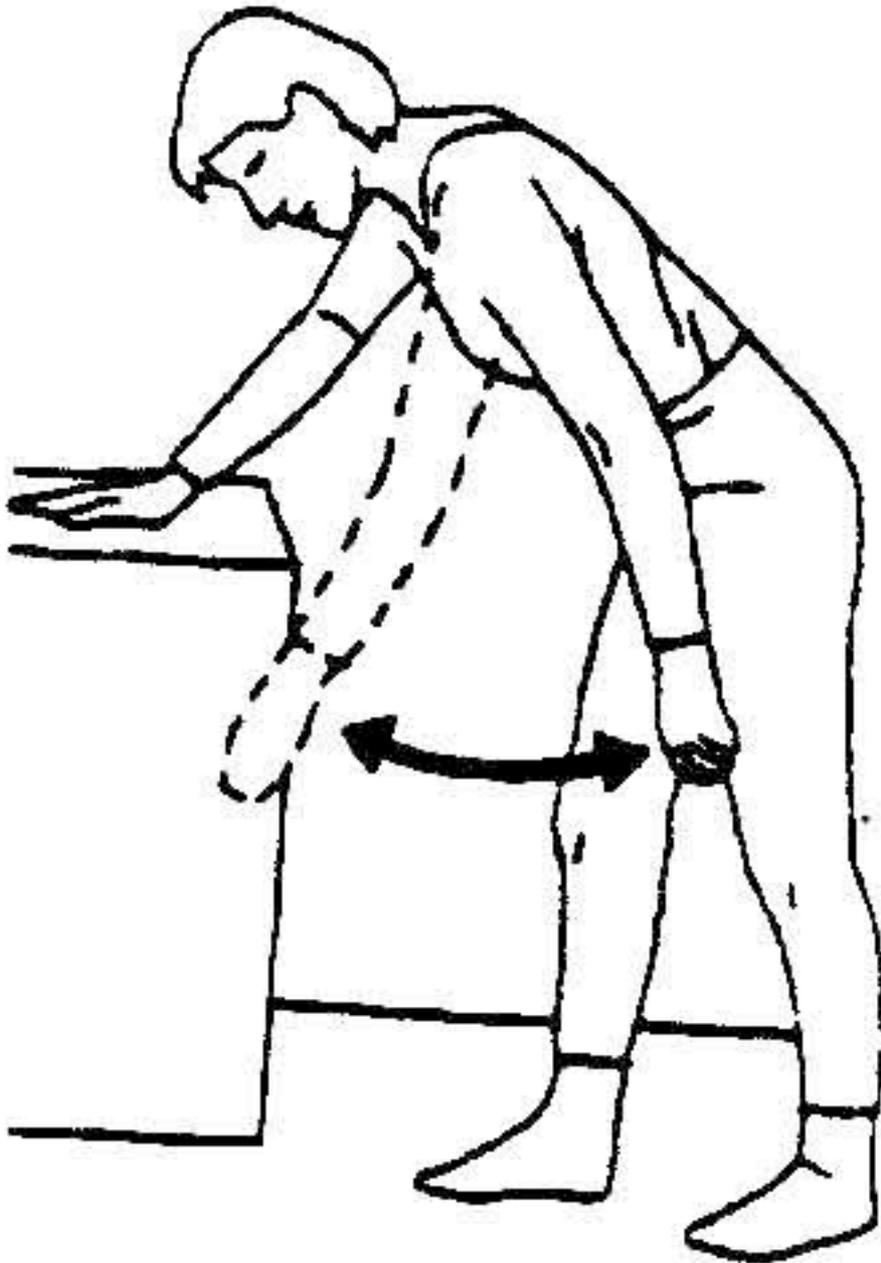




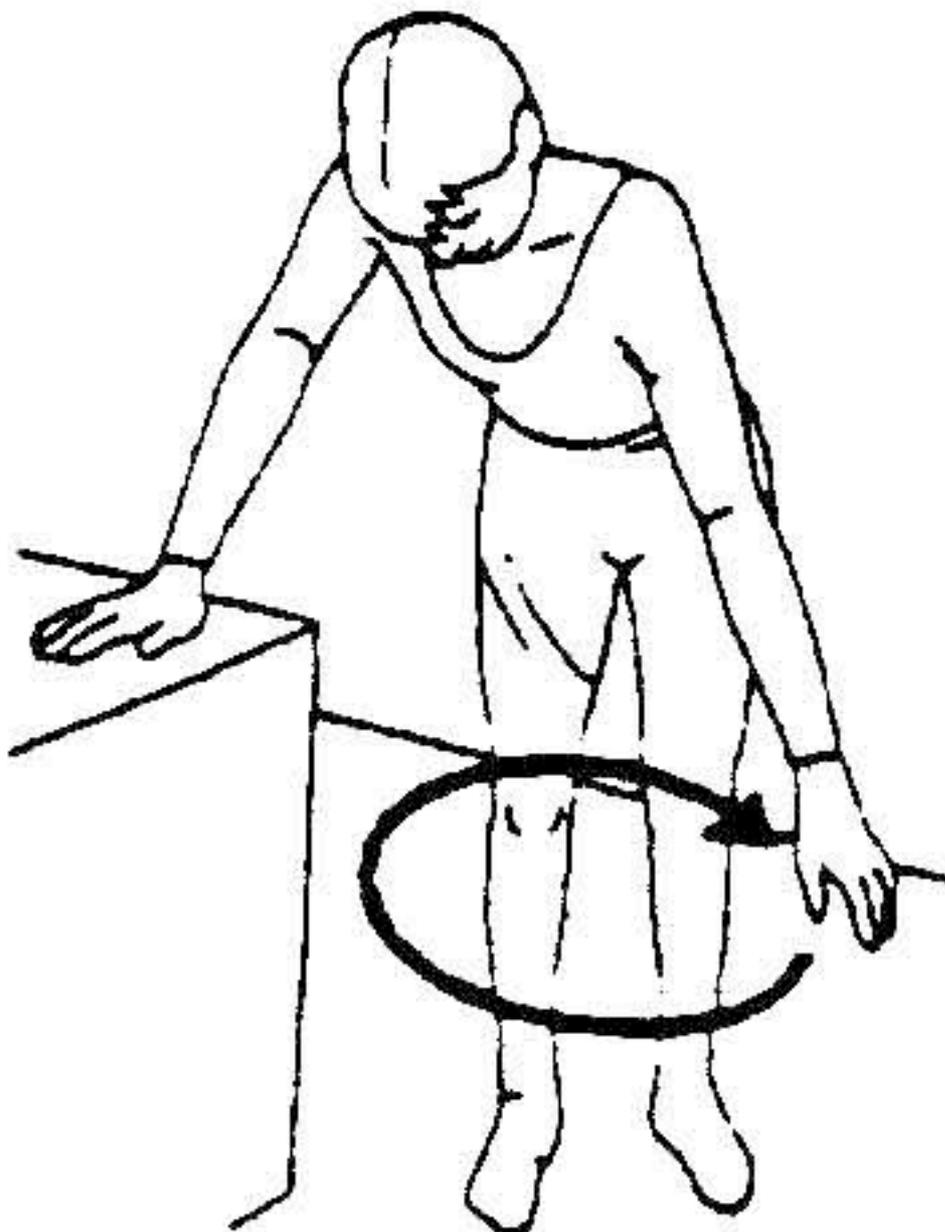
## Shoulder exercises

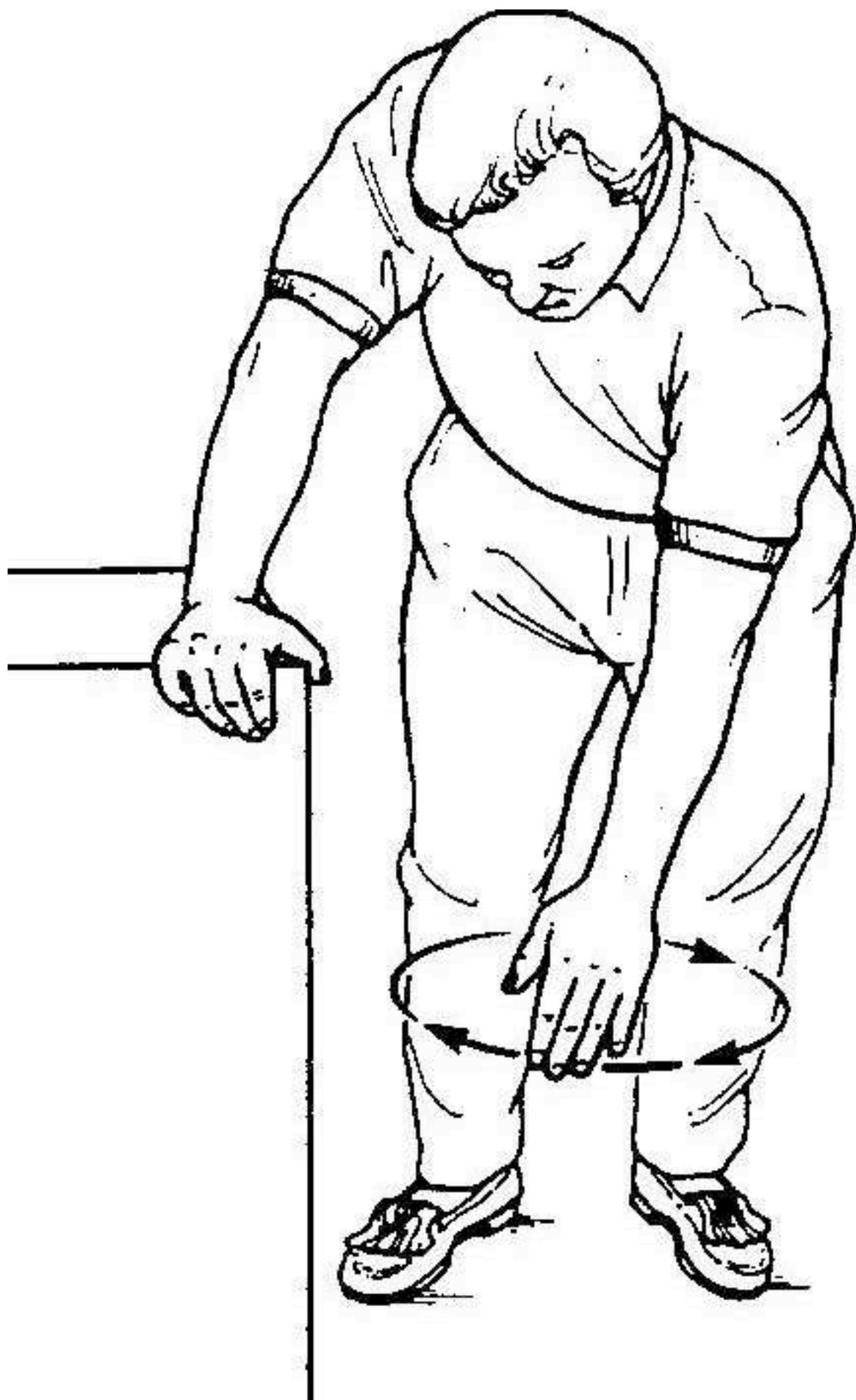
### Pendular Exercises

1. Standing, lean forwards and support yourself with your non-operated arm on a table. Let your operated arm hang by your side. Gently swing your arm forwards and backwards.

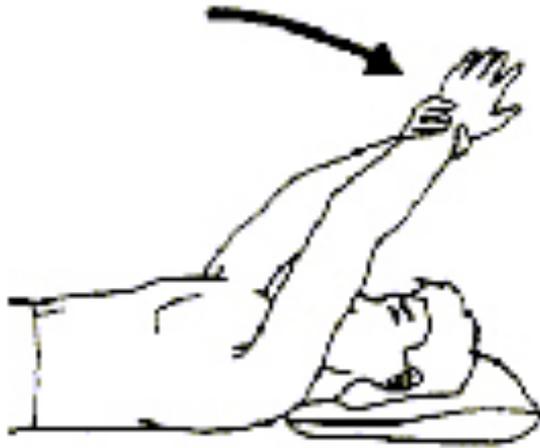


2. Standing, lean forwards and support yourself with your non-operated arm on a table. Let your operated arm hang by your side. Gently move your arm in a circular motion.

