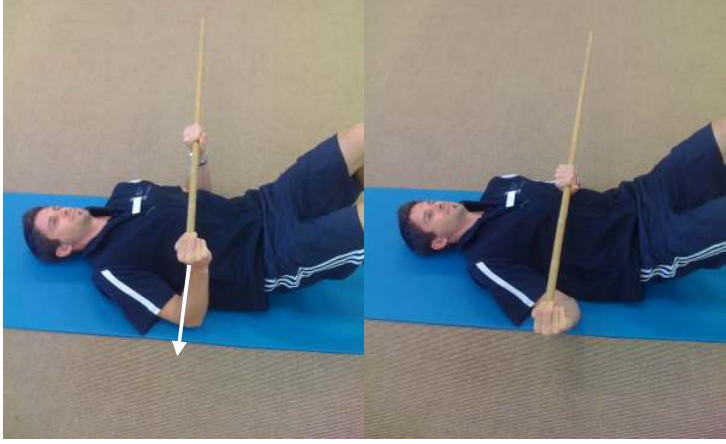
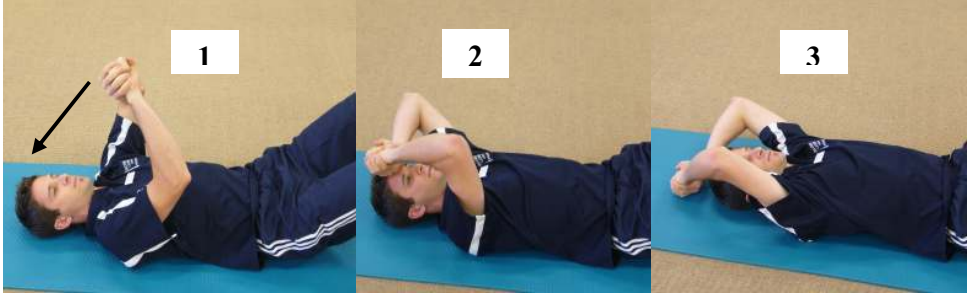




















Shoulder Rehab Program

Stage A	<u>Range of Motion</u>	
1	<p>External rotation – Lying on your back, with elbows bent at right angles and held in against your body. Hold a stick with both hands and using your unaffected side push your other hand out and down to the floor. The return to starting position</p>	
2	<p>Flexion – Lying on your back same starting position as above (1). Hold the wrist of your effected arm with your other hand. Draw your hand toward your forehead (2). Progress into flexion by pulling further above your head (3).</p>	
3	<p>Pendulum – Stand and bending forward at your hips. Let your effected arm hang down in front of you. Relax all the muscles in your arm. Using your upper body allow your arm to swing like a pendulum in circles (clockwise and counter-clockwise). Make sure to let your arm go heavy and relax all the muscles in your arm</p>	

<p>4</p>	<p>Extension – Standing up tall, holding a stick behind your back in both hands. Use your other hand to push your arm backwards behind you.</p>	
<p>5</p>	<p>Internal Rotation – Standing up tall place the back of your hand of your effected arm by your lower back. Holding it with your other hand, lift upwards towards your shoulder blades.</p>	
<p>6</p>	<p>Pulley – Hang a rope over something like the top of the shower. Hold one end of the pulley with each hand. Relax your effected arm and allow it to rise up as you pull down with the other arm.</p>	
<p>7</p>	<p>Horizontal External Rotation – Lying on your back, place both hands behind your neck with you elbows together in front of your face. Allow your elbows to falls down towards the floor.</p>	

Stage B	<u>Strength</u>	
1	<p>External rotation – Standing with your elbow bent to right angles and held in to your side. Hold the outside of your wrist with you unaffected hand. Try and push the hand of your effected arm away from your body while keeping your elbow at your side. No movement should occur. Hold for 5 seconds and then relax. Make sure to maintain good posture and <i>keep the width</i> throughout the exercise.</p>	
2	<p>Internal rotation – Starting in same position as above... Hold the inside of your wrist and try and turn your hand in towards your body. No movement should occur. Hold for 5 seconds and then relax. Make sure to maintain good posture and <i>keep the width</i> throughout the exercise.</p>	
3	<p>Flexion - Starting in same position as above... Hold around your wrist, try and push your whole arm forward while keeping your elbow at right angles. No movement should occur. Hold for 5 seconds and then relax. Make sure to maintain good posture and <i>keep the width</i> throughout the exercise.</p>	
4	<p>Extension - Starting in same position as above... Hold around your wrist, try and push your whole arm backwards while keeping your elbow at right angles. No movement should occur. Hold for 5 seconds and then relax. Make sure to maintain good posture and <i>keep the width</i> throughout the exercise.</p>	
5	<p>Abduction – Starting in same position as above... Hold the outside of your elbow and try and lift your arm away from your body. No movement should occur. Hold for 5 seconds and then relax. Make sure to maintain good posture and <i>keep the width</i> throughout the exercise.</p>	
6	<p>Adduction – Starting in same position as above... Hold the inside of your elbow and try and pull your arm in towards your body. No movement should occur. Hold for 5 seconds and then relax. Make sure to maintain good posture and <i>keep the width</i> throughout the exercise.</p>	


