

Shoulder Care Program

Check List-Do Checked

Exercises **Only**

Non-checked exercises will be added later

Stretches: Daily: 1-3 sets for 15 to 45 seconds
Movement: Daily 1-3 sets
Strength: 5-7 days per week, 1-3 sets per exercise

Picture

Video

Stretches:

Daily: 1-3 sets for 15 to 45 seconds hold

Arm circumductions (great to do before stretches): With arm hanging rotate arm in circle motion (you can add light weight). Do 1-3 sets of 15. You can then repeat this circle motion standing both clockwise and counter clockwise.



Arm abductions (great to do before stretches): With arms by side raise arms up and down with palms up, then with palms down, and then palms facing in. Try touch hands overhead. Do 1-3 sets of 15.



Shoulder abduction

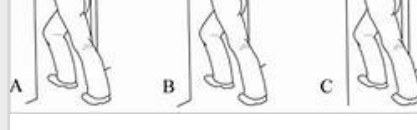
Tricep and rear deltoid/rotator cuff stretch: Grab elbow and pull behind head. Do 1-3 sets of 15.



Rear deltoid/rotator cuff stretch: Grab elbow and pull behind head. Do 1-3 sets of 15.



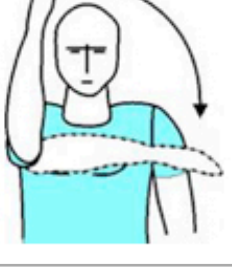
Doorway Stretch Chest: Start with elbows bend and lean inward. Move arms up and stretch and then down. Do 1-3 sets of 15.



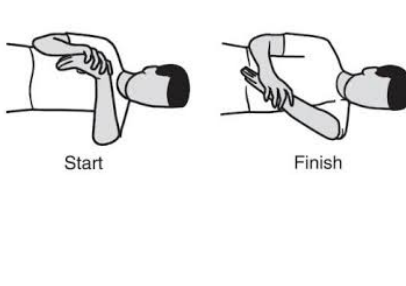
Single arm doorway Stretch Chest: Start with elbows bend and lean inward. Move arms up and stretch and then down. Do 1-3 sets of 15.



Single shoulder capsule stretch: Flex arm to 90 degrees and then slowly rotate inward and hold. You can apply added pressure with opposite hand. Do 1-3 sets of 15. This Stretch can be done standing, or with shoulder against wall, or lying on side with shoulder against floor



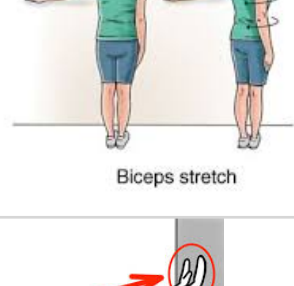
Sleeper stretch: Lie on your injured side with your hips and knees flexed and your arm straight out in front of you. Bend the elbow on your injured side to a right angle so that your fingers are pointing toward the ceiling. Then use your other hand to gently push your arm down toward the floor. Keep your shoulder blades lightly squeezed together as you do this exercise. Hold the stretch for 30 seconds. Repeat 3 times.



Start

Finish

Biceps stretch: Stand facing a wall (about 6 inches, or 15 centimeters, away from the wall). Raise your injured arm out to your side and place the thumb side of your hand against the wall (palm down). Keep your arm straight. Rotate your body in the opposite direction of the raised arm until you feel a stretch in your biceps. Hold 15 seconds. Repeat 3 times.



Biceps stretch

Shoulder Capsule Stretch: Hold 15 seconds. Repeat 3 times. You can also do this stretch using a pole.



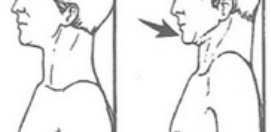
Statue of Liberty Stretch: Hold 15 seconds. Repeat 3 times.



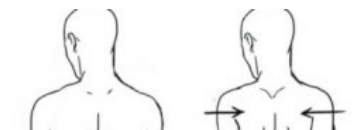
Movement:

Daily: 1-3 sets for 15 to 45 seconds hold

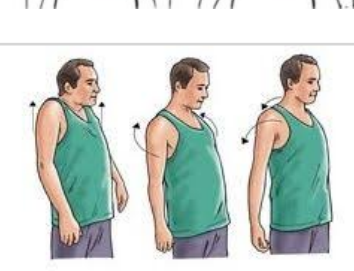
Chin Tucks-Hold for 5 seconds-always move slowly into Repeat 10 times.



