

Shoulder Strengthening Home Exercise Program



D1 Extension with Sport Cord

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Begin with thera-band attached at least as high as top door frame.

With affected arm, start with arm reaching across body with palm facing backward.

While keeping elbow relatively straight, bring arm back across body with palm still facing backward.

Repeat.

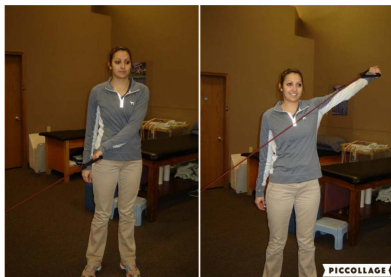
Repeat 10 Times
Complete 3 Sets
Perform 4 Times a Week



PNF D1 Flexion

Begin with arm down and theraband underneath foot same side as affected arm. Begin with palm facing out, slowly bring arm toward opposite shoulder, elbow bent. Rotate palm so that it is now facing you with thumb up. Repeat the motion.

Repeat 10 Times
Complete 3 Sets
Perform 4 Times a Week



D2 Flexion with Sport Cord

D2 Flexion with Sport Cord

Begin with theraband attached as low as bottom side door frame. Position yourself with affected side away from door frame.

With palm facing backward, and arm across body, slowly return arm back to same side with thumb pointed backward and elbow extended.

Repeat

Repeat 10 Times
Complete 3 Sets
Perform 4 Times a Week



D2 Extension with Sport Cord

D2 Extension with Sport Cord

Begin with theraband attached at least as high as top door frame. Position yourself with affected shoulder facing door.

Starting position will be arm outstretched toward post with elbow straight and thumb pointed backward.

Bring arm across body to opposite side with palm facing backward.

Repeat.

Repeat 10 Times
Complete 3 Sets
Perform 4 Times a Week



FREE WEIGHT SCAPTION

Slowly raise up your arm away from your side in a forward/lateral direction. Your elbows should be straight and movement to occur in the plane of the scapula or 45 degrees to the side.

Start with just the weight of your arm, then add a small (1-2 pound weight) or soup can.

Video # VVDRNN5SR

Repeat 15 Times
Complete 3 Sets
Perform 4 Times a Week



FREE WEIGHT - EXTERNAL ROTATION - ER

Lie on your side and hold a weight with your elbow bent and rested on your side. Place a small rolled up towel between your upper arm and body. Next, move your forearm and hand from the ground towards the ceiling as shown. Lower back down and repeat.

Start with just the weight of your arm, then add a small (1-2 pound weight) or soup can.

Video # VVWRG4CK9

Repeat 15 Times
Complete 3 Sets
Perform 4 Times a Week

SCAPULAR PROTRACTION - FREE WEIGHT - SERRATUS PUNCHES

Repeat 15 Times
Complete 3 Sets
Perform 4 Times a Week



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

PRONE Y - FLEXION

Repeat 10 Times
Hold 1 Second
Complete 3 Sets
Perform 4 Times a Week



Lie face down with your elbow straight and arm dangling down towards the floor. Next, set your scapula by retracting it towards your spine and downward towards your feet. Then, slowly raise your arm keeping your elbow straight the entire time as shown.

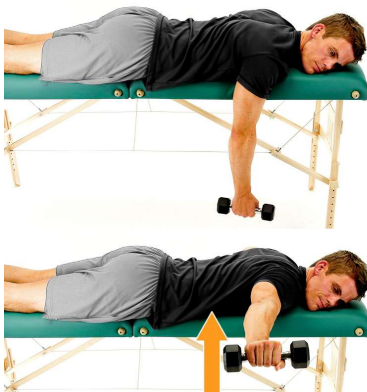
Your thumb should be directed upward as your arm raises.

Start with just the weight of your arm, then add a small (1-2 pound weight) or soup can.

Video # VVQNDK8PD

PRONE T - PALM DOWN

Repeat 10 Times
Hold 1 Second
Complete 3 Sets
Perform 4 Times a Week



Lie face down with your elbow straight and arm dangling down towards the floor. Next, set your scapula by retracting it towards your spine and downward towards your feet. Then, slowly raise your arm keeping your elbow straight the entire time as shown.

Your palm should be directed downward as your arm raises.

Start with just the weight of your arm, then add a small (1-2 pound weight) or soup can.

Video # VV4635SSX



Prone Shoulder Flexion

Lie face down with your elbow straight and arm dangling down towards the floor. Next, set your scapula by retracting it towards your spine and downward towards your feet. Then, slowly raise your arm keeping your elbow straight the entire time as shown.

Your thumb should be directed upward as your arm raises.

Start with just the weight of your arm, then add a small (1-2 pound weight) or soup can.

Repeat 10 Times
Hold 1 Second
Complete 3 Sets
Perform 4 Times a Week



BENT OVER ROW

Hold one end of the elastic band in each hand. Lay the band across the floor and step on it with feet shoulder width apart. Hinge at the hips to maintain a quarter squat.

Pull your hands towards your hips, squeezing the shoulder blades together. Do not let your shoulder rise up towards your elbows. Slowly return to starting position and repeat.

Repeat 10 Times
Hold 5 Seconds
Complete 3 Sets
Perform 4 Times a Week