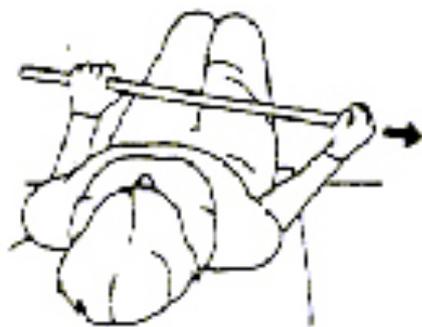


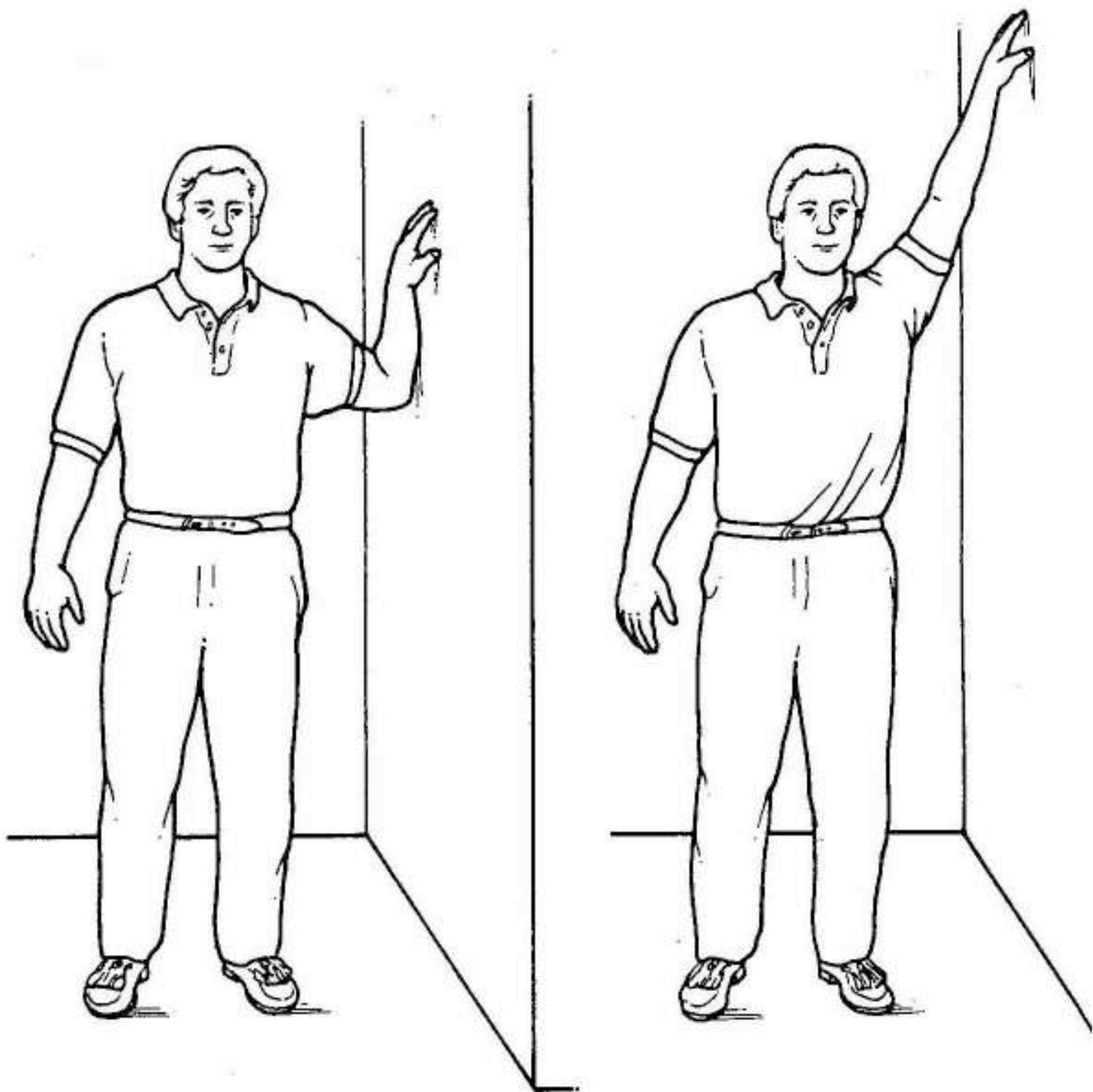


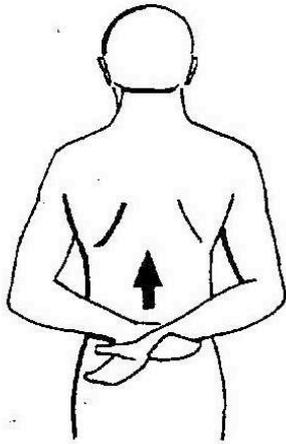
In addition to these simple exercises you must start lifting your arm forwards to shoulder height, help may be given by the non operative arm. If you find it is too painful to go beyond 90 degrees then this movement may be limited to that point.



Bend your elbow to right angles and keep it by your side. Use your non operative are or a stick to help push the operated arm out to the side in an arch.

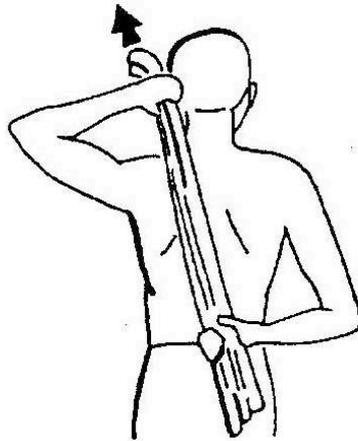






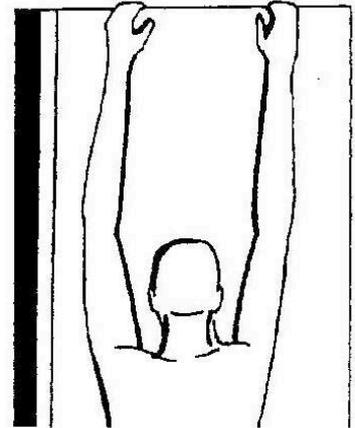
**Assisted Internal Rotation**

Standing — Grasp wrist of the operating arm with the good hand behind back, slide hands up and down.



