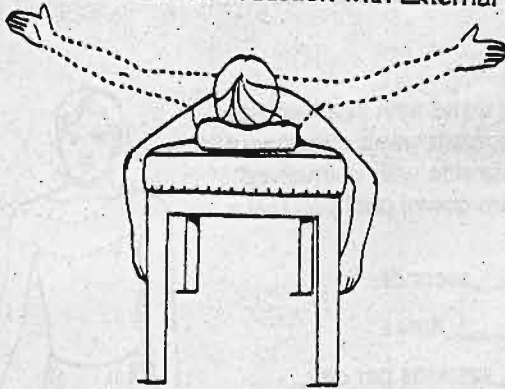


# SHOULDER REHABILITATION

## Stage 1: Range of Motion

### SHOULDER - 76

Prone Horizontal Abduction with External Rotation



Raise arms straight out from side bringing shoulder blades closer together. Elbows straight, thumbs up.

Repeat \_\_\_\_\_ repetitions/set. Do \_\_\_\_\_ sets/session.

Do \_\_\_\_\_ sessions/day.

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### SHOULDER - 73 Towel Stretch for Internal Rotation

Pull involved arm up behind back by pulling towel upward with uninvolved arm.

Hold \_\_\_\_\_ seconds.

Repeat \_\_\_\_\_ repetitions/set.

Do \_\_\_\_\_ sets/session.

Do \_\_\_\_\_ sessions/day.

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### SHOULDER - 74 Supraspinatus Strengthening

Bring arm up and forward about 30 degrees from side. Elbow straight, thumb pointing down.

Repeat \_\_\_\_\_ repetitions/set.

Do \_\_\_\_\_ sets/session.

Do \_\_\_\_\_ sessions/day.

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### SHOULDER - 26

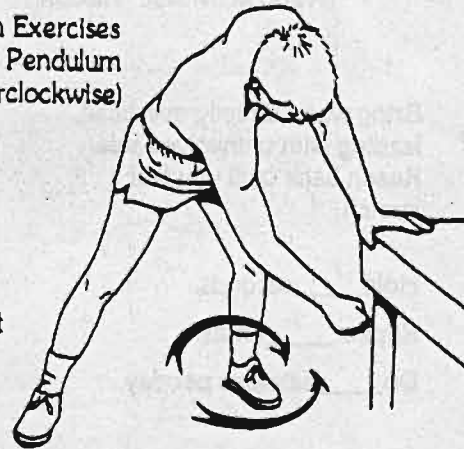
Range of Motion Exercises (Codman's Exercises): Pendulum (Clockwise/counterclockwise)

Let arm move in a circle clockwise, then counterclockwise by rocking body weight in a circular pattern.

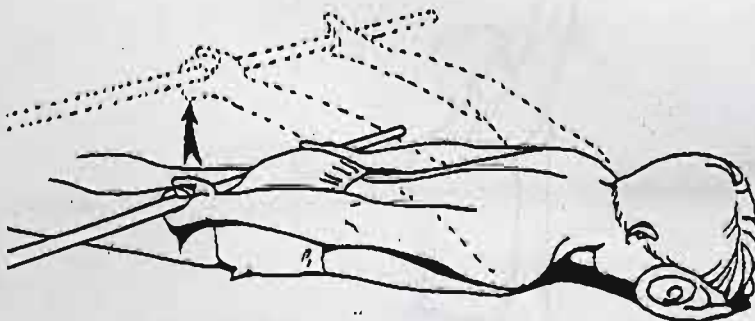
Repeat \_\_\_\_\_ times.

Do \_\_\_\_\_ sessions per day.

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### SHOULDER - 6 Range of Motion Exercises (Wand activities): Extension



Lift backward from buttocks until a stretch is felt.

Hold \_\_\_\_\_ seconds. Repeat \_\_\_\_\_ times.

### SHOULDER - 7

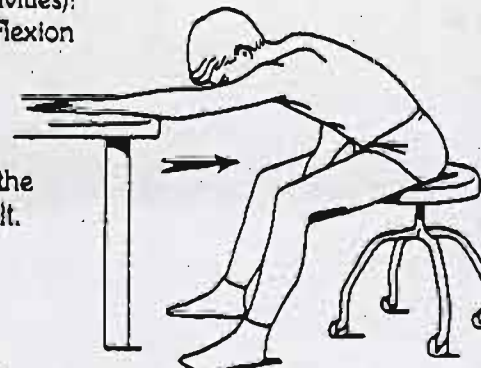
Range of Motion Exercises (Self-stretching activities): Flexion

Sitting upright, slide forearm forward along table as you bend from the waist until a stretch is felt.

