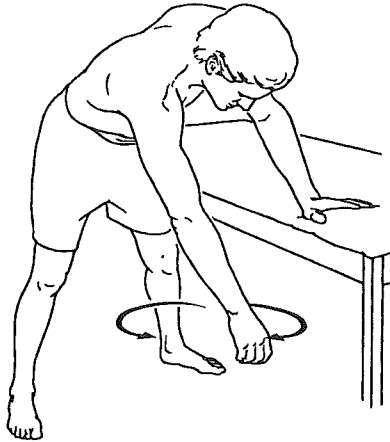


Using opposite arm, raise affected arm as high as you can while keeping arm as relaxed as possible.

Bent Arm Flexion
Begin with affected arm bent. Using opposite arm, raise affected arm as high as you can while keeping arm as relaxed as possible.

SHOULDER - 26 ROM: Pendulum (Circular)

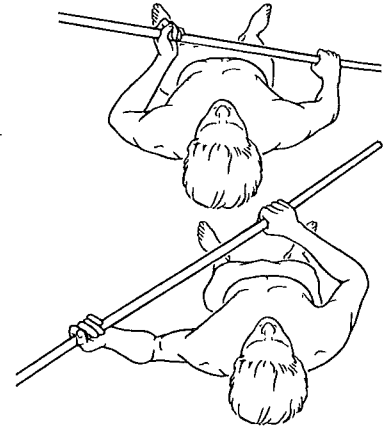
Let injured arm move in circle clockwise, then counterclockwise, by rocking body weight in circular pattern.



Circle 20 times each direction per set.
Do 20 sets per session.
Do 1-2 sessions per day.

SHOULDER - 3 ROM: External / Internal Rotation – Wand

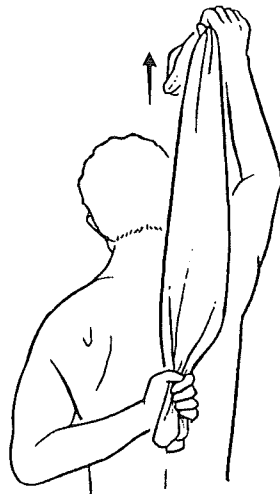
Holding wand with injured hand palm up, push out from body with other hand, palm down. Keep both elbows bent. When stretch is felt, Hold 30 seconds. Repeat to other side, leading with same hand. Keep elbows bent.



Repeat 3-10 times per set.
Do 1 sets per session.
Do 1-2 sessions per day.

SHOULDER - 73 ROM: Towel Stretch – with Interior Rotation

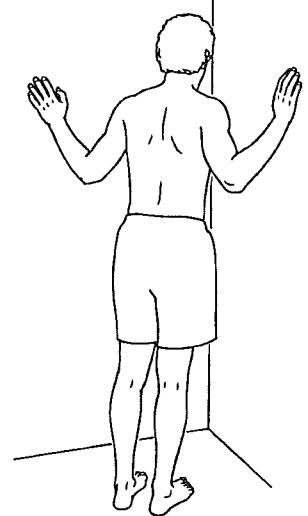
Pull injured arm up behind back by pulling towel up with other arm. Hold 30 seconds.



Repeat 3-10 times per set.
Do 1 sets per session.
Do 1-2 sessions per day.

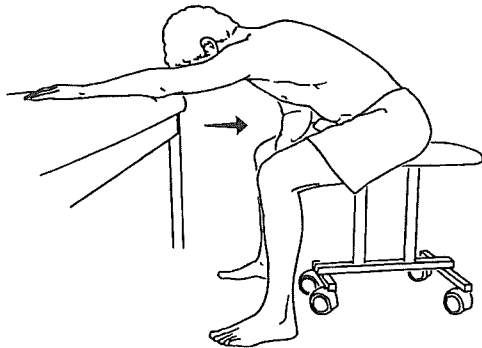
CERVICAL SPINE - 24 Flexibility: Corner Stretch

Standing in corner with hands just above shoulder level and feet 12 inches from corner, lean forward until a comfortable stretch is felt across chest. Hold 30 seconds.



Repeat 3-5 times per set.
Do 1 sets per session.
Do 1-2 sessions per day.

SHOULDER - 7 ROM: Flexion

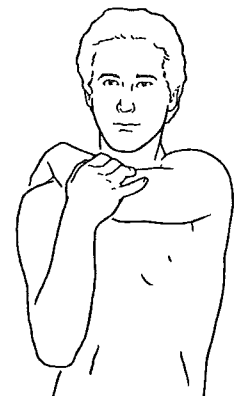


Keeping arm on table, slide body away until stretch is felt. Hold 30 seconds.