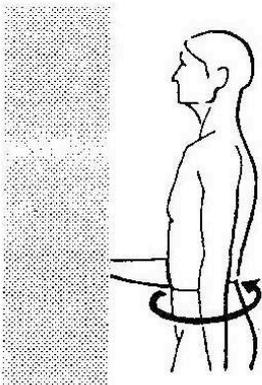
**Internal Rotation**

Standing — Behind low back, pull hand up as high as possible using a towel.



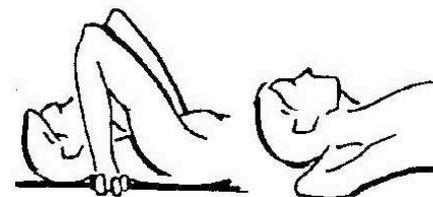
**Forward Elevation**

Facing an open door, assist arm up, hook fingertips on top of door. Bend knees slightly to stretch. Use a stool if necessary.



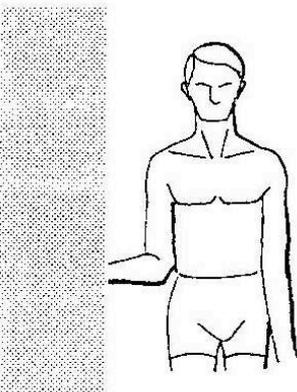
**External Rotation**

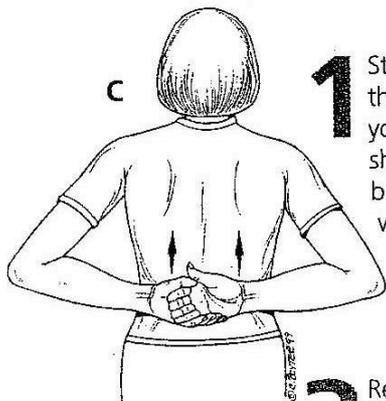
Standing in a doorway with elbow flexed to 90° and held close to body, place palm on door jamb, slowly turn body away from arm.



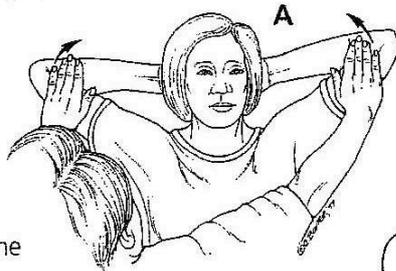
**Assisted External Rotation**

Lying on back — Grasp wrist of operated arm with good hand, reach up and overhead, clasp hands, then slide hands down behind neck while spreading elbows. Reverse by sliding clasped hands upward, out from under neck.

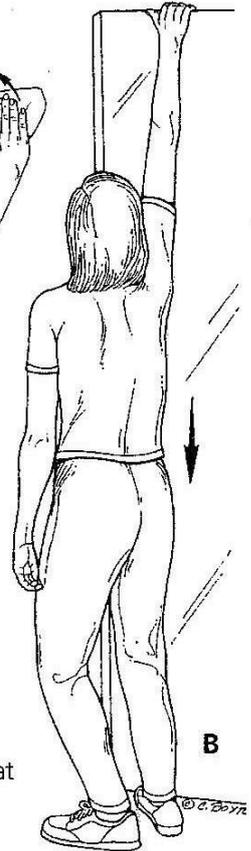




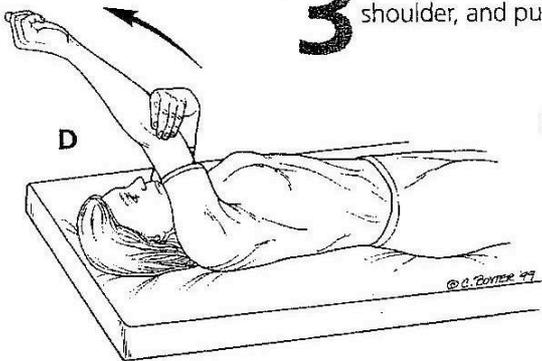
**1** Stand with your shoulder blades against the wall and hands clasped behind your head. **move the shoulder joint by pinching your shoulder blades together until your elbows touch the wall (A).**



**2** Reach up and grasp an overhead support or door. Then flex at the knee, using your body weight to pull on your stiff shoulder (B).