Scapular Squeeze-Hold for 5 seconds-always move slowly into Repeat 10 times.



Scapular active range of motion Repeat 10 times. 1) Scapular shrug-up and back 2) Anti Shrug-squeeze back and down



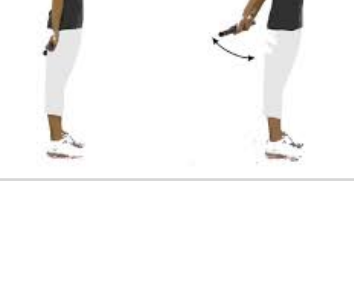
Scapular active range of motion

Wand exercise, flexion: Stand upright and hold a stick in both hands, palms down. Stretch your arms by lifting them over your head, keeping your arms straight. Hold for 5 seconds and return to the starting position. Repeat 10 times.



Wand exercise: Flexion

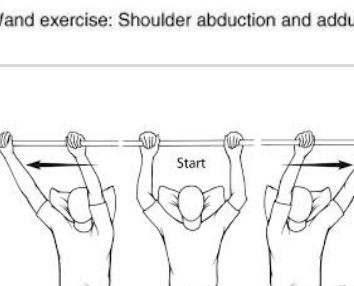
Wand exercise, extension: Stand upright and hold a stick in both hands behind your back. Move the stick away from your back. Hold this position for 5 seconds. Relax and return to the starting position. Repeat 10 times.



Wand exercise, external rotation: Lie on your back and hold a stick in both hands, palms up. Your upper arms should be resting on the floor with your elbows at your sides and bent 90 degrees. Use your uninjured arm to push your injured arm out away from your body. Keep the elbow of your injured arm at your side while it is being pushed. Hold the stretch for 5 seconds. Repeat 10 times.



Wand exercise, shoulder abduction and adduction: Stand and hold a stick with both hands, palms facing away from your body. Rest the stick against the front of your thighs. Use your uninjured arm to push your injured arm out to the side and up as high as possible. Keep your arms straight. Hold for 5 seconds. Repeat 10 times.



Wand exercise: Shoulder abduction and adduction

Wand or Towel Capsular Motion: Repeat 10 times.



Strength:

5-7 days per week, 1-3 sets per exercise

Trapezius strengthening: Keep arms at side with elbows slightly bent, squeeze shoulder blades together, with shoulders squeezed together shrug up with weight in each hand that is tolerable. Do the movement slowly so that you feel the resistance of your muscles. Repeat 10-15 times. Do 1-3 sets



Band rotator cuff exercise: Keep elbows by side, squeeze shoulder blades together with resistance from band, you can do this both palms up and down. Repeat 10-15 times. Do 1-3 sets



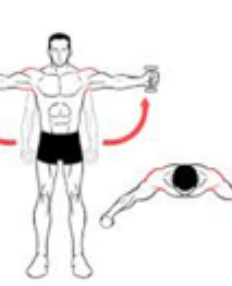
Band Row-elbows at side: Anchor band to support, stand upright with arms out in front and then pull band into abdomen squeezing shoulder blades together and keeping elbows at your side. Relax and return to the starting position. Repeat 10-15 times. Do 1-3 sets



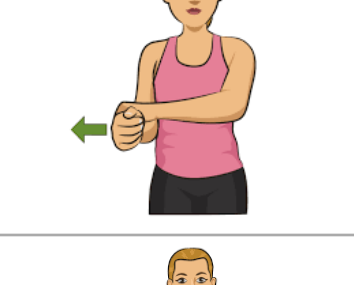
Band Row-elbows at up: Anchor band to support, stand upright with arms out in front and then pull band into shoulders squeezing upper shoulder blades together and keeping elbows at up at 90 degrees. Relax and return to the starting position. Repeat 10-15 times. Do 1-3 sets



