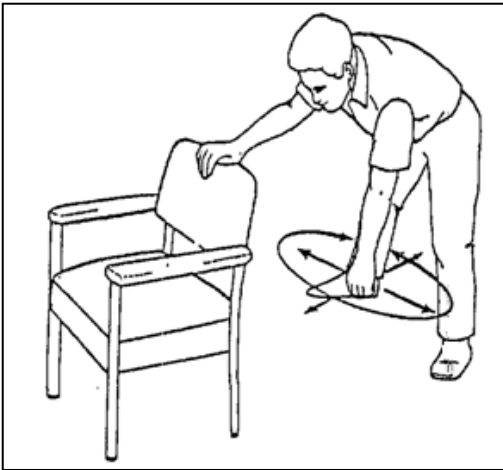




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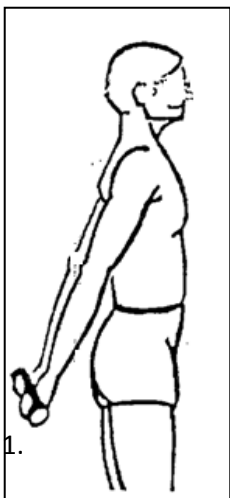
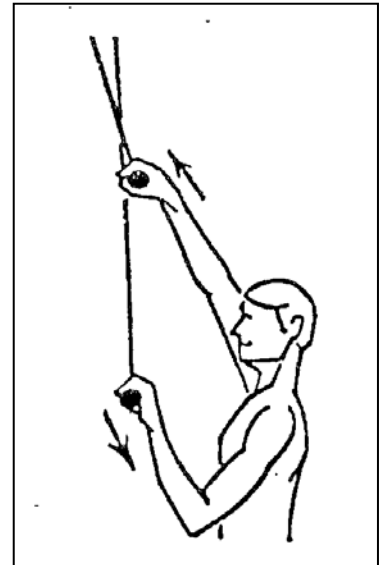
## SHOULDER REHABILITATION EXERCISE PROGRAM

### Phase I



**PENDULUM EXERCISES:** Bending over at the waist and balancing with the "good arm" let the stiff side relax and swing with gravity: a) circle inward, b) circle in the opposite direction, c) swing toward North/South, d) swing sideways East/West

**PULLEY (Assisted Elevation):** Standing- Pulley 2 feet higher than your good arm can reach overhead. The good arm supplies the power to bring the hand as near the pulley as possible.



**ASSISTED EXTENTION:** Standing- Grasp the stick with both hands behind your back, push backward with the good arm supplying the power.



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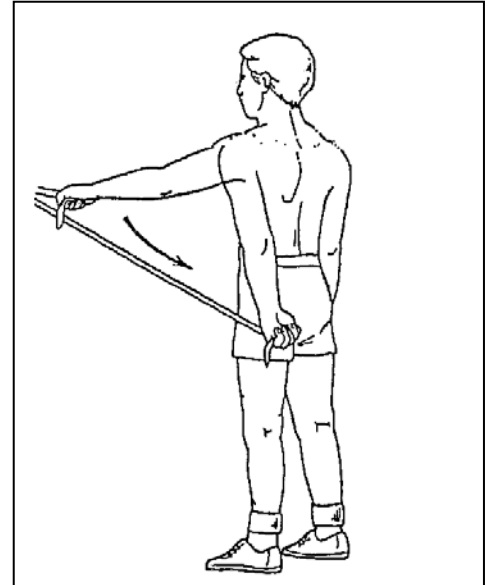
## SHOULDER REHABILITATION EXERCISE PROGRAM

### Phase II

#### SHOULDER EXTENTION

1. Anchor rubber tubing to a solid object
2. Stand holding the rubber tubing in your \_\_\_\_\_ hand with arm in front of body
3. Pull the arm backward as shown
4. Hold for \_\_\_\_\_ Seconds
5. \_\_\_\_\_ Repetitions, \_\_\_\_\_ times a day

