

Shoulder Stretching and Exercises:

Phase I Stretching

These exercises are designed to increase motion. When performing them, the stiff shoulder is assisted by the normal arm, by gravity, or by a pulley.

Apply moist heat and take your pain medications one-half hour before exercising. •Do not exercise within 2 hours of bedtime.

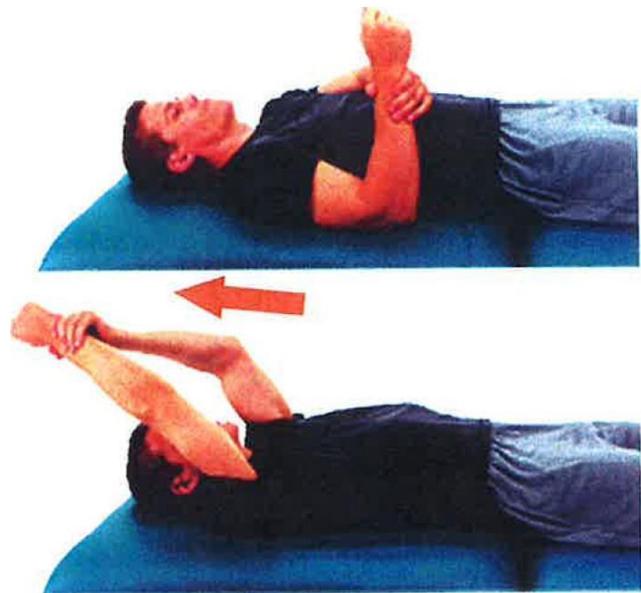
1. Pendulum Exercise

Use your normal arm to hold the side of the table or bed for balance. Bend over at the waist. Make sure your back is parallel to the floor. Let the stiff arm relax and dangle like a pendulum. Gently swing it in a small circle that is parallel to the floor. Do this for 10 to 15 seconds. Then allow the arm to swing back and forth (as if you were bowling). Do this for another 10 to 15 seconds.



2. Assisted Elevation

Lay down flat on a bed or couch facing the ceiling. DO NOT use a pillow. Grasp the wrist of your operative shoulder with your normal hand, pulling it toward the ceiling, then gently overhead. Hold this position for 10 seconds; then relax. Do a total of 2 to 3 sets (1 set = 10 repetitions) per day.



3. Assisted External Rotation

Again, lay flat on your back on a bed or couch without using a pillow. Place a folded towel under the elbow of your operative arm. The entire upper arm should be parallel to the floor while your elbow is bent at a 90-degree angle. Grasp a stick approximately 1 and 1/2 feet long with both hands. Let the non-operative arm do the work. Allow the operative arm to rotate outward, as pictured. Keep the elbow bent at your side. Hold this position for 10 seconds; then relax. Do a total of 2 to 3 sets (1 set = 10 repetitions) per day.



Phase II Stretching

These exercises continue the stretching phase of your shoulder rehabilitation. With the permission of your doctor, you will begin these exercises following surgery.

Do these sets of exercises along with the Phase I stretching exercises 2 to 3 times daily

1. Assisted Flexion

Place both arms behind your back. Grasp the stick as shown. With the power of your non-operative arm, push the stick toward the ceiling, taking the operative arm backwards as far as it will comfortably go. Hold this position for 10 seconds; then relax. Repeat this exercise 10 times.



2. Assisted Internal Towel Rotation

Place both arms behind your back. Grasp the towel as shown. The power of your nonoperative arm, pull the towel toward the ceiling. Hold this position for 10 seconds; then relax. Repeat this exercise 10 times.



Phase I Strengthening

These exercises are used to build the strength of the rotator cuff and deltoid muscles. It is not necessary to move throughout pain or a full arm of motion.

Perform each exercise 10 repetitions, 5 times per day with progressively stronger TheraBand. When you can perform these exercises comfortably with 1 set of 10 repetitions, take a short rest and add a second set of 10 repetitions. Gradually progress to 3 sets of 10 repetitions, 3 times per day with each exercise. When you are comfortable with this, you can move to the next color Theraband and progress in the same manner.

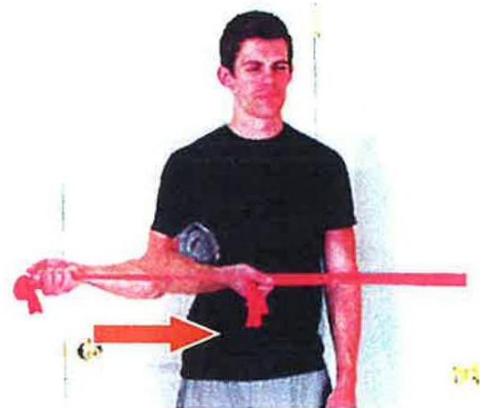
1. Extension Row



2. Internal Rotation



3. External Rotation

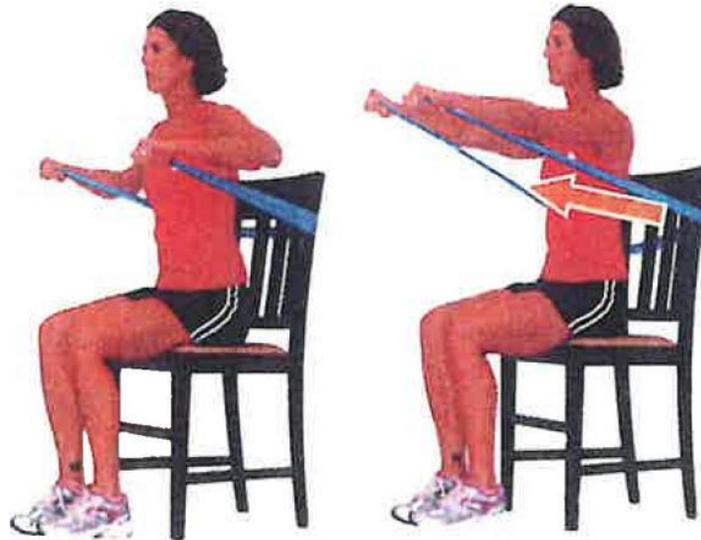


Phase II Strengthening

These exercises attempt to build the strength of our deltoid muscles. You can strengthen these muscles through slow, repetitive motions within a comfortable range. It is not necessary to move throughout pain or a full arm of motion.

Begin by performing each exercise 10 repetitions, 5 times per day with progressively stronger TheraBand. When you can perform these exercises comfortable with, 1 set of 10 reps, take a short rest and add a second set of 10 repetitions. Gradually progress to 3 sets of 10 repetitions, 3 times per day with each exercise. When you are comfortable with this, you can move to the next color TheraBand and progress in the same manner.

4. Forward Elevation



5. Abduction