Band Row-arms straight: Anchor band to support, stand upright with arms out in front and then pull band into lower hip squeezing lower shoulder blades and lats together while keeping arms straight. Relax and return to the starting position. Repeat 10-15 times. Do 1-3 sets

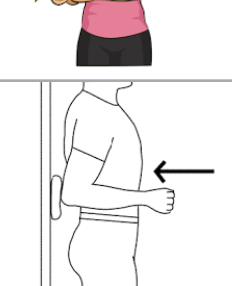


Dumbbell Lateral Raises in the scapular plan with thumbs up: Keeping arms with slight elbow bend with thumbs up Raise dumbbells up in the scapular plane to chest level. Do 2 sets of 10-15.

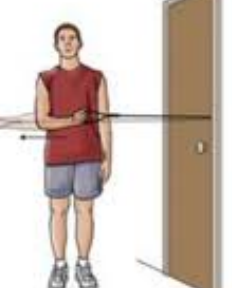


<http://www.northsi.com.au/articles/2018/15/15/what-is-scapulation-and-why-is-it-important>

Isometric shoulder external rotation: Stand in a doorway with your elbow bent 90 degrees and the back of the wrist on your injured side pressed against the door frame. Try to press your hand outward into the door frame. Hold for 5 seconds. Do 2 sets of 15.



Isometric shoulder internal rotation: Stand in a doorway with your elbow bent 90 degrees and the front of the wrist on your injured side pressed against the door frame. Try to press your palm into the door frame. Hold for 5 seconds. Do 2 sets of 15.



Isometric shoulder extension: Stand with your back against the wall and arms straight or bent at your sides. Push your arms back into the wall (place a towel between your elbow and the wall). Hold for 5 seconds, and then relax. Do 2 sets of 15.

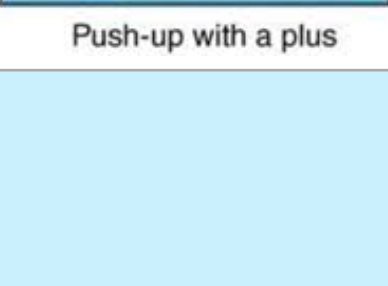


Resisted shoulder external rotation: Stand sideways next to a door with your injured arm further from the door. Tie a knot in the end of the tubing and shut the knot in the door at waist level. Hold the other end of the tubing with the hand of your injured arm. Rest the hand of your injured arm across your stomach. Keeping your elbow in at your side, rotate your arm outward and away from your waist. Slowly return your arm to the starting position. Make sure you keep your elbow bent 90 degrees and your forearm parallel to the floor. Repeat 10 times. Build up to 2 sets of 15.



Resisted shoulder external rotation

Resisted shoulder internal rotation: Stand sideways next to a door with your injured arm closest to the door. Tie a knot in the end of the tubing and shut the knot in the door at waist level. Hold the other end of the tubing with the hand of your injured arm. Bend the elbow of your injured arm 90 degrees. Keeping your arm bent in at your side, rotate your forearm across your body and then slowly back to the starting position. Make sure you keep your forearm parallel to the floor. Do 2 sets of 8 to 12.



Push-up with a plus: Begin on the floor on your hands and knees. Keep your hands a shoulder width apart and lift your feet off the floor. Arch your back as high as possible and round your shoulders (this is the "plus" part or the exercise). Bend your elbows and lower your body to the floor. Return to the starting position and arch your back again. Do 2 sets of 15.



Push-up with a plus

<https://www.youtube.com/watch?v=SUMr->

Hanging:

5-7 days per week, 1-3 x a day

Practice Hanging: Recent research suggests that it is beneficial to hang from a pull up bar or door frame. You do not have to do this with all your weight partial body weight is beneficial. Try to hold for 15 to 60 seconds or tolerance. According to Robert Kirsch's research, regularly increasing the gap can help straighten out the curved acromion, which increases the space in the subacromial space, which reduces the pinching and friction on the tendons that pass through that gap. Kirsch is quick to note that hanging isn't a panacea for all shoulder injuries. Hanging can also be helpful in decompressing the spine. [See video.](#) For more information see [this page.](#)



<https://www.youtube.com/watch?v=fCHIq7Khn>