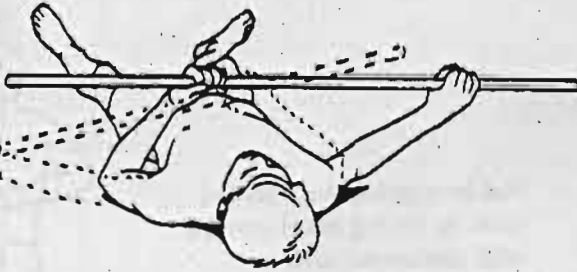
Hold \_\_\_\_\_ seconds.

Repeat \_\_\_\_\_ times.

Do \_\_\_\_\_ sessions per day.



**SHOULDER - 3** Range of Motion Exercises.  
(Wand activities): External/Internal Rotation



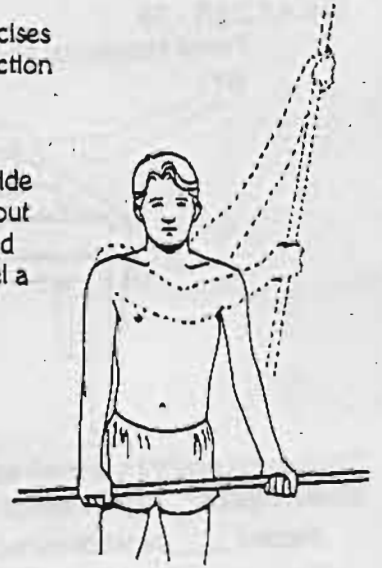
Hold wand with involved side palm up, push with uninvolved side (palm down) out from body while keeping elbow at side until you feel a stretch. Then pull back across body leading with uninvolved side. Be sure to keep elbows bent.  
Hold \_\_\_\_\_ seconds. Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ sessions per day.

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**SHOULDER - 2**  
Range of Motion Exercises  
(Wand activities): Abduction

Holding wand with involved side palm up, push wand directly out from your side with uninvolved side (palm down) until you feel a stretch.

Hold \_\_\_\_\_ seconds.  
Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ sessions per day.

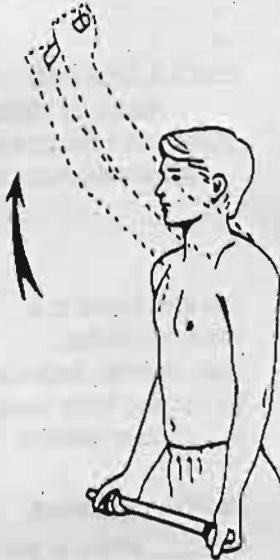


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**SHOULDER - 1**  
Range of Motion Exercises  
(Wand activities): Flexion

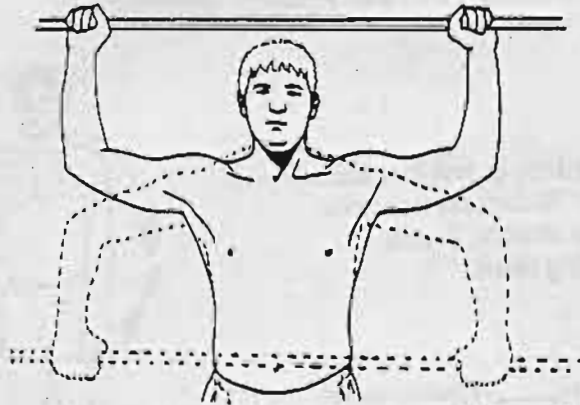
Bring wand directly overhead, leading with uninvolved side. Reach back until you feel a stretch.

Hold \_\_\_\_\_ seconds.  
Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ sessions per day.



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**SHOULDER - 4** Range of Motion Exercises  
(Wand activities): External/Internal Rotation



Move wand upward toward head, then down toward waist.  
Hold \_\_\_\_\_ seconds. Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ sessions per day.

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**SHOULDER - 8**  
Range of Motion Exercises  
(Self-stretching activities):  
Flexion(alternate)

Slide arm up wall with palm toward you by moving closer to wall.

Hold \_\_\_\_\_ seconds.  
Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ sessions per day.

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# SHOULDER REHABILITATION

## Stage II: Strengthening

### SHOULDER - 58

Scapular Exercises  
Stabilization in Prone



Raise both arms off of floor with \_\_\_\_ lbs. Keep elbows straight.