Repeat 3-10 times per set. Do 1 sets per session.
Do 1-2 sessions per day.

SHOULDER - 72 ROM: Posterior Capsule Stretch

Gently pull on injured forward elbow with other hand until stretch is felt in shoulder. Hold 30 seconds.



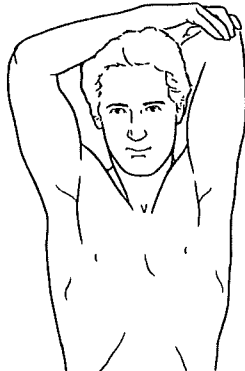
Repeat 3-10 times per set.
Do 1 sets per session.
Do 1-2 sessions per day.

Routine For:

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SHOULDER - 71 ROM: Inferior Capsule Stretch

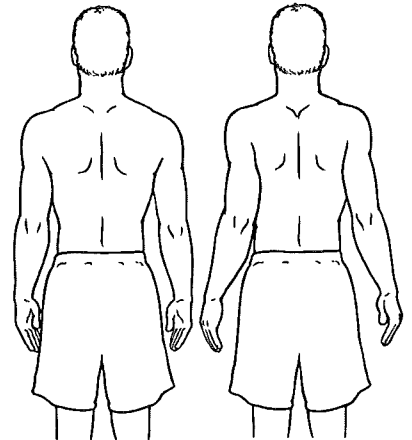
Gently pull on raised elbow with other hand until stretch is felt in shoulder.
Hold 30 seconds.



Repeat 3-10 times per set.
Do 1 sets per session.
Do 1-2 sessions per day.

SHOULDER - 101 Scapular Retraction (Standing)

With arms at sides, pinch shoulder blades together.



Repeat 15 times per set.
Do 2 sets per session.
Do 1-2 sessions per day.

CERVICAL SPINE - 22B Strengthening:
Shoulder Shrug (Phase 2) – Resisted

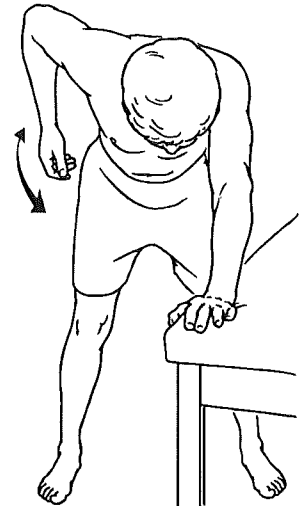
Using surgical tubing or ___ pound dumbbells, shrug shoulders up, back, and then down. Shoulder pattern should make a Capital D.



Repeat 15 times per set.
Do 2 sets per session.
Do 1 sessions per day.

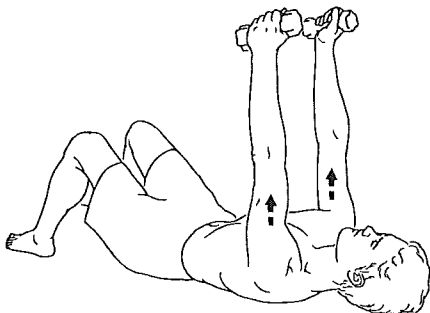
SHOULDER - 27 ROM: Saw (Protraction / Retraction)

Reach arm out in front, then pull arm back, pinching shoulder blades together.



Repeat 15 times per set.
Do 2 sets per session.
Do 1 sessions per day.

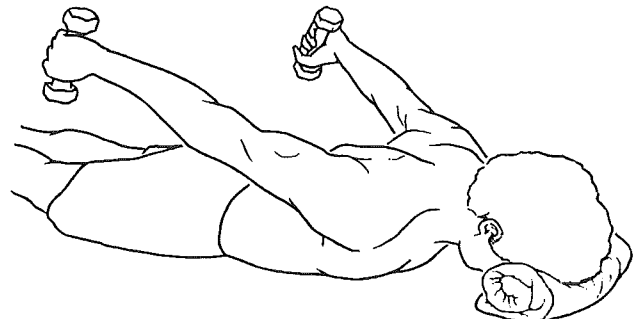
SHOULDER - 57 Scapular: Protraction – 90° of Flexion



Holding 0 pound weights, attempt to push arms up toward ceiling, keeping elbows straight and back against floor.

