

Shoulder Stretches and Strengthening

Posterior Capsular Stretch



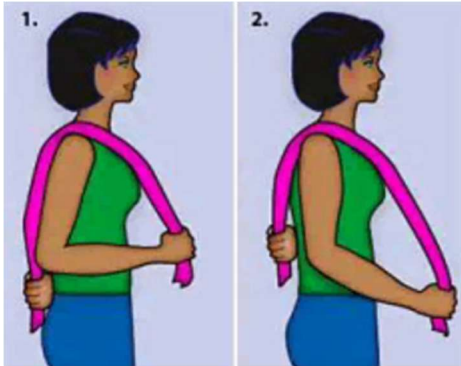
Stand and raise the involved arm with elbow slightly and supported by the uninvolved hand. Pull elbow towards you opposite shoulder (uninvolved). When you feel the muscle is tight, stop and hold stretch for 15 seconds. Then relax the stretch and repeat several times a day. One may perform this stretch while lying down in a supine position.

Overhead Stretch



Raise the elbow of the involved shoulder overhead, and then with uninvolved hand, pull the involved arm inward and backward as shown. When you feel the muscle is tight, stop and hold the stretch for 15 seconds. Then relax the stretch and repeat several times a day.

Frozen Shoulder Stretch



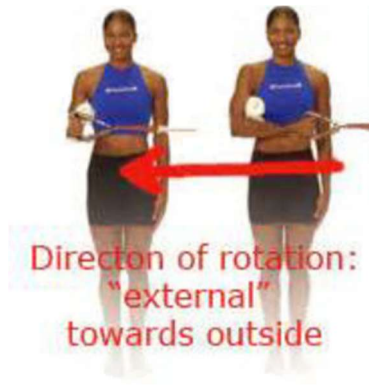
While using a towel or sheet draped over the uninvolved shoulder, place the involved arm behind your back, grip the towel or sheet. With the uninvolved hand in front of you, gripping the towel or sheet and pulling downward to raise the involved arm up to stretch the involved shoulder. When you feel the muscle is tight, stop and hold the stretch for 15 seconds. Then relax the stretch and repeat several times a day.

Internal Rotation with Theraband



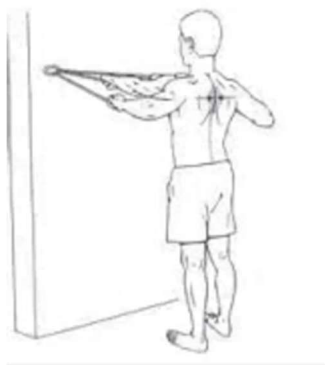
Secure the Theraband to the door or any fixed object. While standing with the involved shoulder facing the door and slightly externally rotated, with bent elbow at your side, rotate the forearm across your stomach (internally). Then slowly return to the start position. Do this exercise – 3 sets of 10 twice a day until your next appointment.

External Rotation with a Theraband



Secure the Theraband to the door or any fixed object. While standing with the uninvolved shoulder facing the door and internally rotated, with bent elbow at your side, slowly rotate the forearm away from your stomach (externally). Then slowly return to the start position. Do this exercise – 3 sets of 10 twice a day until your next appointment.

Scapular Exercise - Retraction with a Theraband



Secure the Theraband to the door or any fixed object as shown. While standing facing the door, with both bent elbows and slightly abducted, grip Theraband with both hands and pull back to “pinch” your shoulder blades together. Do this exercise – 3 sets of 10 twice a day until your next appointment.

Scapular Exercise – Protraction with a Theraband



Secure the Theraband to the door or any fixed object as shown. While standing facing away the door, with both bent elbows and slightly abducted, grip the Theraband with both hands and push forward and straighten arms to “separate” your shoulder blades apart. Do this exercise – 3 sets of 10 twice a day until your next appointment.

Scapular Exercise – Elevation (Shoulder Shrugs) with a Theraband



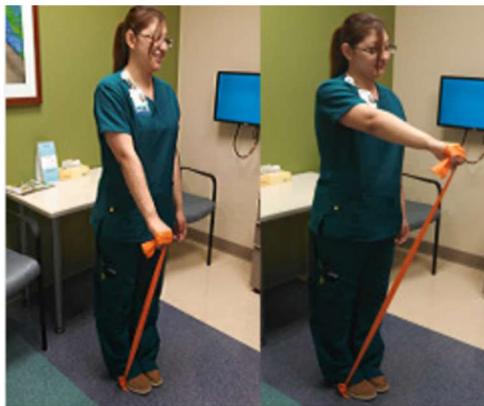
While standing on your Theraband and gripping with both hands, raise your shoulders towards your ears. Keep your elbow straight. Hold for 2 seconds and then lower shoulders to relax. Do this exercise – 3 sets of 10 twice a day until your next appointment.

Wall Push up - Stabilization



Stand facing a wall. Place hands on wall about shoulder high. Lean into wall and bend elbows about 90 degrees. Tighten all muscles of your back, chest, arms and neck. Hold for 5 seconds and then push away from the wall. Do this exercise – 3 sets of 10 twice a day until your next appointment.

Shoulder Flexion with a Theraband



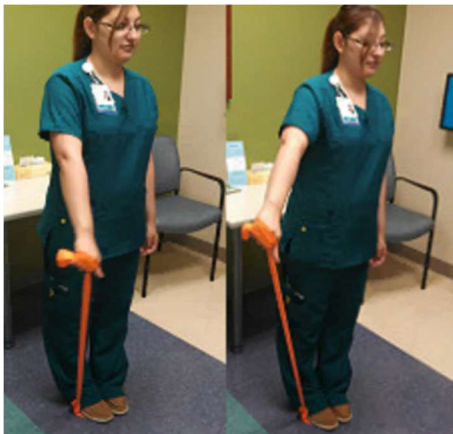
With one end of the Theraband secured under foot, keep arm straight, and lift arm as shown to where your level of pain allows. Do not lift the arm parallel to the ground (stay below 90 degrees). The palm of the hand should face down towards the floor. Do this exercise – 3 sets of 10 twice a day until your next appointment.

Shoulder Abduction with a Theraband



With one end of the Theraband secured under foot, keep arm straight, and lift arm as shown to where your level of pain allows. Do not lift the arm parallel to the ground (stay below 90 degrees). The palm of the hand should face down towards the floor. Do this exercise – 3 sets of 10 twice a day until your next appointment

Shoulder - Supraspinatus Exercise with a Theraband



With one end of the Theraband secured under foot, keep arm straight, and lift arm as shown to where your level of pain allows. Do not lift the arm parallel to the ground (stay below 90 degrees). The thumb of the hand should face down towards the floor (arm internally rotated). This exercise is commonly known as the “empty can” lift. Do this exercise – 3 sets of 10 twice a day until your next appointment