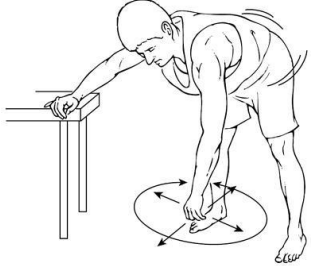

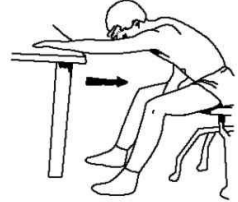
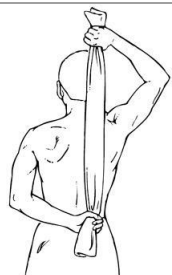



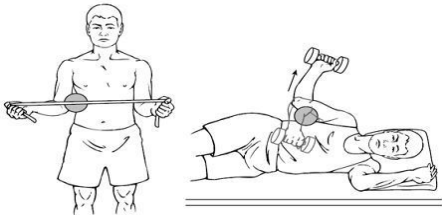
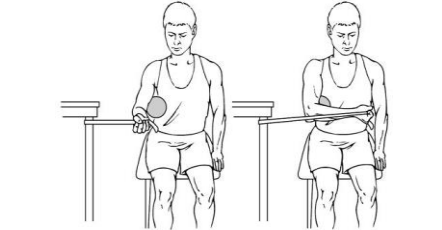
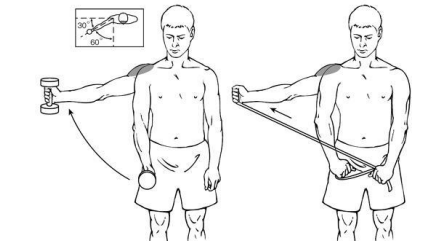
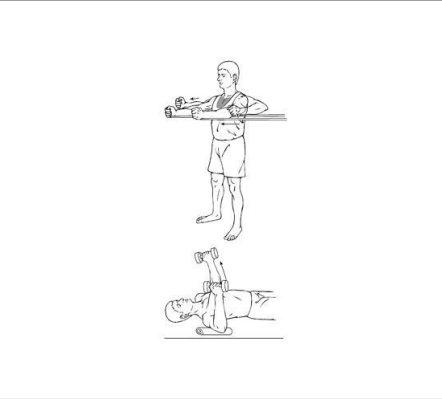
SHOULDER EXERCISES

PASSIVE RANGE OF MOTION (ROM) - Restoring range of motion is a primary goal of rehabilitation.

<p>Pendulum Swings Bend over at the waist, rest supporting arm on a table and place your head on your arm. The injured shoulder should be relaxed and freely hanging downward. Gently swing your arm in a circular pattern, clockwise and counter-clockwise.</p>	<p>Hang arm for 30 sec Swing for 60 sec Repeat 3-6 times/day</p>	
<p>External Rotation Sit in a chair with your injured arm at your side. Grasp the ends of a stick (or your sling) with both hands. Keeping your elbows at a 90° angle at your side. Using your strong arm push your surgical arm away from your body.</p>	<p>Hold for 5-10 sec Repeat 10 times Try to do 3 sets/day</p>	
<p>Passive Extension/Abduction Place your injured hand on a table top. Slowly step away from the table, trying to keep your elbow straight. Work towards getting your arm to 90 degrees away from your body. Repeat the same movement but turn your body so it is perpendicular to your arm, and step away.</p>	<p>Hold for 5-10 sec Repeat 10 times Do 3 sets/day</p>	
<p>Internal Rotation Stand with your strong arm above your head holding a towel (or stick). Grasp the towel down towards your hips with your injured arm. Keeping your injured arm relaxed as you slowly raise the hand above your head until you feel a stretch.</p>	<p>Hold for 5-10 sec Repeat 10 times Try to do 3 sets/day</p>	
<p>Sleeper Stretch (Phase 2) Lie on your affected side with your shoulder tucked under your body and elbow at a 90 degree angle from your body. Slightly roll your body over towards your shoulder. With the top arm, press fist of the bottom shoulder downward towards the table (away from your head).</p>	<p>Hold for 5-10 sec Repeat 10 times Try to do 3 sets/day</p>	

SHOULDER EXERCISES

STRENGTHENING EXERCISES- Exercises should be performed only once a day to start. You should increase your sets every 3-5 days as long as you do not have an increase in pain. Your goal: 3 sets of 10 to 15 repetitions daily.

<p>External Rotation Place a towel roll under your armpit. Put one end of the tubing in the door (at elbow height) and the other side in your hand. Keep elbow at your side bent to 90° with your thumb up. The hand should be moved outward, 45° away from the body.</p>	<p>Hold for 5-10 sec Repeat 10-15 times</p>	
<p>Internal Rotation Place a towel roll under your armpit. Put one end of the tubing in the door (at elbow height) and the other side in your hand. Keep your elbow at your side bent to 90° arm rotated outward approx. 45° from your hip with your thumb up. The hand should move inward, until perpendicular with hip.</p>	<p>Hold for 5-15 sec Repeat 10-15 times</p>	
<p>Shoulder Abduction No towel roll. Place one end of the tubing in the door at shin height. Hold the tubing in your hand with thumb upward. Lift arm upward at a 45° from your hip with your arm straight. Hold, slowly lower to start position.</p>	<p>Hold for 5-15 sec Repeat 10-15 times</p>	
<p>Chest Press Set 1: No tubing. Shrug shoulders upward then extend arms in front of you, reaching with your fingertips and relaxing your shoulders downward. This should create a nice stretch between your shoulder blades. Set 2&3: Put tubing knot in door jam at head height. Stand with back to wall, legs hip distance apart and arms at shoulder level. Shrug your shoulders upward then push your arms straight downward in front of your body. While keeping your arms extended, push your shoulder blades off the wall and control them back to the wall.</p>	<p>Hold for 5 sec Repeat 10 times 1 Set Hold 5 seconds Repeat 10-15 times 2 sets per day</p>	
<p>Row Set 1: No tubing. Shrug shoulders upward then roll them back and squeeze your shoulder blades together (pretend you are holding a pencil). Set 2: Put tubing in door jam either at head height or at chest height. Stand with legs hip distance apart and staggered, facing the door. Start with arms straight out in front. Pull arms hips. Focus on squeezing your shoulder blades together.</p>	<p>Hold for 5-10 sec Repeat 10-15 times 1 Set Hold for 5 sec Repeat 10-15 times 3 sets per day</p>	