Repeat 15 times per set. Do 2 sets per session.
Do 1 sessions per day.

SHOULDER - 65 Progressive Resisted: Extension (Prone)

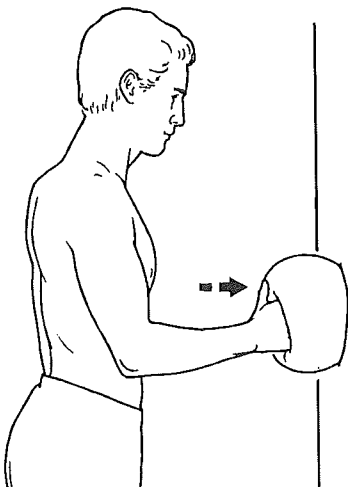


Holding 0-5 pound weights, arms back, raise arms from floor only to body height (not as pictured), keeping elbows straight.

Repeat 15 times per set. Do 2-3 sets per session.
Do 3-5 times per week.

SHOULDER - 29 Strengthening: Isometric Flexion

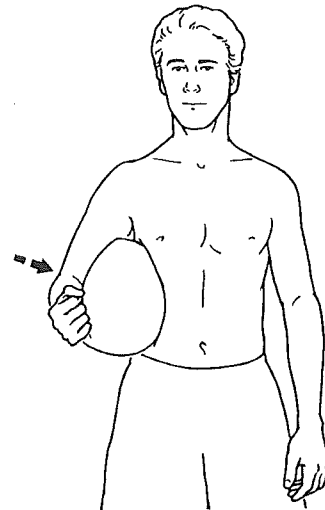
Using wall for resistance, press fist into ball using light pressure. Hold 10 seconds.



Repeat 10 times per set.
Do 1 sets per session.
Do 1 sessions per day.

SHOULDER - 34 Strengthening: Isometric Adduction

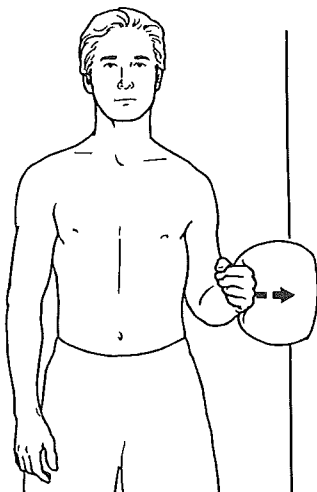
Using body for resistance, gently press arm into ball using light pressure. Hold 10 seconds.



Repeat 10 times per set.
Do 1 sets per session.
Do 1 sessions per day.

SHOULDER - 36 Strengthening: Isometric External Rotation

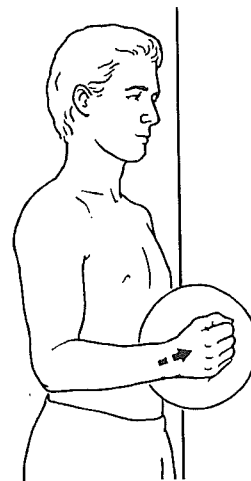
Using wall to provide resistance, and keeping arm at side, press back of hand into ball using light pressure. Hold 10 seconds.



Repeat 10 times per set.
Do 1 sets per session.
Do 1 sessions per day.

SHOULDER - 37 Strengthening: Isometric Internal Rotation

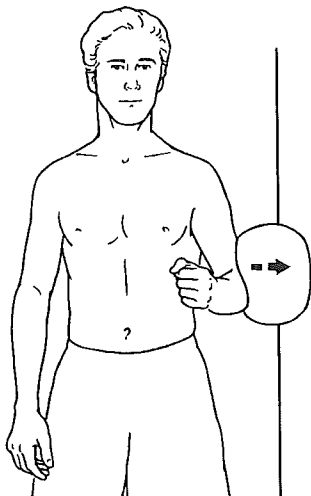
Using door frame for resistance, press palm of hand into ball using light pressure. Keep elbow in at side. Hold 10 seconds.



Repeat 10 times per set.
Do 1 sets per session.
Do 1 sessions per day.

SHOULDER - 32 Strengthening: Isometric Abduction

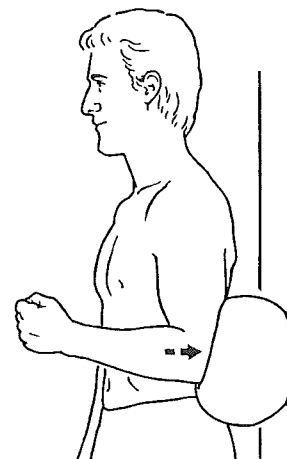
Using wall for resistance, press arm into ball using light pressure. Hold 10 seconds.