Hold \_\_\_\_ seconds. Repeat \_\_\_\_ times.

Do \_\_\_\_ sessions per day.

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### SHOULDER - 88

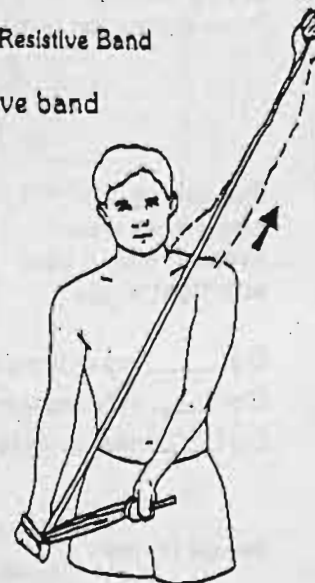
PNF Strengthening with Tubing or Resistive Band

Standing with tubing or resistive band around each hand, bring one arm up and away pointing thumb behind.

Repeat \_\_\_\_ times per set.

Do \_\_\_\_ sets per session.

Do \_\_\_\_ sessions per day.



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### SHOULDER - 64

Progressive Resistive Exercises  
Flexion (standing)

Raise arm out in front of body and lift toward ceiling. Keep elbow straight.

Repeat \_\_\_\_ times,

with \_\_\_\_ pounds.

Do \_\_\_\_ sessions per day.



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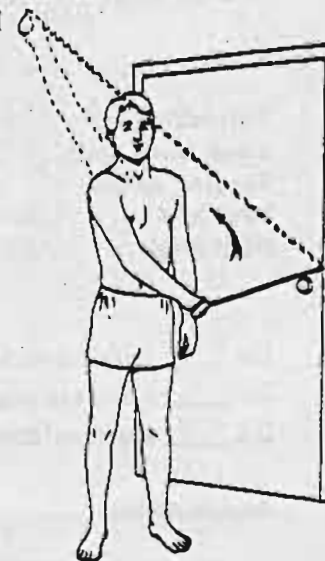
### SHOULDER - 49 Strengthening Activities

Active Resistive Diagonal

Using tubing, start with palm facing behind you. Pull arm out, up and across body rotating arm as you move so palm continues to face behind you.

Repeat \_\_\_\_ times.

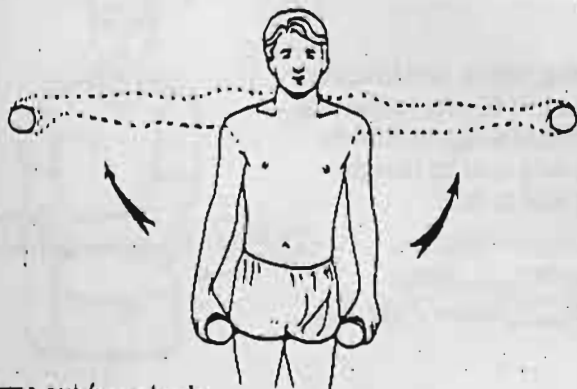
Do \_\_\_\_ sessions per day.



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### SHOULDER - 67

Progressive Resistive Exercises: Abduction (standing)



Raise arms out from body.

Repeat \_\_\_\_ times with \_\_\_\_ pounds.

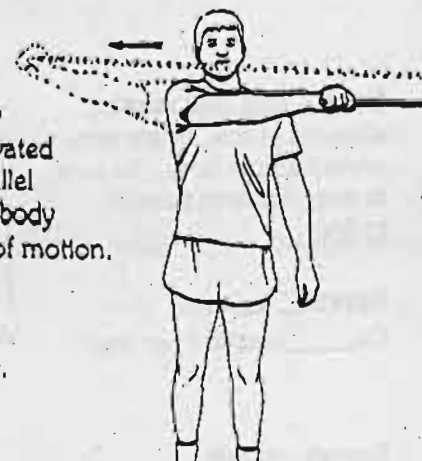
### SHOULDER - 47 Strengthening Activities

Active Resistive Horizontal Abduction

Using tubing, keep elbow straight and shoulder elevated so that upper arm is parallel to floor. Pull arm across body through pain free range of motion.

Repeat \_\_\_\_ times.

Do \_\_\_\_ sessions per day.

