

Shoulder Phase II Home Exercise Program

Created by STAT Orthopedic Rehab Aug 19th, 2017

View at "www.my-exercise-code.com" using code: NMPZ5CV

Total 11



ELASTIC BAND SHOULDER INTERNAL ROTATION - IR

While holding an elastic band at your side with your elbow bent, start with your hand away from your stomach, then pull the band towards your stomach. Keep your elbow near your side the entire time.

Repeat 15 Times
Hold 1 Second
Complete 1 Set
Perform 3 Time(s) a Day



ELASTIC BAND SHOULDER EXTERNAL ROTATION - ER

While holding an elastic band at your side with your elbow bent, start with your hand near your stomach and then pull the band away. Keep your elbow at your side the entire time.

Repeat 15 Times
Hold 1 Second
Complete 1 Set
Perform 3 Time(s) a Day



ELASTIC BAND SHOULDER EXTENSION

While holding an elastic band in front of you with your elbows straight, pull the band down and back towards your side.

Repeat 15 Times
Hold 1 Second
Complete 1 Set
Perform 3 Time(s) a Day



ELASTIC BAND SHOULDER ADDUCTION

While holding an elastic band away from your side, pull the band towards your side. Keep your elbow straight.

Repeat 15 Times
Hold 1 Second
Complete 1 Set
Perform 3 Time(s) a Day



AROM SHOULDER ABDUCTION

With your affected arm starting at your side with your thumb pointed upward, raise up your arm to the side.

Repeat 15 Times
Hold 1 Second
Complete 1 Set
Perform 3 Time(s) a Day



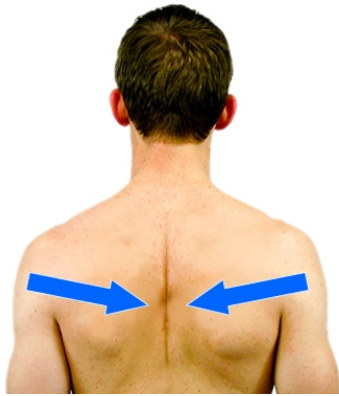
SIDELYING EXTERNAL ROTATION WITH TOWEL - ER

Lie on your side with your elbow bent to 90 degrees. Place a rolled up towel between your arm and the side your body as shown.

Squeeze your shoulder blade back and down toward your buttocks and hold that position.

Next, roll your arm upwards from your stomach area towards the ceiling while maintaining your arm against the towel and with your shoulder blade held down and back the entire time. Lower your arm and repeat.

Repeat 15 Times
Hold 1 Second
Complete 1 Set
Perform 3 Time(s) a Day



SCAPULAR RETRACTIONS

Draw your shoulder blades back and down.

Repeat 15 Times
Hold 3 Seconds
Complete 1 Set
Perform 3 Time(s) a Day



INTERNAL ROTATION TOWEL STRETCH - IR TOWEL

Gently pull up your affected arm behind your back with the assist of a towel

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 3 Time(s) a Day



PRONE FLEXION - END RANGE

Lying face down with your arms overhead, raise your arms upward and off the surface towards the ceiling.

Repeat 15 Times
Hold 1 Second
Complete 1 Set
Perform 3 Time(s) a Day

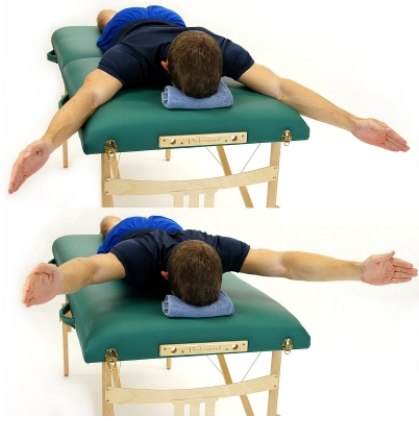


PRONE T - BILATERAL - THUMBS UP

Lie face down with your elbow straight and arms out to the side. Next, set your scapula by retracting it towards your spine and downward towards your feet. Then, slowly raise your arms towards the ceiling keeping your elbow straight the entire time as shown.

Repeat 15 Times
Hold 1 Second
Complete 1 Set
Perform 3 Time(s) a Day

Your thumbs should be pointed in the upward direction as your arm raises.



PRONE Y

Lying face down with your arms stretched out upwards as shown, slowly move your arms upward towards the ceiling as you squeeze your shoulder blades downward and towards your spine.

Repeat 15 Times
Hold 1 Second
Complete 1 Set
Perform 3 Time(s) a Day