Repeat 10 times per set.
Do 1 sets per session.
Do 1 sessions per day.

SHOULDER - 31 Strengthening: Isometric Extension

Using wall for resistance, press back of arm into ball using light pressure. Hold 10 seconds.



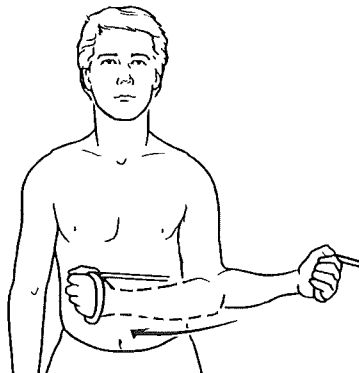
Repeat 10 times per set.
Do 1 sets per session.
Do 1 sessions per day.

Routine For:

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SHOULDER - 44 Strengthening: Resisted Internal Rotation

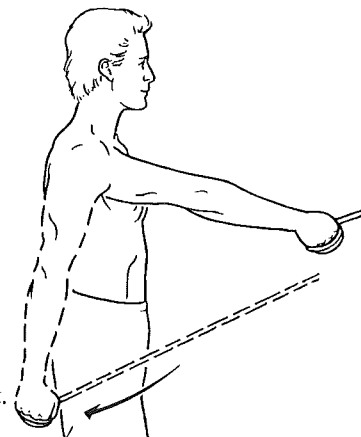
Hold tubing in hand, elbow at side and forearm out. Rotate forearm in across body.



Repeat 15 times per set.
Do 2 sets per session.
Do 1 sessions per day.

SHOULDER - 45 Strengthening: Resisted Extension

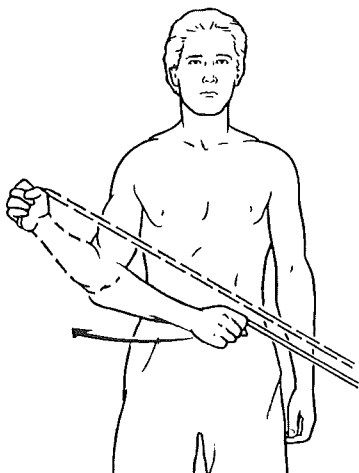
Hold tubing in hand, arm forward. Pull arm back, elbow straight.



Repeat 15 times per set.
Do 2 sets per session.
Do 1 sessions per day.

SHOULDER - 43 Strengthening: Resisted External Rotation

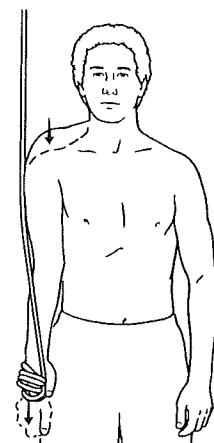
Hold tubing in hand, elbow at side and forearm across body. Rotate forearm out.



Repeat 15 times per set.
Do 1 sets per session.
Do 1 sessions per day.

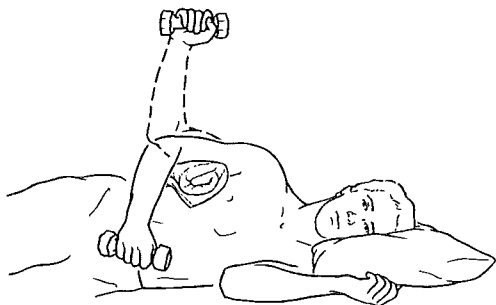
SHOULDER - 80 Strengthening: Depression

Stand with tubing around hand, arm straight at side. Shrug shoulder down, keeping arm against side.



Repeat 15 times per set.
Do 2 sets per session.
Do 1 sessions per day.

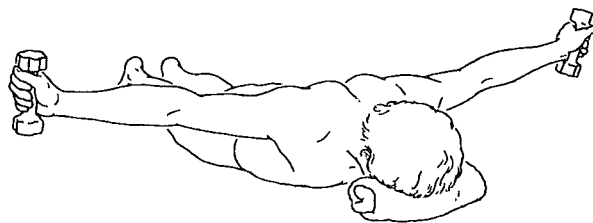
SHOULDER - 68 Progressive Resisted: External Rotation (Side-Lying)



Holding 0 pound weight, towel under arm, raise forearm toward ceiling. Keep elbow bent and at side.