**3** Reach behind your back, grasp your hand on the side of the stiff shoulder, and pull upward toward the opposite shoulder blade (C).

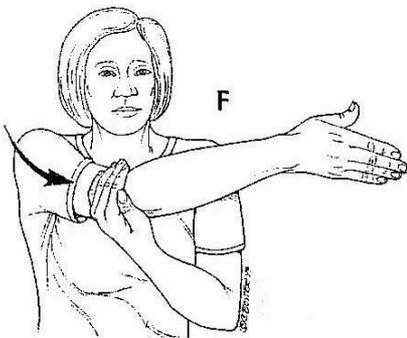


**4** Stretch your arm upward in an overhead reach (D). You can assist with the opposite arm if this makes it easier.

**5** Move the hand and forearm on the affected side away from your body. Perform this movement against the resistance offered by an elastic band that is held against your chest in the opposite hand, as shown in the illustration (E).



**6** Stretch the affected shoulder in a cross-body reach by moving the wrist toward the point of the opposite shoulder. If you need assistance, press on the upper arm with your opposite hand, as shown here (F).



Continue the stretching exercises as needed to regain or maintain a full range of motion in the shoulder. Also begin to perform Rotator Cuff Strengthening Exercises.

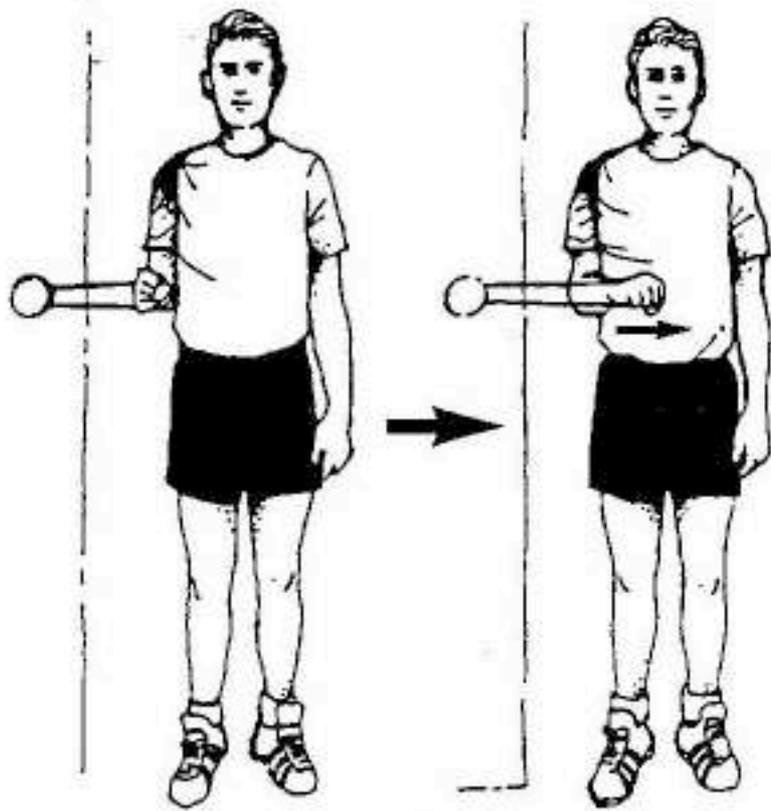
This strengthening program includes **only five exercises** that isolate on and strengthen the five critical muscle functions of the shoulder: Internal Rotation, External Rotation, Abduction, Extension and Curls.

The strength training should involve gentle smooth repetitions. No jerking or yanking!