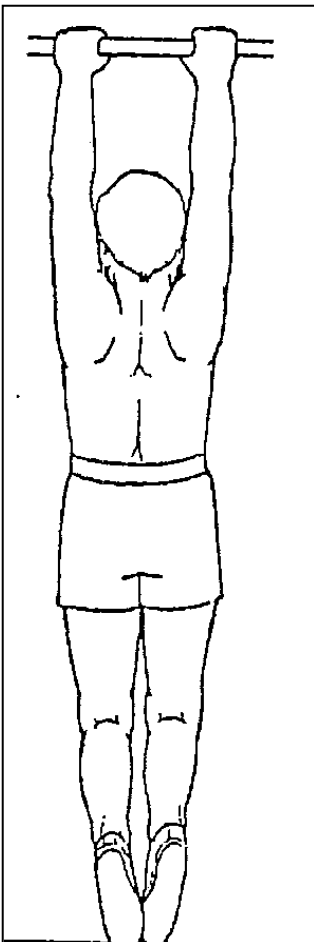
GOAL \_\_\_\_\_

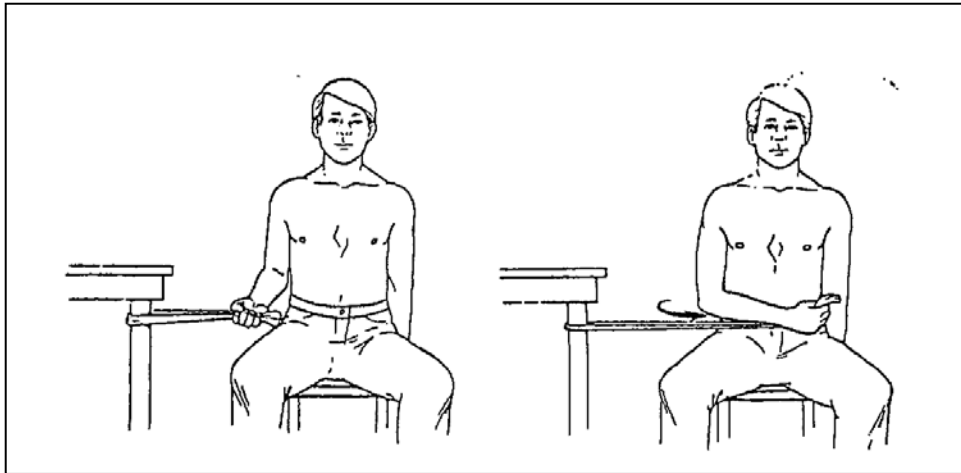


#### SHOULDER FLEXION

1. Place hands on a door or overhead bar
2. Place feet on ground and bend knees. **DO NOT HANG FROM BAR.**
3. Hold for \_\_\_\_\_ seconds
4. \_\_\_\_\_ repetitions \_\_\_\_\_ times a day

GOAL \_\_\_\_\_

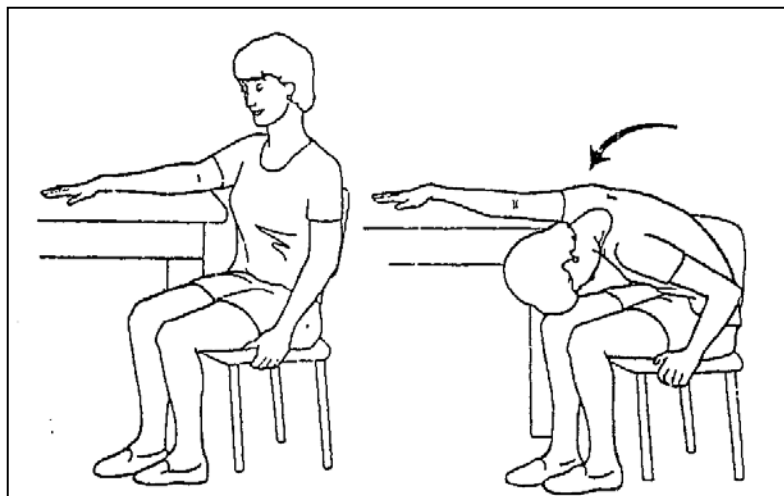




### SHOULDER INTERNAL ROTATION

1. Anchor rubber tubing to a solid object
2. Sit or stand with arm at side, elbow bent as shown
3. Rotate arm inward toward body
4. Hold for \_\_\_\_\_ seconds and slowly relax
5. \_\_\_\_\_ repetitions \_\_\_\_\_ times a day

GOAL \_\_\_\_\_



### SHOULDER FLEXION

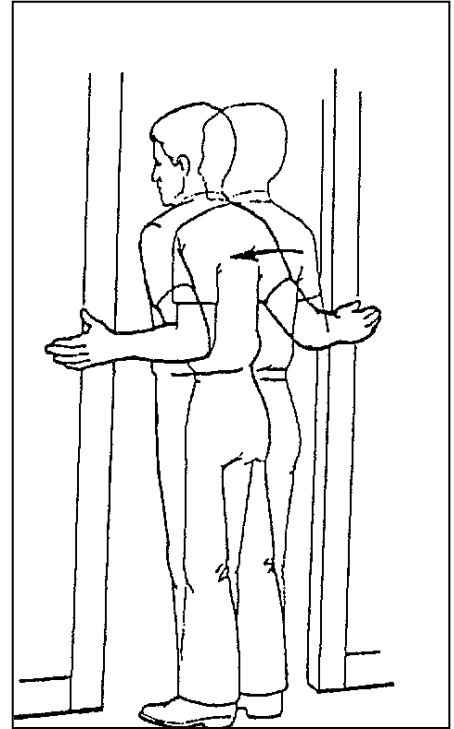
1. Sit in a chair with \_\_\_\_\_ arm on the table as shown
2. Bend forward in the chair, sliding the arm forward on the table so that you can feel a stretch
3. Hold for \_\_\_\_\_ seconds
4. \_\_\_\_\_ repetitions \_\_\_\_\_ times a day