Repeat 15 times per set. Do 2 sets per session.
Do 1 sessions per day.

SHOULDER - 58 Scapular: Stabilization (Prone)

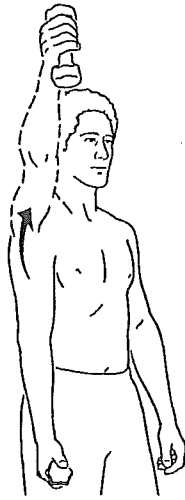


Holding 0 pound weights, raise both arms out from sides. Keep elbows straight.

Repeat 15 times per set. Do 2 sets per session.
Do 1 sessions per day.

SHOULDER - 75 Strengthening:
 Scaption – with External Rotation

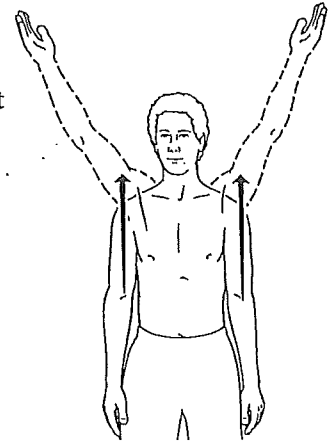
Holding ____ pound weight, raise arm diagonally from hip to above head. Keep elbow straight, thumb up, only to shoulder height.



Repeat 15 times per set.
 Do 2 sets per session.
 Do 1 sessions per day.

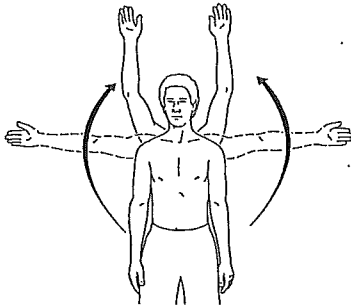
SHOULDER - 83 ROM: Flexion (Standing)

Bring arms straight out in front and raise as high as possible without pain. Keep thumbs facing up, only to shoulder height.



Repeat 15 times per set.
 Do 2 sets per session.
 Do 1 sessions per day.

SHOULDER - 84 ROM: Abduction (Standing)

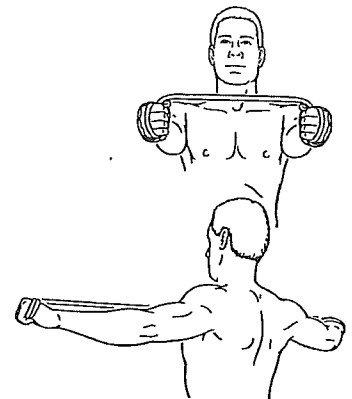


Bring arms straight out from sides and raise as high as possible without pain, to shoulder height only Weight ____ lbs.

Repeat 15 times per set. Do 2 sets per session.
 Do 1 sessions per day.

SHOULDER - 113 Resisted Horizontal Abduction: Bilateral

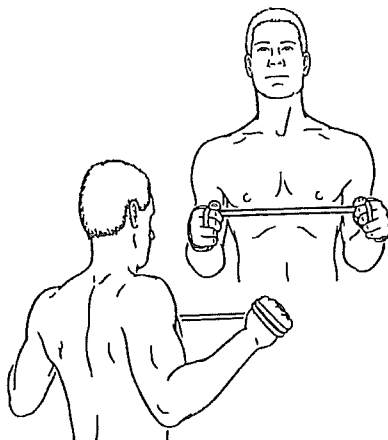
Sit or stand, tubing in both hands, arms out in front. Keeping arms straight, pinch shoulder blades together and stretch arms out.



Repeat 15 times per set.
 Do 2 sets per session.
 Do 1 sessions per day.

SHOULDER - 112 Resisted External Rotation: in Neutral – Bilateral

Sit or stand, tubing in both hands, elbows at sides, bent to 90°, forearms forward. Pinch shoulder blades together and rotate forearms out. Keep elbows at sides.



Repeat 15 times per set.
 Do 2 sets per session.
 Do 1 sessions per day.

