

INSTRUCTIONS:

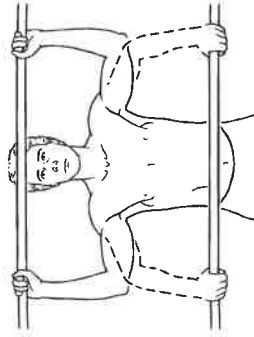
The following exercises can be used for shoulder reconditioning following injury or surgery. Be sure to check with your physician prior to doing this or any other exercise program. The basic rule is to make sure that the exercises are pain-free. If an exercise causes pain, discontinue that exercise.

If there is an increase in pain and/or swelling after exercise, discontinue the program and check with your physician.

INSTRUCTIONS, cont.

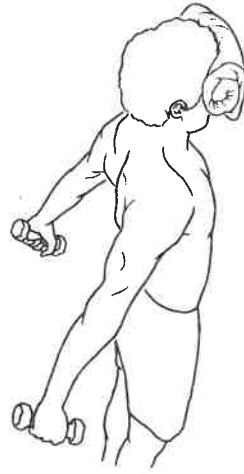
When first starting, use no or light resistance and effort, and progress as tolerated. Progression can include doing more reps, pushing harder on isometric exercises, or adding more resistance.

SHOULDER - ROM: External / Internal Rotation - Wand



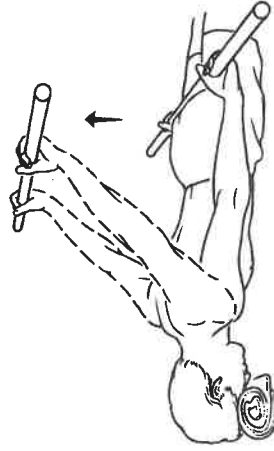
Lying face up, slowly bring wand up over head, then down toward waistline.
Hold each position 5 seconds, then relax.
Repeat 8-10 times.

SHOULDER - Prone Extension



Holding 0-4 pound weights, arms back, raise arms from floor, keeping elbows straight. Pause briefly, then lower to start.
Do 1-2 sets of 12-15 reps.

SHOULDER - ROM: Extension - Wand



Lift up from buttocks until stretch is felt.
Hold 2-3 seconds.
Do 1-2 sets of 8-12 reps.

SHOULDER - Scapular: Stabilization (Prone)

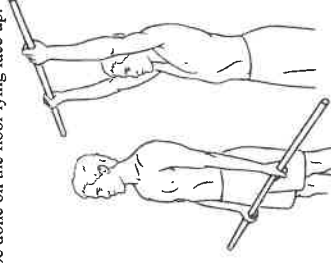
Note: This can be done lying face up (knees bent) and pressing arms in to the floor (isometric contraction). Hold each rep 6 seconds and do 8-10 reps.



Holding 0-3 pound weights, raise both arms out from sides. Pause briefly, then lower to start. Keep elbows straight.
Do 1-2 sets of 12-15 reps.

SHOULDER - ROM: Flexion - Wand

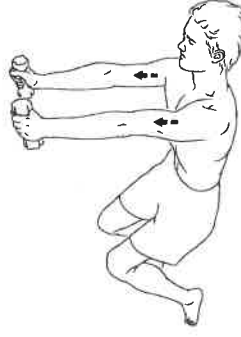
Note: This exercise can be done on the floor lying face up.



Keeping arms straight, bring wand directly over head. Reach back until stretch is felt.
Hold 2-3 seconds, then slowly lower.

Do 1-2 sets of 8-12 reps.

SHOULDER - Scapular: Protraction - 90° of Flexion



Holding 0-5 pound weights, attempt to push arms up toward ceiling, keeping elbows straight and back against floor. Pause briefly, then lower to start.
Do 1-2 sets of 20-25 reps.

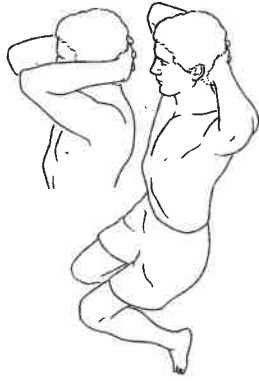
SHOULDER - Scapular: Flexion (Prone)

Note: This can be done lying face up (same as Scapular:Stabilization). If you can't get your arms to the floor, use pillows or other objects to fill the space.



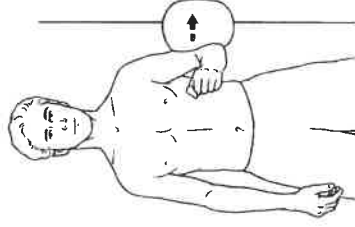
Arms in Y shape, thumbs up. Use 0-2 lbs. Initiating from between your shoulder blades, raise arms parallel to floor. Hold 5 seconds, then lower to start.
Do 1-2 sets of 8-12 reps.

SHOULDER - Scapular: Retraction in External Rotation



With hands clasped behind head, elbows up, pull elbows down to the floor, pinching shoulder blades together. Hold 5 seconds, then relax.
Repeat 6-8 times.

SHOULDER - Strengthening: Isometric Abduction



Using wall for resistance, press left arm into ball using moderate pressure.
Hold 5 seconds, then relax.

Repeat 8-12 times. Repeat on other side.

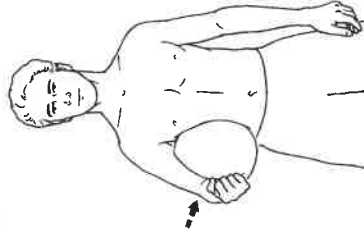
SHOULDER - Strengthening: Isometric External Rotation



Keeping left elbow at side, use other hand at wrist to apply light-to-moderate resistance to outward motion.
Hold 5 seconds.

Repeat 8-12 times. Repeat on other side.

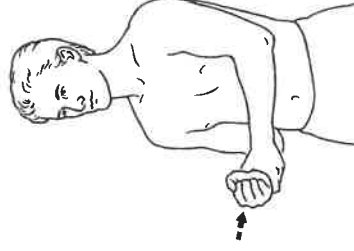
SHOULDER - Strengthening: Isometric Adduction



Using body for resistance, gently press right arm into ball using moderate pressure.
Hold 5 seconds, then relax.

Repeat 8-12 times. Repeat on other side.

SHOULDER - Strengthening: Isometric Internal Rotation



Keeping right elbow at side, use other hand at wrist to apply light-to-moderate resistance to inward motion.
Hold 5 seconds, then relax.

Repeat 8-12 times. Repeat on other side.