GOAL \_\_\_\_\_

### ☐ SHOULDER EXTERNAL ROTATION

1. Place arm at side with elbow bent 90 degrees
2. Place hands on the wall and lean forward
3. Hold for \_\_\_\_\_ seconds
4. \_\_\_\_\_ repetitions \_\_\_\_\_ times a day

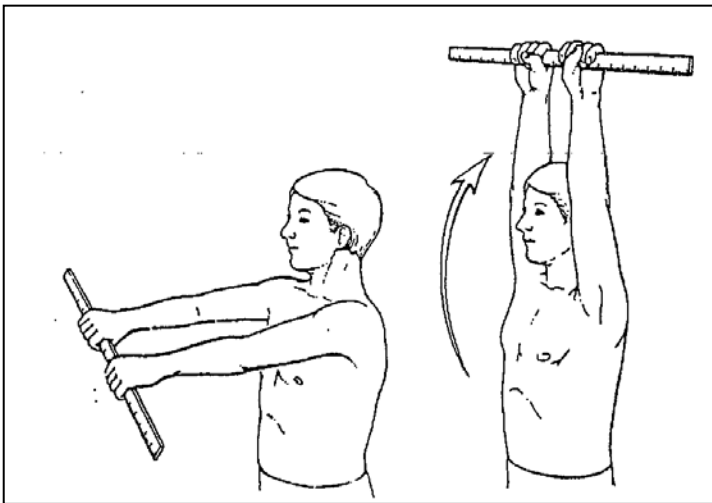
GOAL \_\_\_\_\_



### ☐ SHOULDER FLEXION

1. Stand as shown holding stick with both hands
2. Raise both hands overhead so you can feel a stretch
3. Hold for \_\_\_\_\_ seconds
4. \_\_\_\_\_ repetitions \_\_\_\_\_ times a day

