



## **SHOULDER HOME EXERCISE PROGRAM**

**Perform these exercises 3 times a day.**

**Before starting exercises, warm up your shoulder in shower or with warm moist towel or heating pad for 5 minutes.**

**Perform one set of 10 repetitions for each exercise**

**Cool down your shoulder after exercise session with ice (big bag of frozen peas works really well)**

**Call Patty Quast-French, Orthopaedic Nurse if you have any questions @ 508-696-1052.**

### Pendulum Exercise

- Bend over at the waist so that the arm falls away from the body and dangles in a relaxed way.
- Use your body to initiate a circular motion. Be sure to feel that the arm is moving at the 'ball-and-socket joint' of the shoulder
- Make small circles while keeping the shoulder relaxed
- Do this for 2 to 3 minutes at a time.



### Table-top Arm Slides

- Sit in a chair adjacent to a smooth table top
- Lift the involved arm with the uninvolved arm and place the hand and forearm on the table.
- Using your body, bend forward at the waist allowing the hand and arm to slide forward. Again using the body, return to the upright position with the arm passively following.
- Hold 5 to 10 seconds



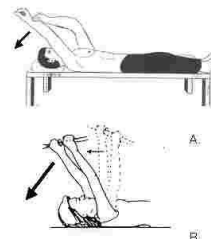
### Supine Neutral External Rotation

- Lie on your back.
- Keep the arm and elbow tight against your side.
- Keep the elbow at a 90 degree angle.
- Push the stick into the hand of the involved arm to make the arm rotate away from the body.
- Hold 5 to 10 seconds



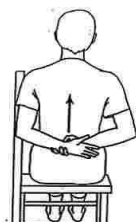
### Supine Passive Forward Flexion

- Lie on your back
- Using a stick (figure A.), or helping with the uninvolved arm (figure B.), raise the involved arm up and then backward (as if to reach overhead)
- Hold 5 to 10 seconds



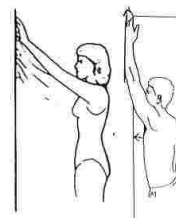
### Internal Rotation Behind-the-Back Stretch

- Sitting in a chair or standing, place the hand of the affected arm behind your back at the waistline.
- Use your opposite hand to help the other hand first across to the opposite buttock, then lifting the hand higher toward the shoulder blade of the opposite shoulder
- Hold 5 to 10 seconds



### Wall slide

- Stand facing a wall, using both hands, place the hands on the wall.
- Slide the hands up the wall, allowing the hands and arms to go upward.
- As you are able to stretch the hand and arm higher, you should move your body closer to the wall.
- Hold the stretch for 15 to 20 seconds.



### Shoulder Shrugs and Scapular Retraction

- Shrug shoulders upward as illustrated in figure 1.
- Pinch shoulder blades backward and together, as illustrated in figure 2.
- Do 10 repetitions

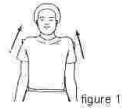


figure 1



figure 2

### Supine External Rotation with Abduction

- Lie on your back.
- Assisting with your uninvolved arm, place your hands behind your head as shown in the top illustration.
- Slowly lower your elbows to stretch the shoulders toward the surface you are lying on.
- Hold 5 to 10 seconds



### Horizontal Adduction Stretch

- Lying on your back, hold the elbow of the affected arm with your opposite hand.
- Gently stretch the elbow toward the opposite shoulder.
- Later, this stretch can be done standing.
- Hold 5 to 10 seconds.



### Standing Neutral External Rotation

- Hold a door handle or frame with the hand of the involved arm.
- While keeping the involved arm firmly against your side and the elbow at a right (90 degree) angle,
- Rotate your body away from the door to produce outward rotation at the shoulder.
- Hold 5 to 10 seconds



### External Rotation in Corner

- Standing facing a corner, position the arms as illustrated with the elbows at shoulder level.
- Lean your body gently forward toward the corner until a stretch is felt.
- Hold this position gently for 15 to 20 seconds



### Internal Rotation in Abduction

- Lie on your side with the arm positioned as shown.
- Keeping the elbow at a right angle, rotate the arm as if to touch the thumb to the table.
- Apply a gentle stretch with the opposite arm.
- Hold 10 to 15 seconds.