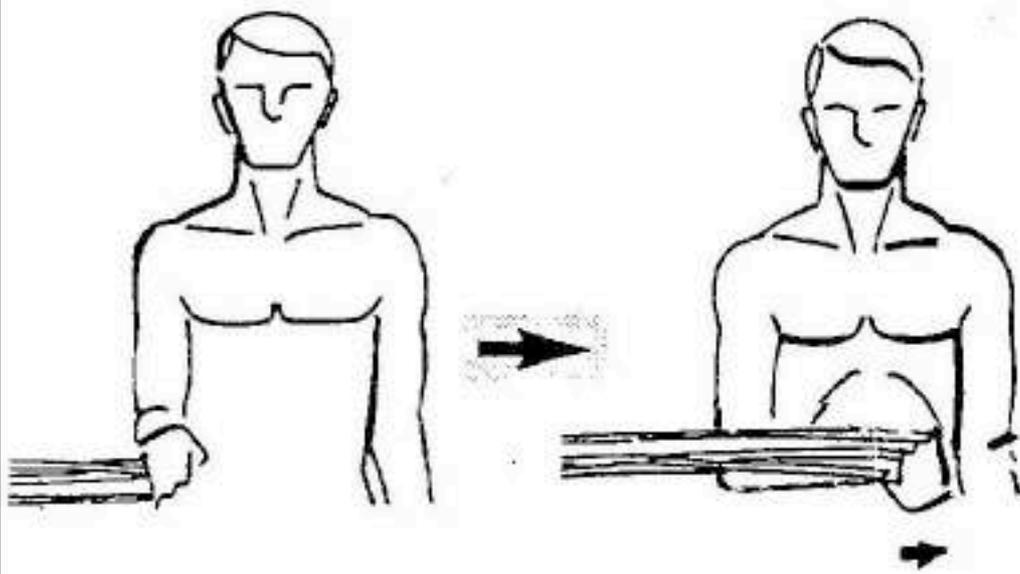
Perform 3 sets of 15 - 20 repetitions of each of the 5 exercises, every other day. In the third set of each exercise, try to “exercise to fatigue”.

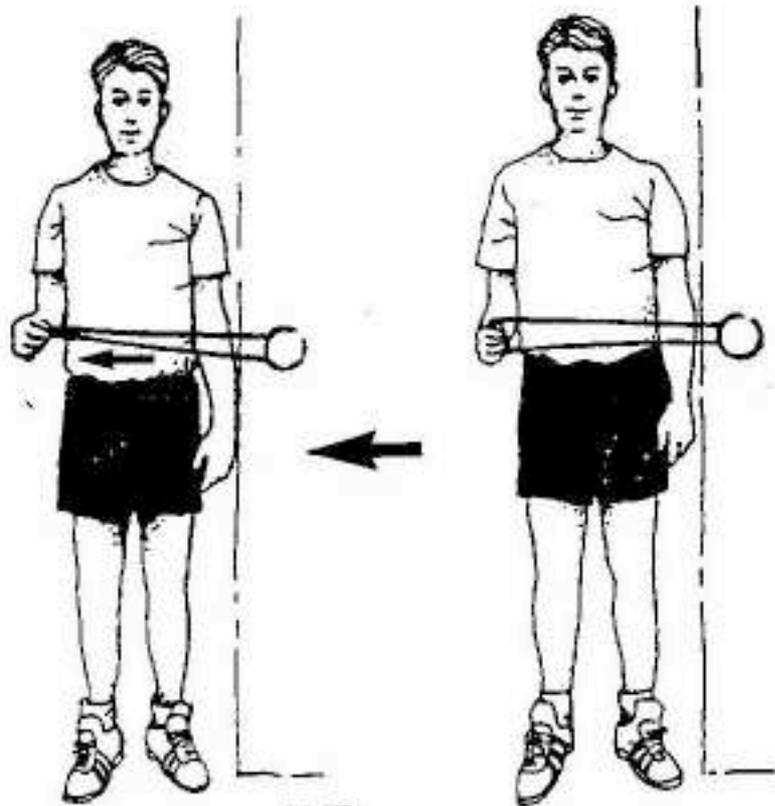
The most effective strength training and rehabilitation programs include at least one set of the maximum number of repetitions possible for each exercise performed (“exercise to fatigue”). Higher numbers of repetitions (15 - 20) favor increased muscle endurance while building muscle strength as well, so use a lighter weight or theraband that will allow at least 15 repetitions in a normal set.

Three sets of 15 - 20 reps performed every other day is an optimum strengthening and rehabilitation program. However, during the first month of strengthening, a single set program, every other day, is adequately effective at improving muscle strength and endurance.