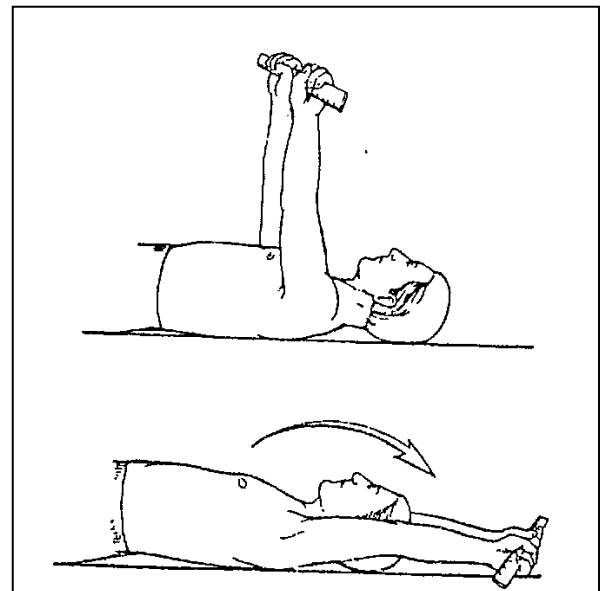
GOAL \_\_\_\_\_

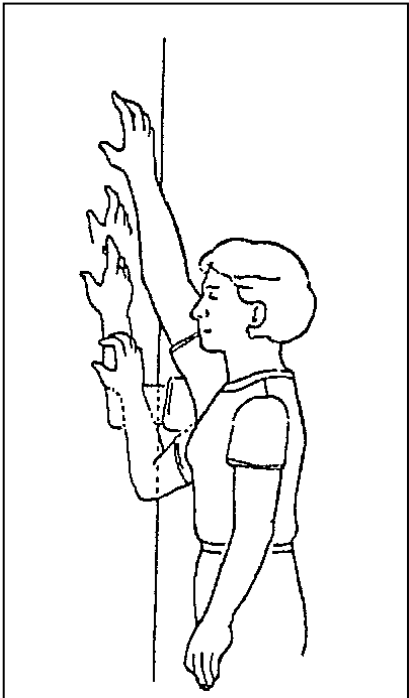


### ☐ SHOULDER FLEXION

1. Raise both arms up and over your head as shown
2. Hold for 5 seconds
3. \_\_\_\_\_ repetitions \_\_\_\_\_ times a day

GOAL \_\_\_\_\_





**SHOULDER FLEXION**

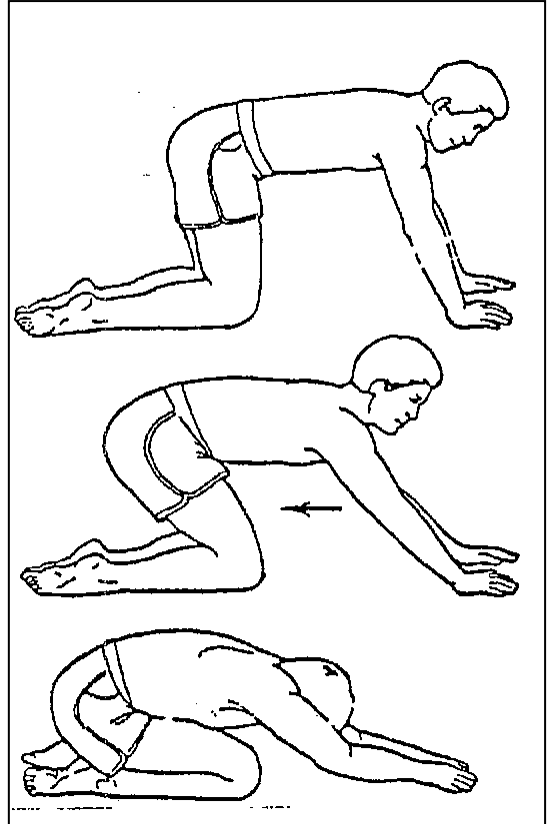
1. Stand near a wall as shown
2. Slowly “walk” your fingers up the wall so that you feel a stretch
3. Hold for \_\_\_\_\_ seconds
4. \_\_\_\_\_ repetitions \_\_\_\_\_ times a day

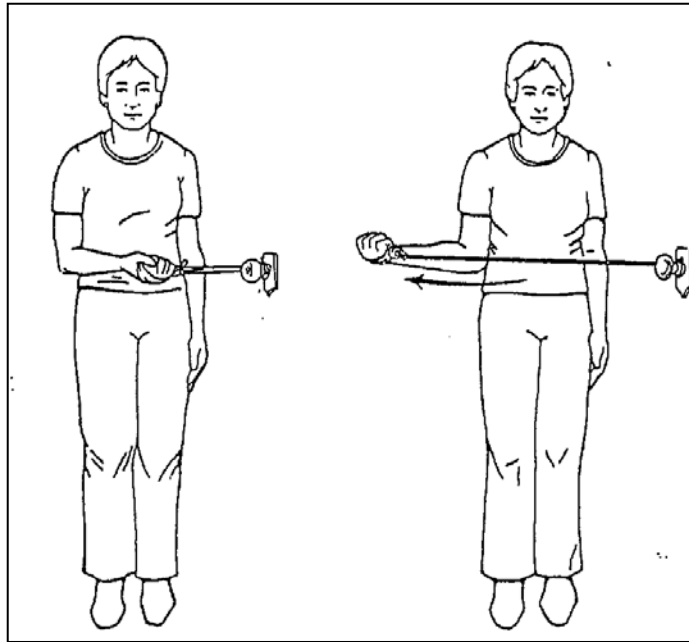
GOAL \_\_\_\_\_

**SHOULDER FLEXION**

1. Assume hands and knees position
2. Bend knees to move buttocks toward heels as shown
3. \_\_\_\_\_ repetitions \_\_\_\_\_ times a day

GOAL \_\_\_\_\_

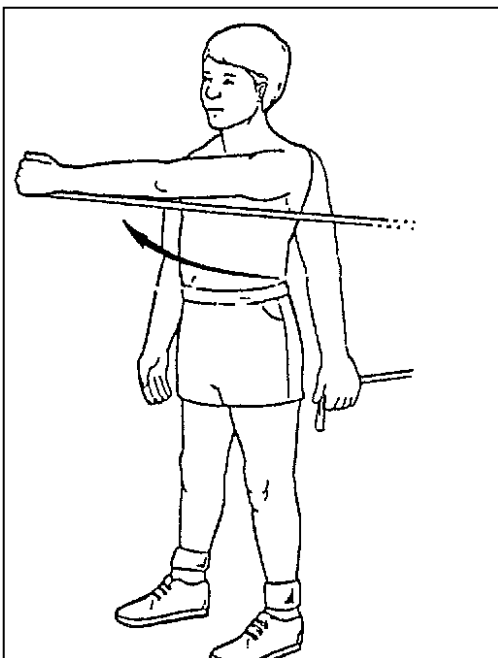




### SHOULDER EXTERNAL ROTATION

1. Anchor rubber tubing to solid object
2. Grasp the rubber tubing in your \_\_\_\_\_ hand as shown
3. Rotate the arm outward keeping your elbow bent
4. Hold for \_\_\_\_\_ Seconds and slowly lower
5. \_\_\_\_\_ repetitions \_\_\_\_\_ times a day

