



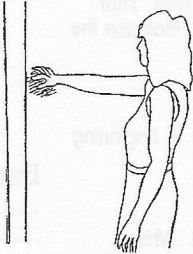
# SHOULDER REHABILITATION

EXERCISES FOR INJURY PREVENTION AND REHABILITATION

\*Remember to follow your physicians advice exactly. If you experience any pain or unusual discomfort while performing any of these exercises consult with your physician.

## STRETCHING

### WALL WALKING



#### Benefits

Increases flexibility and range of shoulder motion for patients with frozen shoulder, muscle atrophy or moderate to severe shoulder pain from injury.

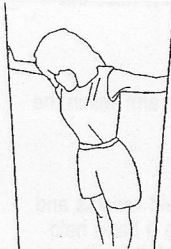
#### Instructions

Option one: In a standing position, face the wall. Lift the arm up toward the wall as far as is comfortably possible. Now touch the wall with the fingertips and slowly walk the fingertips up the wall until a good stretch is felt. Hold this position for 15 seconds. Continue this exercise as directed by your physician, marking your progress weekly. Option Two: Perform exercise as before, but turn to the side and lift the arm out to the side to touch the wall. Slowly walk the fingertips up the wall.

#### Exercise Frequency

\_\_\_\_ times/day  
\_\_\_\_ times/week  
\_\_\_\_ sec./time  
\_\_\_\_ min./time

### FRONT SHOULDER STRETCH



#### Benefits

Increases flexibility to the muscles of the front of the chest and shoulders.

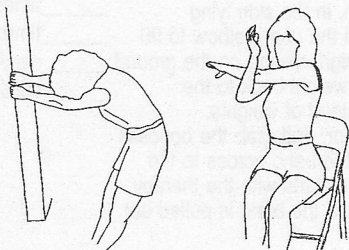
#### Instructions

Stand in front of a doorway while facing through it. Place the hands on the door jambs. Gently lean forward into the opening while feeling the moderate stretch in the front of the chest and shoulders.

#### Exercise Frequency

\_\_\_\_ times/day  
\_\_\_\_ times/week  
\_\_\_\_ sec./time  
\_\_\_\_ min./time

### BACK SHOULDER STRETCH



#### Benefits

Increases flexibility to the muscles of the upper back and shoulders.

#### Instructions

Option One: While standing, grab the edge of a doorway or the door knobs with both hands. Relax the upper back and shoulders and slowly lean back, allowing the shoulders to round forward. A moderate stretch should be felt across the upper back and shoulders. Option Two: In a seated position with the arm lifted, straight out in front, grab the arm behind the elbow and gently pull it horizontally across the body until a mild stretch is felt along the back of the shoulder and upper back.

#### Exercise Frequency

\_\_\_\_ times/day  
\_\_\_\_ times/week  
\_\_\_\_ sec./time  
\_\_\_\_ min./time

### TRICEP STRETCH



#### Benefits

Increases flexibility in the tricep muscles and allows greater range of motion as the shoulder reaches over the head and behind the back.

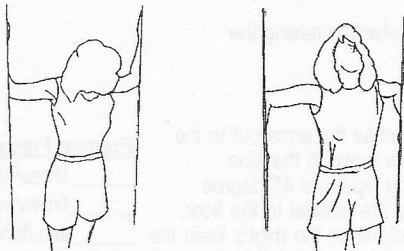
#### Instructions

While seated, attempt to touch between the shoulder blades with one hand. Grab the elbow with the opposite hand and gently pull the elbow toward the head. To increase the stretch gently lean the upper body away from the side being stretched.

#### Exercise Frequency

\_\_\_\_ times/day  
\_\_\_\_ times/week  
\_\_\_\_ sec./time  
\_\_\_\_ min./time

### ROTATOR CUFF STRETCH



#### Benefits

Increases flexibility to the muscles involved in positioning and retaining the shoulder head in it's socket.

#### Instructions

While standing in a doorway place your forearms against the wall with the palms palced on either side of the opening. Without lifting the elbows off of the wall slowly tilt the chest down toward the floor. A moderate stretch should be felt as the chest is tilted toward the floor. Next, with the hands facing down, place the back of the fore-arms against the wall. Gently tilt the chest toward the ceiling while keeping the elbows against the wall. Once again, a moderate stretch should be felt in the shoulders.

#### Exercise Frequency

\_\_\_\_ times/day  
\_\_\_\_ times/week  
\_\_\_\_ sec./time  
\_\_\_\_ min./time

### DOCTORS NOTES