

Shoulder Rehabilitation Exercise Descriptions



1. Assisted ROM Flexion

Repetition: 10

Frequency: 2-3x/day

Stand facing a wall and place your hand on the wall.
Slowly crawl your hand up the wall as high as possible.
lower your arm slowly and repeat.

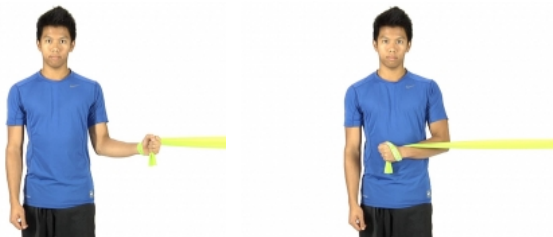


2. PROM abduction

Repetition: 10

Frequency: 2-3x/day

Standing with a stick in your hands, the palm of the affected side facing up.
With the unaffected side, push the stick sideways and upward to lift the affected arm toward the ceiling on the side of the body.
Move the arm in all the range of motion that it is possible to get.
Lower the arm and repeat.
Make sure that the prime mover is the unaffected arm.
Move in a diagonal.



3. Internal rotation

Stand sideways in front of a closed door with a piece of tubing attached to it.
Bend your elbow closest to the door to 90° degrees.
Hold the elastic in your hand and pull it inwards by rotating the arm to bring the palm toward the stomach.



4. Finger hook

Make a hook with your fingers as you press into the putty.
Use only your four fingers.
Repeat or hold as directed.



5. Strengthening External rotation

Stand and tie elastic on the opposite side of injured arm at elbow level.
Hold the end of elastic and bend your elbow to 90° degrees.
Tuck your chin-in and pull the tip of your shoulder backwards while you pull the elastic out to the side by rotating your forearm out. Keep the arm stopped at neutral.
Keep your elbow against your body and your chin tucked-in at all times.
Slowly return to initial position and repeat.



3. Table slide flexion

Start sitting or standing with the arm/hand supported on the counter top or table.
Slowly walk away from countertop.
Practice forward and to the side.



5. Finger pinch

Pinch the putty separately between each finger and the thumb.
Repeat or hold as directed.



6. Full grip

Make a fist with your fingers and thumb as you squeeze the putty.
Repeat or hold as directed.



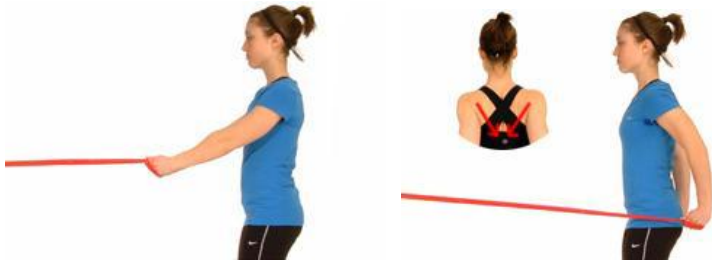
7. Rocking

Kneel on all fours and maintain neutral spine by tightening abdominal muscles, hold for 5 seconds.
Rock back and forth.



8. Strengthening retraction

Stand and tie elastic in front of you at waist level.
Hold tightly both ends of elastic in both hands. Your elbows are slightly flexed.
Keeping the elbows locked
Lift shoulder blades up, over the top and slide down and back
Hold briefly (3-5sec)
Slowly return to initial position and repeat.



9. Strengthening Extension

Stand and tie elastic in front of you at waist level and hold each ends with your hands.
With your shoulders down and back, pull your arms back as far as possible with your elbows bent.
Squeeze shoulder blades together.
Slowly return to initial position and repeat.