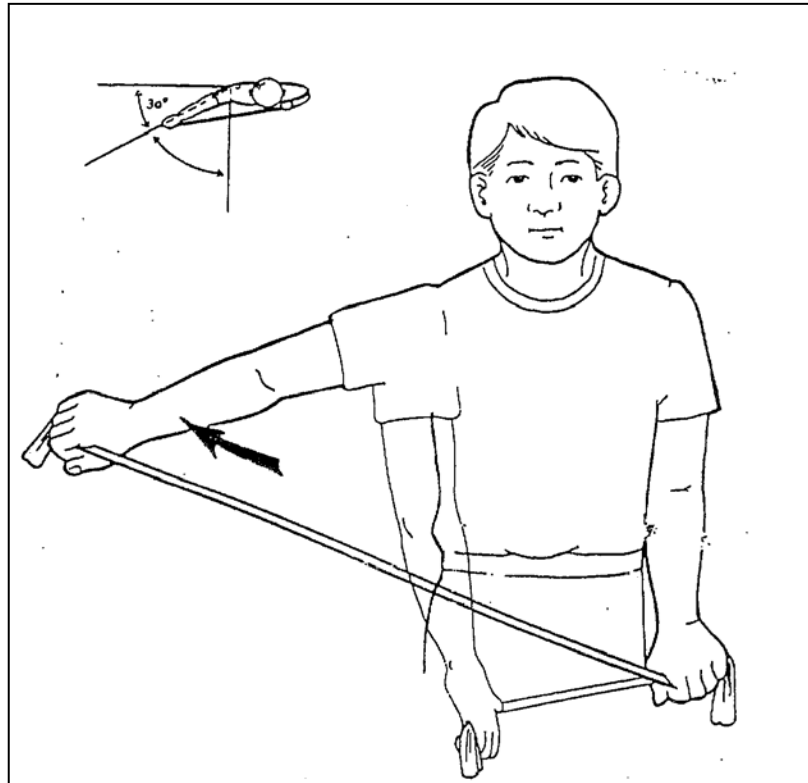
GOAL \_\_\_\_\_



### SHOULDER FLEXION

1. Anchor rubber tubing to a solid object
2. Stand holding the rubber tubing in your \_\_\_\_\_ hand
3. Raise arm out in front of your body as shown
4. Hold for \_\_\_\_\_ seconds and slowly lower
5. \_\_\_\_\_ repetitions \_\_\_\_\_ times a day

GOAL \_\_\_\_\_



### SHOULDER ABDUCTION

1. Place \_\_\_\_\_ arm at side with thumb turned downward
2. Hold rubber tubing as shown
3. Raise arm upward to just below shoulder height as shown
4. Make sure the arm is positioned 30 degrees forward as you raise it (see diagram)
5. Hold for \_\_\_\_\_ seconds
6. \_\_\_\_\_ repetitions \_\_\_\_\_ times a day