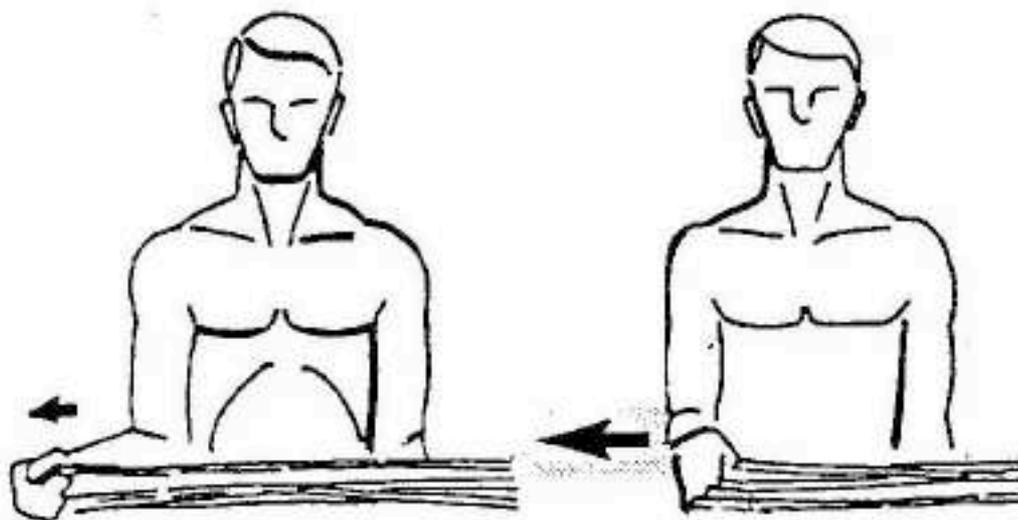


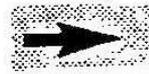
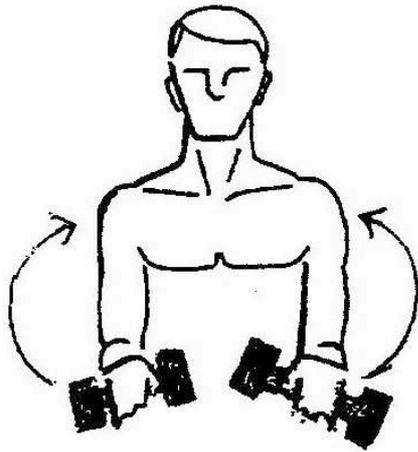
#1



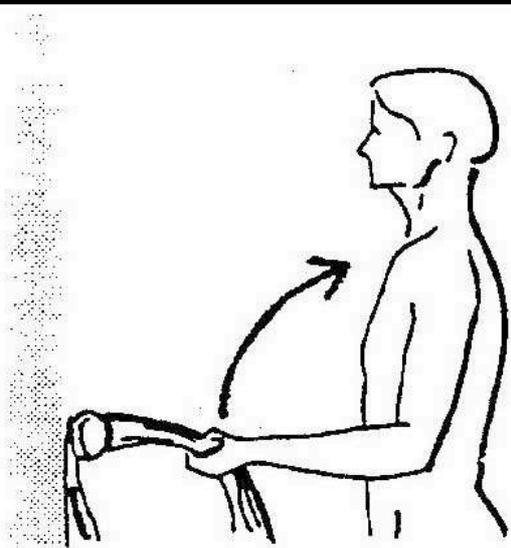
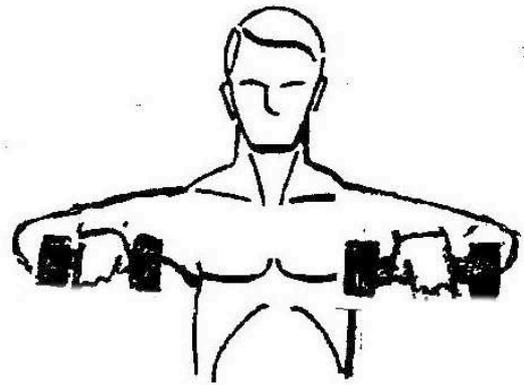


#2



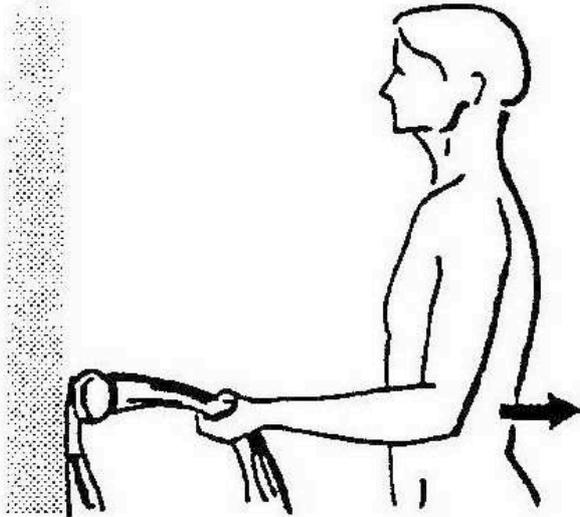


#3



#4

Arm Curls (biceps muscle)  
With theraband around door knob,  
flex elbow up to shoulder.



**Shoulder Extension (posterior deltoid)**

With Theraband around door knob and elbow flexed to 90°, pull arm backward.

**#5**