



Shoulder Home Exercise Program
Sports Medicine

STRETCHING

Passive Forward Elevation

These exercises are designed to increase your shoulder passive forward elevation. Using any combination of these exercises, do at least 25 repetitions 3 times a day.

Wand Exercises: While lying down, hold a cane or broom handle in both hands with elbows straight. Raise cane over your head, or as high as you can. If pain free, attempt same exercise while sitting upright in a chair.



Opposite Arm Assisted: While lying down or sitting in a chair, use non-injured arm to assist the injured arm with forward flexion.



Wall Slides: Place injured arm against the wall with elbow straight. Use fingers to climb or 'walk' the wall while moving your body forward.



Pendulums

Holding the side of a table with the good arm, bend over at the waist, and let your affected arm hang straight down. Swing it back and forth like a pendulum, then in circles that start small and gradually grow larger. Do this for at least 5 minutes, 3 times a day.



Passive Internal/External Rotation

While lying down, hold a cane or broom in both hands with elbow bent at 90 degrees. Slowly rotate cane back and forth, pausing 5 seconds at the end of each motion. Do this for at least 25 repetitions, 3 times a day.



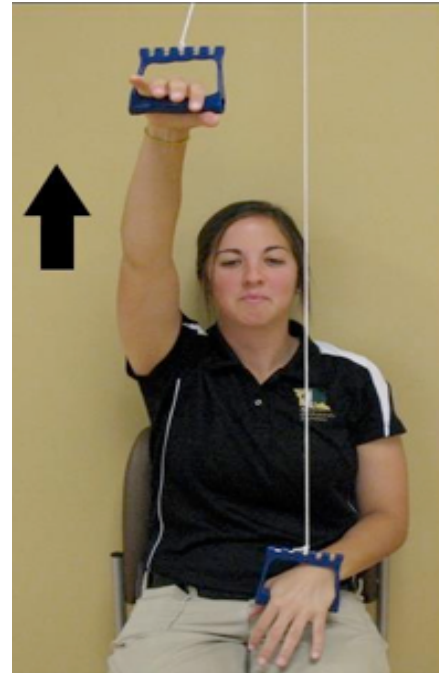
Towel Stretching

Behind your back hold one end of the towel with your good arm at shoulder level as shown. Hold the other end with the injured arm. Raise the towel with your good arm as high as you can without pain. Hold 5 seconds, slowly lower, relax, and repeat 10 – 15 times, 3 times a day.



Pulley Exercises

Attach a pulley over a door or onto a hook overhead. Hold one end of the rope with each hand. Pull down with the good arm, allow the injured arm to rise. Hold 5 seconds, then slowly allow injured arm to lower. Repeat 10 – 15 times, 3 times a day.



ADVANCED SHOULDER STRETCHING

Each of the following exercises stretches a different portion of the shoulder. The exercises are to be done **SLOWLY**, allowing gravity and the weight to gradually elongate the tissues. The final position should be held for a count of 10. Use of a 2 to 5 pound weight is all that is needed

Anterior Shoulder Stretch

At 90 degrees: Lie down with shoulder over the edge, elbow bent at 90 degrees and palm up. Concentrate on relaxing the shoulder muscles. Allow the weight to gently pull your arm downward.



At 135 degrees: The arm is raised another 45 degrees and the elbow is held straight. Allow the weight to gently pull your arm downward.





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Overhead Shoulder Stretch

Position the arm so it reaches directly overhead. Your head should remain supported while the shoulder is over the table edge. Relax, let the weight do the work.



Posterior Shoulder Stretch “Sleeper Stretch”

Lie down on your side with affected side down. Keep injured elbow bent to 90 degrees. Use non-injured arm to rotate injured slowly towards the table. Pause, hold for 5 seconds at the end of each motion. Do this for at least 25 repetitions, 3 times a day.



SHOULDER MUSCLE STRENGTHENING PROGRAM

The shoulder is covered by numerous muscles, both small and large. The rotator cuff muscles are small muscles that primarily function to keep the large humeral head in a small glenoid socket. Each muscle in the rotator cuff is capable of being, and should be, strengthened individually. Thera-bands or VERY light weights (No more weight than a roll of quarters) are used to train these muscles.

Scapular Stabilization/Strengthening

Repeat each exercise 20 times per set, 1-2 sets per session, 2-3 sessions per day.

Standing Scapular Retraction

With arms at sides pinch shoulder blades together.
Hold for 5 seconds.