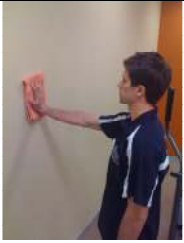


7	<p>Soup Can 1 – Lying on your back, shoulder at right angles and arm straight, point your palm towards the ceiling. Resting (not holding) a medium sized can in your palm, allow your arm to fall forward a small amount and then stop quickly while keeping your arm straight. Repeat in various directions.</p>	
8	<p>Soup Can 2 – Lying on your back, shoulder at right angles and arm straight, point your palm towards the ceiling. Resting (not holding) a medium sized can in your palm, draw the figure 8 keeping your arm straight.</p>	

Stage C	<u>Strength with theraband</u>	
1a	<p>External rotation – Standing with your elbow bent to right angles and held in to your side. Hold the outside of your wrist with you unaffected hand. Try and push the hand of your effected arm away from your body while keeping your elbow at your side. Make sure to maintain good posture and <i>keep the width</i> throughout the exercise.</p>	
1b	<p>External rotation – Standing up tall with the theraband held underneath your foot and passing in front of your arm. Elbow in line with your shoulder and bent to right angles. Rotate your arm backwards and upwards. Make sure to maintain good posture and <i>keep the width</i> throughout the exercise.</p>	
2a	<p>Internal rotation – Standing up tall hold the theraband in both hands passing behind your back. Bend your elbow to right angles keeping your elbow by your side. Pull your in across your body. Keep your other hand still. Make sure to maintain good posture and <i>keep the width</i> throughout the exercise.</p>	
2b	<p>Internal rotation – Standing up tall with the theraband held underneath your foot and passing behind your arm. Elbow in line with your shoulder and bent to right angles. Rotate your arm downwards and forwards. Make sure to maintain good posture and <i>keep the width</i> throughout the exercise.</p>	
3	<p>Flexion – Standing up tall with the theraband held underneath your foot keeping your arm straight, raise your arm in front of you. Make sure to maintain good posture and <i>keep the width</i> throughout the exercise.</p>	

<p>4</p>	<p>Extension – Starting in same position as above... Keeping your arm straight, pull your arm behind you. Make sure to maintain good posture and <i>keep the width</i> throughout the exercise.</p>	
<p>5</p>	<p>Abduction – Starting in same position as above... Keeping your arm straight, pull your arm out to the side. Make sure to maintain good posture and <i>keep the width</i> throughout the exercise.</p>	
<p>6</p>	<p>Adduction – Starting in same position as above... Keeping your arm straight, pull your arm acrosss your body. Make sure to maintain good posture and <i>keep the width</i> throughout the exercise.</p>	

How many do I do?

Sets _____ , **reps** _____ , **times a day** _____ .

Stage D	<u>Advanced Exercises</u>	
1	Bench cleaning – Standing up tall, place your hand on a bench with slight pressure. Move your hand in all directions while keeping your hand in contact with the bench and your shoulder down. Continue for 1 minute or until your shoulder comes up.	
2	Wall cleaning – Standing up tall place your hand on the wall in front of you at shoulder height. Move your hand in all directions while keeping your hand in contact with the wall and your shoulder down. Continue for 1 minute or until your shoulder comes up. Make sure to maintain good posture and <i>keep the width</i> throughout the exercise.	
3	Wall push up (straight arm) – Standing up tall place your hands on the wall in front of you at shoulder height. Feet underneath shoulders. Keeping your arms straight bring your chest closer to the wall letting your shoulder blades come together. Return to starting position. Arms are kept straight during the whole movement. Make sure to maintain good posture and <i>keep the width</i> throughout the exercise.	
4	Wall push up (bent arms) – Standing up tall place your hands on the wall in front of you at shoulder height. Feet underneath shoulders. Bring your shoulder blades together and hold them there. Bend your arms bring your nose towards the wall. Return to starting position. Body is kept straight during the whole movement. Make sure to maintain good posture and <i>keep the width</i> throughout the exercise.	

How many do I do?

Sets _____ , **reps** _____ , **times a day** _____ .