

Shoulder Stabilization Home Exercise Program

SCAPULAR RETRACTIONS

Draw your shoulder blades back and down.

Repeat 15 Times
Complete 2 Sets

Hold 5 Seconds
Perform 1 Times a Day



ELASTIC BAND ROWS

Holding elastic band with both hands, draw back the band as you bend your elbows. Keep your elbows near the side of your body.
Video # VVPJEVESW

Repeat 15 Times
Complete 3 Sets

Hold 1 Second
Perform 1 Times a Day



SCAPULAR PROTRACTION - FREE WEIGHT - SERRATUS PUNCHES

Lie on your back holding a small free weight or soup can with your arm extended out in front of your body and towards the ceiling. While keeping your elbow straight, protract your shoulders forward towards the ceiling and then lower back down in a control motion.

Do not allow your shoulder to raise towards your ears.

Keep your elbow straight the entire time. Video # VVV7EMM35

Repeat 15 Times
Complete 3 Sets

Hold 1 Second
Perform 1 Times a Day





ELASTIC BAND EXTENSION BILATERAL SHOULDER

While holding an elastic band with both arms in front of you with your elbows straight, pull the band downwards and back towards your side. Video # VVSUDMA93

Repeat 15 Times
Complete 3 Sets

Hold 1 Second
Perform 1 Times a Day



BENT OVER ROWS

While standing, bend over and support your self with your uninjured arm. With your affected arm starting at your side, draw up your arm as you bend your elbow. Video # VVY4AAM6R

Repeat 15 Times
Complete 3 Sets

Hold 1 Second
Perform 1 Times a Day



SIDELYING EXTERNAL ROTATION WITH TOWEL - ER

Lie on your side with your elbow bent to 90 degrees. Place a rolled up towel between your arm and the side your body as shown.

Squeeze your shoulder blade back and down toward your buttocks and hold that position.

Next, roll your arm upwards from your stomach area towards the ceiling while maintaining your arm against the towel and with your shoulder blade held down and back the entire time. Lower your arm and repeat. Video # VVRBALUQE

Repeat 15 Times
Complete 3 Sets

Hold 1 Second
Perform 1 Times a Day

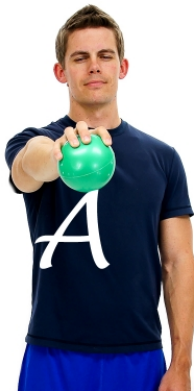


PRONE W

Lying face down with your elbows bent and palms facing downward, slowly raise your arms up towards the ceiling as you squeeze your shoulder blades downward and towards your spine. Video # VV6FUQA66

Repeat 15 Times
Complete 3 Sets

Hold 1 Second
Perform 1 Times a Day



SHOULDER ABC's

While standing, squeeze your shoulder blades together and then write out the alphabet in the air with your arm. Once easy with no weight, can add small hand weight or can of food.

Only your arm should be moving as you perform this.

Go as far through the alphabet as you can comfortably - call that one rep. Take a rest, then repeat twice. Video # VV4G67UZ5

Repeat 1 Time
Complete 3 Sets

Hold 1 Second
Perform 1 Times a Day