Standing Scapular Retraction in Abduction

With arms elevated and elbow bent to 90 degrees, pinch shoulder blades together and press arms back.
Hold 5 seconds.

Scapular Isometrics

While standing against the wall or seated in a chair, push arms against wall or chair while keeping elbows bent to 90 degrees.
Hold for 10 seconds.

Prone Scapular Retraction in Abduction

Lie prone with arms straight out from sides and elbow bent to 90 degrees. Pinch shoulder blades together and raise arms a few inches from the table. Hold for 3-5 seconds.



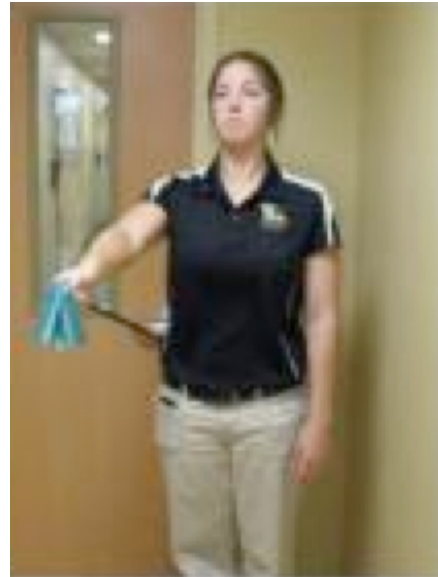
Stabilized Forward Elevation

While lying supine or standing against the wall, slowly elevate both arms forward above horizontal. Slowly return to resting position. Focus on posture, core stability, and symmetric movement.

Thera-band Exercises

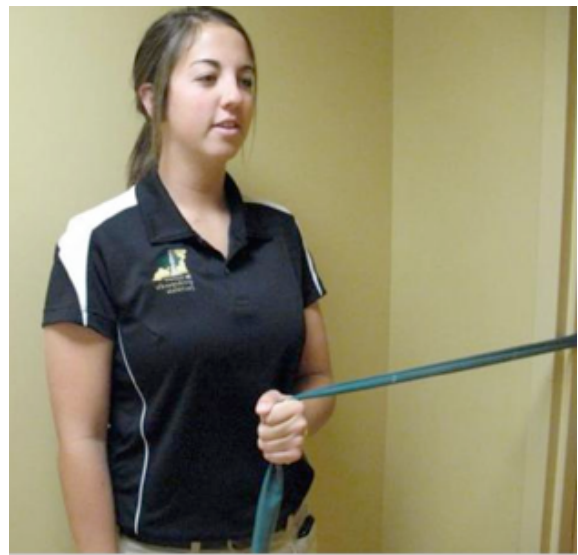
Forward Flexion

Begin with arm straight, at your side. While keeping good posture, lift arm forward and up to horizontal. Hold for 5 seconds. Lower to starting position slowly. Complete a set of 10.



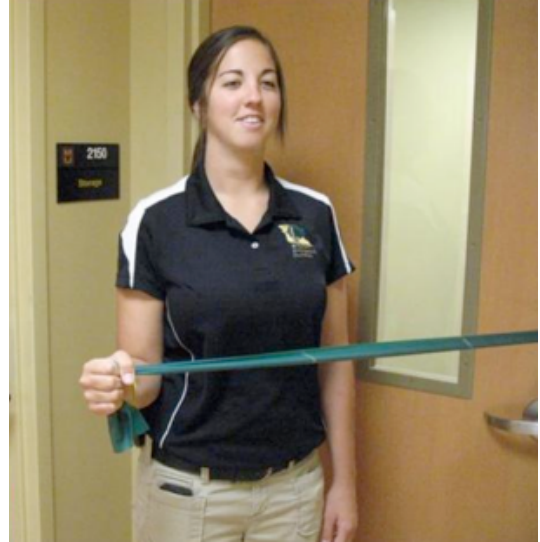
Internal Rotation

Begin with elbow bent to 90 degrees, at your side. While keeping good posture, pull hand inwards across your stomach. Keep your elbow bent. Hold for 5 seconds. Return slowly. Complete a set of 10



External Rotation

Begin with elbow bent to 90 degrees, at your side. While keeping good posture, pull hand outwards. Keep your elbow bent. Hold for 5 seconds. Return slowly. Complete a set of 10



Abduction

Begin with arm straight, at your side. While keeping good posture, lift arm out to your side and up to horizontal. Hold for 5 seconds. Lower to starting position slowly. Complete a set of 10.

