SHOULDER REHABILITATION EXERCISE PROGRAM

Phase I

PENDULUM EXERCISES: Bending over at the waist and balancing with the “good arm” let the stiff side relax and swing with gravity:  a) circle inward, b) circle in the opposite direction, c) swing toward North/South,  d) swing sideways East/West

PULLEY (Assisted Elevation): Standing- Pulley 2 feet higher than your good arm can reach overhead. The good arm supplies the power to bring the hand as near the pulley as possible.

ASSISTED EXTENTION: Standing- Grasp the stick with both hands behind your back, push backward with the good arm supplying the power.
SHOULDER REHABILITATION EXERCISE PROGRAM

Phase II

☐ SHOULDER EXTENSION

1. Anchor rubber tubing to a solid object
2. Stand holding the rubber tubing in your __________________________ hand with arm in front of body
3. Pull the arm backward as shown
4. Hold for ________ Seconds
5. ________ Repetitions, ________ times a day

GOAL ____________________________________________________________

☐ SHOULDER FLEXION

1. Place hands on a door or overhead bar
2. Place feet on ground and bend knees. **DO NOT HANG FROM BAR.**
3. Hold for ___________ seconds
4. ___________ repetitions ___________ times a day

GOAL ____________________________________________________________
**SHOULDER INTERNAL ROTATION**

1. Anchor rubber tubing to a solid object
2. Sit or stand with arm at side, elbow bent as shown
3. Rotate arm inward toward body
4. Hold for ____________ seconds and slowly relax
5. ________ repetitions ___________ times a day

GOAL ______________________________________________________________

**SHOULDER FLEXION**

1. Sit in a chair with __________________ arm on the table as shown
2. Bend forward in the chair, sliding the arm forward on the table so that you can feel a stretch
3. Hold for ___________ seconds
4. __________ repetitions __________ times a day

GOAL ______________________________________________________________
☐ SHOULDER EXTERNAL ROTATION

1. Place arm at side with elbow bent 90 degrees
2. Place hands on the wall and lean forward
3. Hold for ________ seconds
4. ________ repetitions ________ times a day

GOAL ______________________________________________________

☐ SHOULDER FLEXION

1. Stand a shown holding stick with both hands
2. Raise both hands overhead so you can feel a stretch
3. Hold for _______ seconds
4. ________ repetitions ________ times a day

GOAL __________________________________________

☐ SHOULDER FLEXION

1. Raise both arms up and over your head as shown
2. Hold for 5 seconds
3. ________ repetitions ________ times a day

GOAL _______________________________________________
**SHOULDER FLEXION**

1. Stand near a wall as shown
2. Slowly “walk” your fingers up the wall so that you feel a stretch
3. Hold for _____ seconds
4. ______ repetitions ______ times a day

GOAL ___________________________________________________________

**SHOULDER FLEXION**

1. Assume hands and knees position
2. Bend knees to move buttocks toward hells as shown
3. ______ repetitions ______ times a day

GOAL _________________________________________________
**SHOULDER EXTERNAL ROTATION**

1. Anchor rubber tubing to a solid object
2. Grasp the rubber tubing in your _________ hand as shown
3. Rotate the arm outward keeping your elbow bent
4. Hold for _______ seconds and slowly lower
5. _______ repetitions _______ times a day

GOAL __________________________________________________

**SHOULDER FLEXION**

1. Anchor rubber tubing to a solid object
2. Stand holding the rubber tubing in your _________ hand
3. Raise arm out in front of your body as shown
4. Hold for _______ seconds and slowly lower
5. _______ repetitions _______ times a day

GOAL __________________________________________________
**SHOULDER ABDUCTION**

1. Place _______ arm at side with thumb turned downward
2. Hold rubber tubing as shown
3. Raise arm upward to just below shoulder height as shown
4. Make sure the arm is positioned 30 degrees forward as you raise it (see diagram)
5. Hold for _______ seconds
6. _______ repetitions _______ times a day

GOAL ___________________________________________________________

**SHOULDER EXTERNAL ROTATION**

1. E/R with stick and arm at side
2. Hold for ____________ Seconds
3. ________ repetitions ________ times a day

GOAL ___________________________________________________________
SHOULDER FLEXION
1. Place feet on ground and bend knees. DO NOT HANG FROM BAR UNLESS DIRECTED TO DO SO BY YOUR PHYSICIAN OR THERAPIST
2. Hold for _______ seconds
3. _____ repetitions _____ times a day

GOAL ___________________________________________________________

SHOULDER HORIZONTAL ADDUCTION
1. Stand grasping ________ elbow with your other hand as shown
2. Pull the elbow and arm across your chest so that you feel a stretch
3. Hold for _____ seconds
4. _____ repetitions _____ times a day