GOAL \_\_\_\_\_

### SHOULDER EXTERNAL ROTATION

1. E/R with stick and arm at side
2. Hold for \_\_\_\_\_ Seconds
3. \_\_\_\_\_ repetitions \_\_\_\_\_ times a day

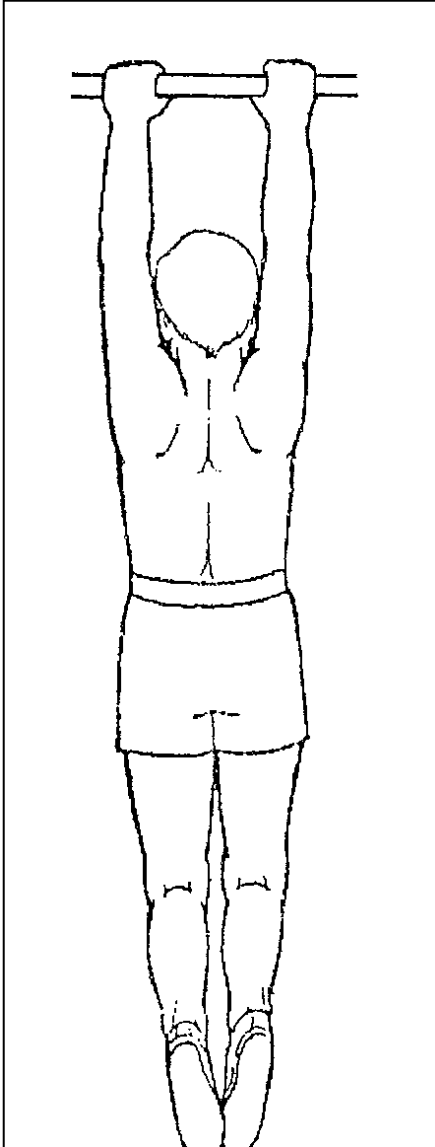
GOAL \_\_\_\_\_



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## SHOULDER REHABILITATION EXERCISE PROGRAM

### Phase III



#### SHOULDER FLEXION

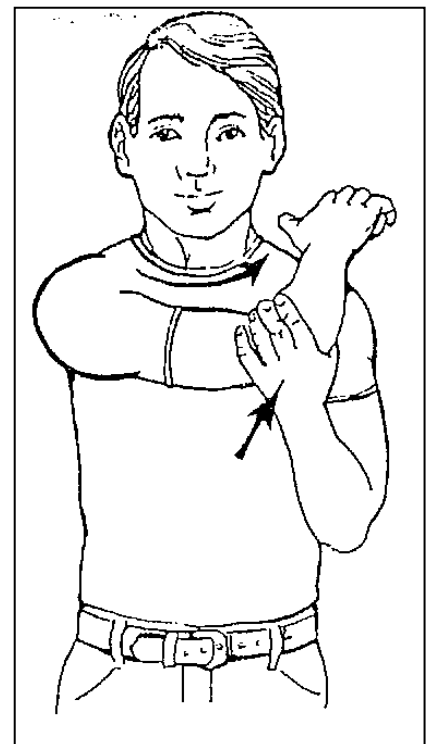
1. Place feet on ground and bend knees. **DO NOT HANG FROM BAR UNLESS DIRECTED TO DO SO BY YOUR PHYSICIAN OR THERAPIST**
2. Hold for \_\_\_\_\_seconds
3. \_\_\_\_\_repetitions \_\_\_\_\_times a day

GOAL \_\_\_\_\_

#### SHOULDER HORIZONTAL ADDUCTION

1. Stand grasping \_\_\_\_\_elbow with your other hand as shown
2. Pull the elbow and arm across your chest so that you feel a stretch
3. Hold for \_\_\_\_\_seconds
4. \_\_\_\_\_repetitions \_\_\_\_\_times a day

GOAL \_\_\_\_\_

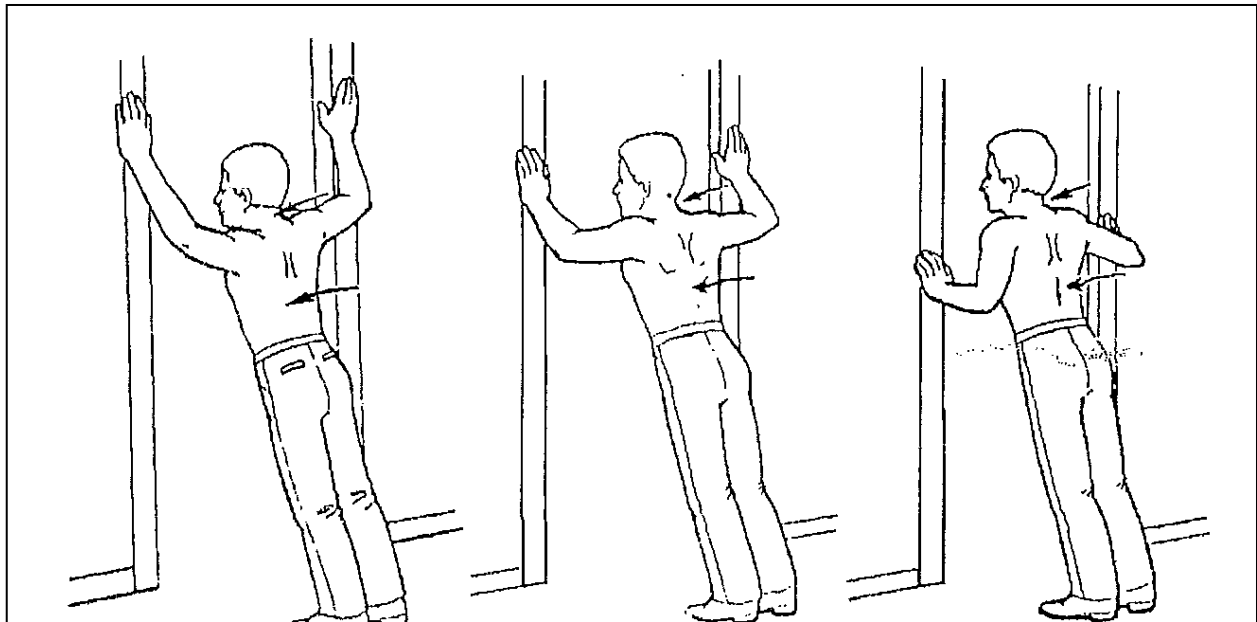
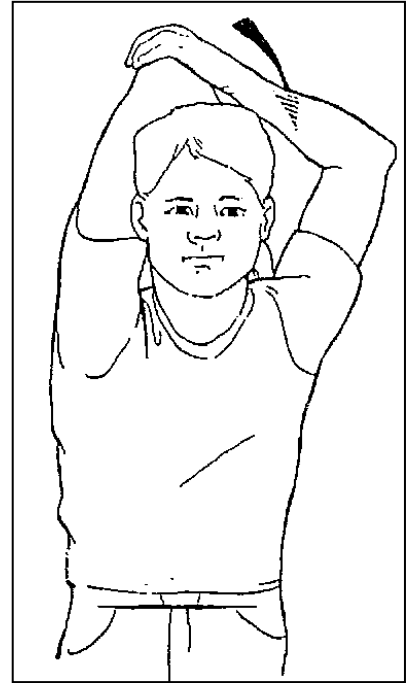