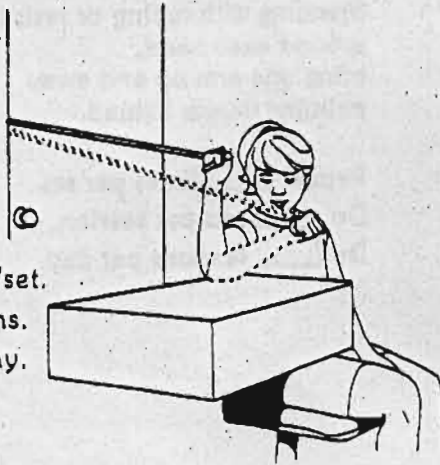


**SHOULDER - 79**

Internal Rotation in 90 Degrees of Abduction

Pull tubing away from door, keeping elbow bent at a right angle.

Do \_\_\_\_ repetitions/set.  
Do \_\_\_\_ sets/sessions.  
Do \_\_\_\_ sessions/day.



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**SHOULDER - 42 Strengthening Activities**  
Active Resistive Abduction

Using tubing, start with arm across body and pull away from side. Move through pain free range of motion.

Repeat \_\_\_\_ times.  
Do \_\_\_\_ sessions per day.



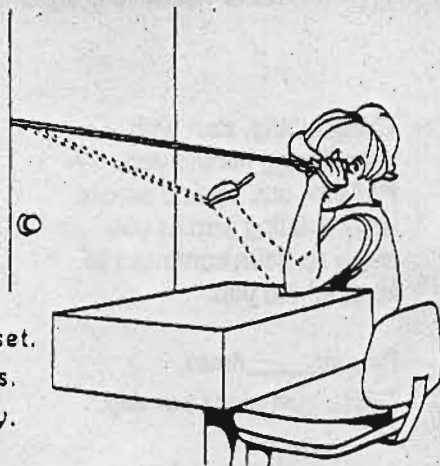
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**SHOULDER - 78**

External Rotation in 90 Degrees of Abduction

Pull tubing away from door, keeping elbow bent at a right angle.

Do \_\_\_\_ repetitions/set.  
Do \_\_\_\_ sets/sessions.  
Do \_\_\_\_ sessions/day.

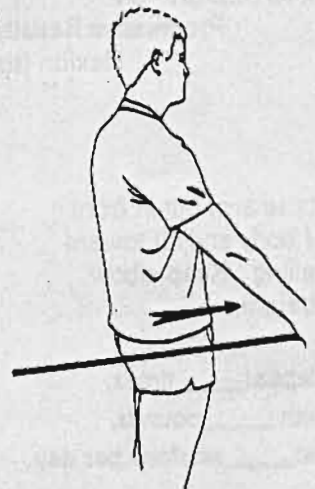


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**SHOULDER - 41 Strengthening Activities**  
Active Resistive Flexion

Using tubing, start with arm at side and pull arm outward and upward. Move shoulder through pain free range of motion.

Repeat \_\_\_\_ times.  
Do \_\_\_\_ sessions per day.

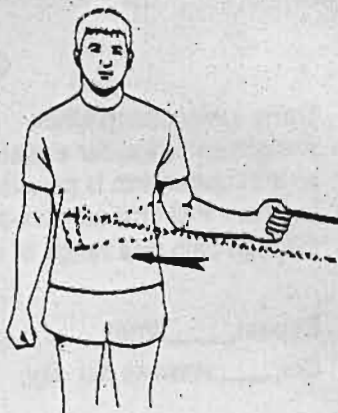


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**SHOULDER - 44 Strengthening Activities**  
Active Resistive Internal Rotation

Using tubing, and keeping elbow in at side, rotate arm inward across body. Be sure to keep forearm parallel to floor.

Repeat \_\_\_\_ times.  
Do \_\_\_\_ sessions per day.

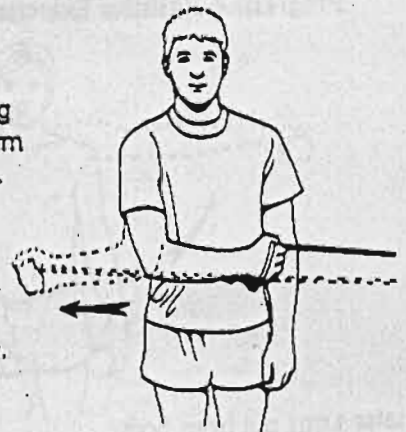


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**SHOULDER - 43 Strengthening Activities**  
Active Resistive External Rotation

Using tubing, and keeping elbow in at side, rotate arm outward away from body. Be sure to keep forearm parallel to floor.

Repeat \_\_\_\_ times.  
Do \_\_\_\_ sessions per day.



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