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



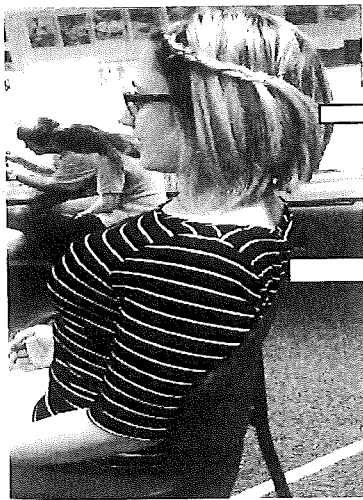
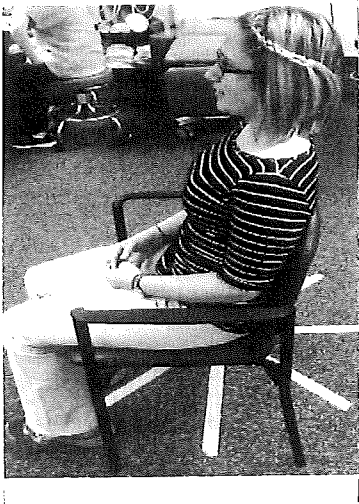
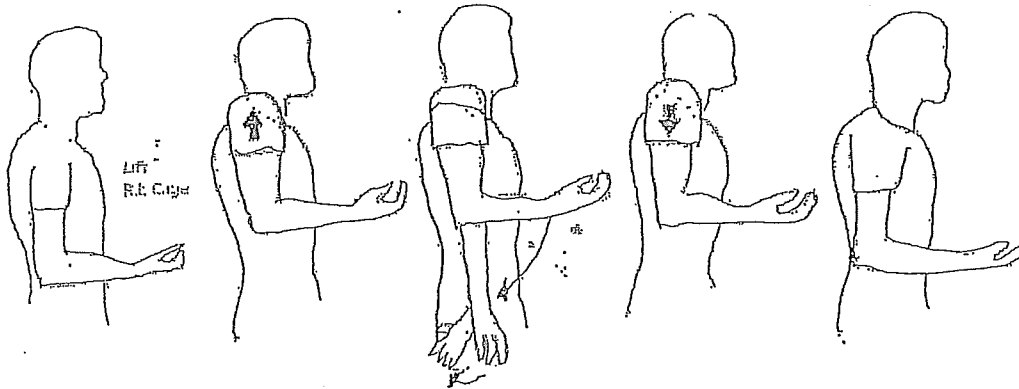
The Tray Exercise

-The purpose of this exercise is to glide the nerves to allow for improved motion while performing in safe range.

Correct Performance of the Exercise:

1. Start by lifting your rib cage as high as possible (Can often be accomplished by taking in a deep breath)
2. Bend both Elbows to 90° so that your palms are facing up. Imagine that you are carrying a full tray.
3. Lift your shoulders straight up towards your ears. Must be done in a pain-free range.
4. Straighten your elbows, while keeping shoulders shrugged up.
5. If still pain/symptom free attempt to bend wrist so palms are facing UP / DOWN.
6. Return arms to step #2, as if holding a tray
7. Relax / lower your shoulders to a natural position.

Frequency: The exercise should be performed up to 30 times a day. In the beginning 10-15 at a time will be tough enough. Remember that the exercises should not cause pain or increase your symptoms dramatically.



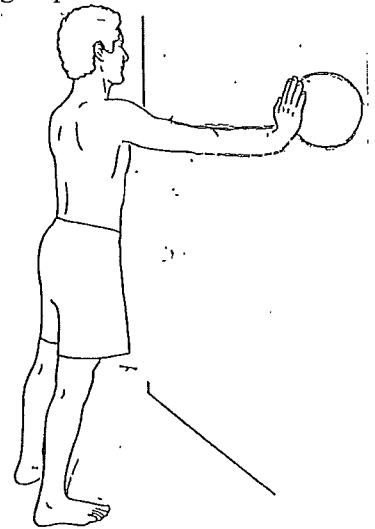
Sit in a straight back chair supported to the level of your shoulder blades. Your bottom should be as far back in the chair as possible. Relax against the back of the chair.

Slowly draw your head backwards, keeping your eyes level. The movement is similar to avoiding something being pushed in your face. Try to make the movement smooth and draw your head further back with each repetition.

SHOULDER - 81 Strengthening: Alphabet on Wall.

With injured arm locked in a straight position and hand pushing in enough to dimple ball (not pictured), slowly use your shoulder blade to trace the Alphabet in Capital Letters. Do NOT allow your elbow to bend.

Repeat 1-3 sets per session. Do Daily.



Perform 30 repetitions every Day.