**SHOULDER ADDUCTION/FLEXION**

1. Stand grasping \_\_\_\_\_ elbow with your other hand as shown
2. Pull the elbow behind and toward your head so that you feel a stretch
3. Hold for \_\_\_\_\_ seconds
4. \_\_\_\_\_ repetitions \_\_\_\_\_ times a day

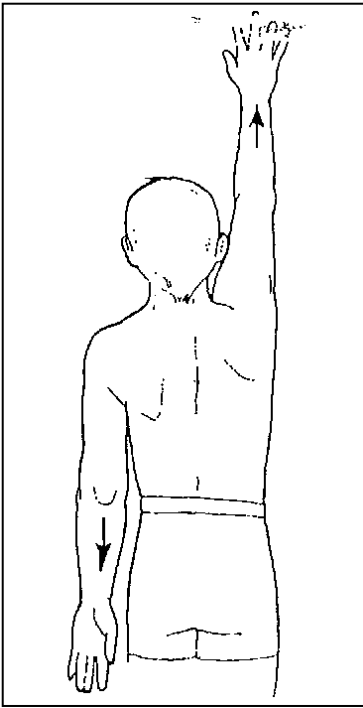
GOAL \_\_\_\_\_



**SHOULDER EXTERNAL ROTATION ABDUCTION**

1. Stand with hands placed on door frame and feet 1-2 feet away from the wall as shown
2. Lean into the door opening so that you can feel a stretch
3. Hold for \_\_\_\_\_ seconds
4. Repeat with hands in different positions as shown above as needed to vary stretch
5. \_\_\_\_\_ repetitions \_\_\_\_\_ times a day

GOAL \_\_\_\_\_



**SHOULDER ELEVATION / DEPRESSION**

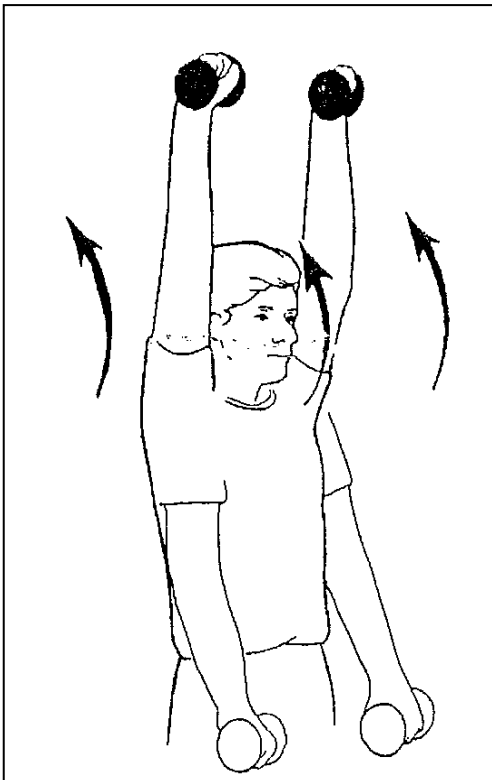
1. Standing or lying on belly as shown, reach up over head with \_\_\_\_\_ arm
2. Reach down as far as you can with \_\_\_\_\_ arm
3. Hold for \_\_\_\_\_ seconds
4. \_\_\_\_\_ repetitions \_\_\_\_\_ times a day

GOAL \_\_\_\_\_

**SHOULDER FLEXION / ELBOW EXTENTION**

1. Hold \_\_\_\_\_ lb weight in \_\_\_\_\_ hand
2. Stand with arm at side, elbow bent
3. Reach up overhead to straighten arm
4. Hold for \_\_\_\_\_ seconds
5. \_\_\_\_\_ Repetitions \_\_\_\_\_ times a day