GOAL ___________________________________________________________
**SHOULDER ADDUCTION/FLEXION**
1. Stand grasping _____________elbow with your other hand as shown
2. Pull the elbow behind and toward your head so that you feel a stretch
3. Hold for _____seconds
4. _____repetitions _____times a day

GOAL ___________________________________________________________

**SHOULDER EXTERNAL ROTATION ABDUCTION**
1. Stand with hands placed on door frame and feet 1-2 feet away from the wall as shown
2. Lean into the door opening so that you can feel a stretch
3. Hold for _____seconds
4. Repeat with hands in different positions as shown above as needed to vary stretch
5. _____ repetitions _____ times a day

GOAL ___________________________________________________________
**SHOULDER ELEVATION / DEPRESSION**

1. Standing or lying on belly as shown, reach up over head with ________ arm
2. Reach down as far as you can with ___________ arm
3. Hold for _____ seconds
4. _____ repetitions _____ times a day

GOAL ___________________________________________________________

**SHOULDER FLEXION / ELBOW EXSTENSION**

1. Hold ______ lb weight in ___________________ hand
2. Stand with arm at side, elbow bent
3. Reach up overhead to straighten arm
4. Hold for _____ seconds
5. _____ Repetitions _____ times a day

GOAL ___________________________________________________________

**SHOULDER FLEXION**

1. Stand holding _____ lb weight in each hand
2. Raise arms up over head as far as you can
3. Do not allow your upper arm to move away from your body
4. Hold for _____ seconds and lower slowly
5. _____ repetitions _____ times a day

GOAL ___________________________________________________________
**SHOULDER ABDUCTION**

1. Stand holding _____lb weight in ___________hand
2. Place arm at side with thumb turned downward
3. Raise arm upward to just below shoulder height as shown
4. Make sure the arm is positioned 30 degrees forward as you raise it (see diagram)
5. Hold for _____seconds
6. _____repetitions _____times a day
7. GOAL __________________________________________

**SHOULDER EXTENSION**

1. Hold _______lb weight in ____________hand
2. Lie on belly with arm off the edge of the bed as shown
3. Raise arm backward
4. Hold for _____seconds and lower slowly
5. _____Repetitions _____times a day

GOAL __________________________________________

**SHOULDER HORIZONTAL ABDUCTION**

1. Hold ________lb weight in _________________hand
2. Lie on belly with arm off the edge of the bed as shown
3. Raise arm up so that it is level with the edge of the bed
4. Hold for _____seconds and lower slowly
5. _____repetitions _____times a day

GOAL __________________________________________
**SHOULDER EXTERNAL ROTATION**

1. Hold _____lb weight in _____________hand
2. Lie on your side so that arm holding weight is on top
3. Rotate arm upward, keeping elbow bent as shown
4. Hold for _____seconds and lower slowly
5. _____repetitions _____times a day

GOAL ______________________________________

**SHOULDER ABDUCTION**

1. Holding _____lb weight in _______ hand raise arm up to the side
2. Hold for_____ Seconds and lower slowly
3. _____repetitions _____times a day

GOAL __________________________________________

**SHOULDER HORIZONTAL ADDUCTION**

1. Hold _______lb weight in _______________hand
2. Lie on back with arm out to side as shown
3. Raise arm straight upward so that the fist points toward the ceiling
4. Hold for _____seconds and lower slowly
5. _____repetitions _____times a day

GOAL ____________________________________________
**SHOULDER INTERNAL ROTATION**

1. Hold ________lb weight in ___________ hand
2. Lie on back with elbow bent, forearm parallel to the floor
3. Rotate arm in toward your body, keeping elbow bent as shown
4. Hold for _______ seconds and lower slowly
5. _______ repetitions _______ times a day

GOAL ________________________________________

**SHOULDER FLEXION EXTERNAL/ROTATION**

1. Lie on belly, holding stick with elbows bent as shown
2. Lift stick up off the floor
3. Hold for _____ seconds and lower slowly
4. _______ repetitions ________ times a day

GOAL _______________________________________

**BENT KNEE PUSH UP**

1. Assume position on floor as shown
2. Straighten arms to raise your trunk (push up)
3. Keep knees bent as shown
4. Hold for _______ seconds
5. _____ repetitions _____ times a day

GOAL ______________________________________
**SCAPULAR RETRACTION**

1. Hold _____lb weight in hands
2. Lie on belly over bench as shown
3. Pinch shoulder blades together
4. Raise arms upward
5. Hold for ______seconds and lower slowly
6. ______repetitions ______times a day

GOAL ___________________________________________________________

**SHOULDER FLEXION/ELBOW EXTENSION**

1. Assume position on floor as shown
2. Straighten arms to raise your trunk (push up)
3. Hold for _____seconds
4. ______repetitions ______times a day

GOAL _________________________________

**SHOULDER EXTERNAL ROTATION**

1. E/R with stick, arm at 90 degrees of abduction
2. Hold for _____seconds
3. _____repetitions _____times a day

GOAL _________________________________