GOAL \_\_\_\_\_



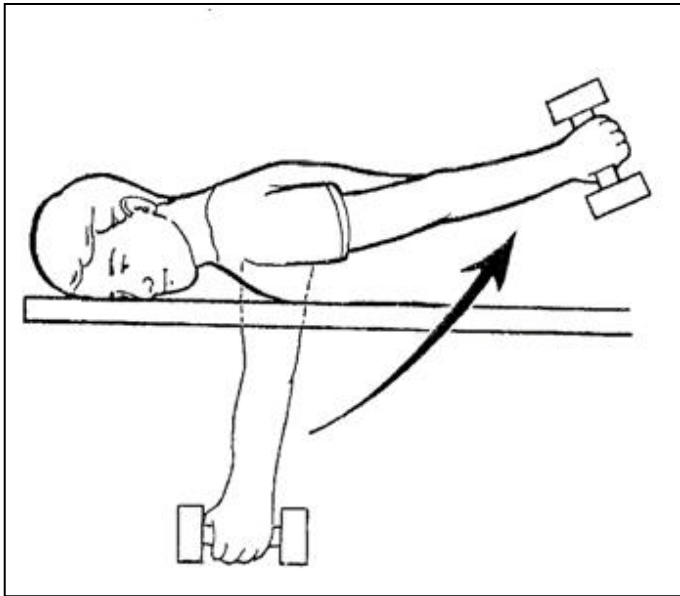
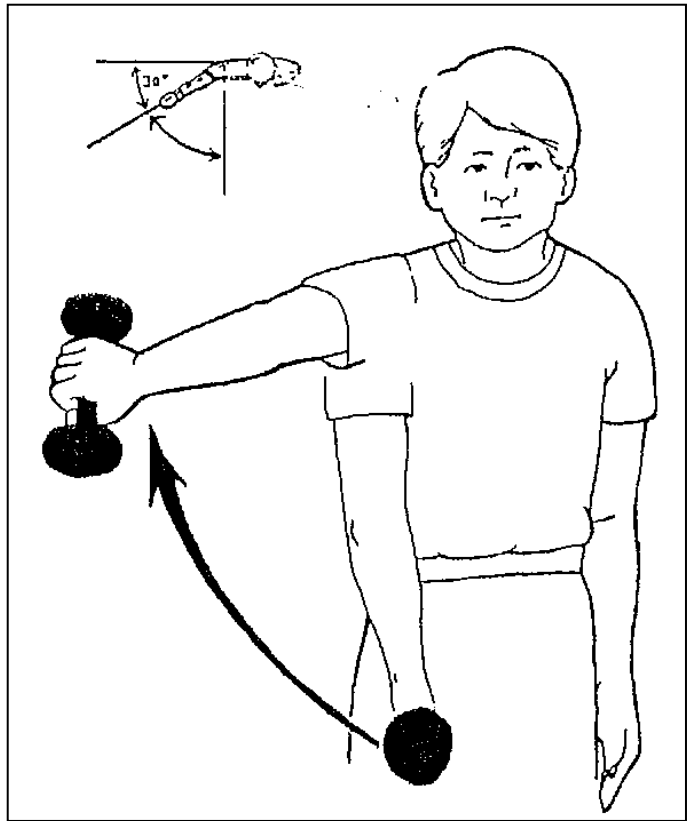
**SHOULDER FLEXION**

1. Stand holding \_\_\_\_\_ lb weight in each hand
2. Raise arms up over head as far as you can
3. Do not allow your upper arm to move away from your body
4. Hold for \_\_\_\_\_ seconds and lower slowly
5. \_\_\_\_\_ repetitions \_\_\_\_\_ times a day

GOAL \_\_\_\_\_

**SHOULDER ABDUCTION**

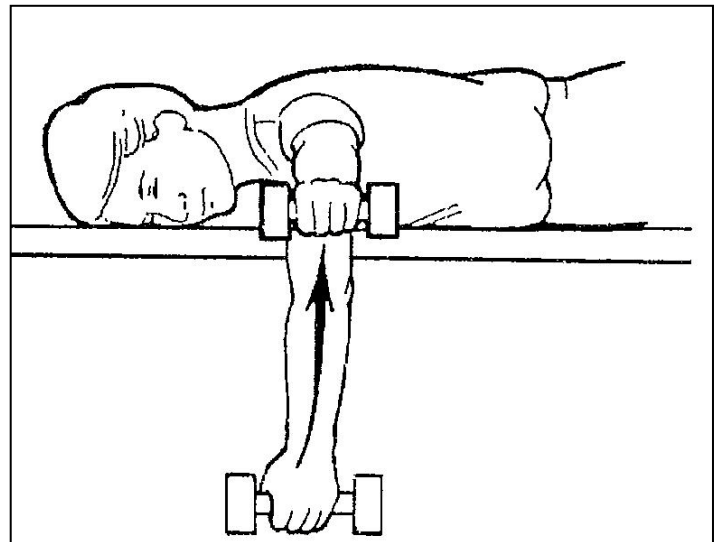
1. Stand holding \_\_\_\_lb weight in \_\_\_\_\_ hand
2. Place arm at side with thumb turned downward
3. Raise arm upward to just below shoulder height as shown
4. Make sure the arm is positioned 30 degrees forward as you raise it ( see diagram)
5. Hold for \_\_\_\_seconds
6. \_\_\_\_repetitions \_\_\_\_times a day
7. GOAL \_\_\_\_\_



**SHOULDER EXTENTION**

1. Hold \_\_\_\_lb weight in \_\_\_\_\_ hand
2. Lie on belly with arm off the edge of the bed as shown
3. Raise arm backward
4. Hold for \_\_\_\_seconds and lower slowly
5. \_\_\_\_Repetitions \_\_\_\_times a day

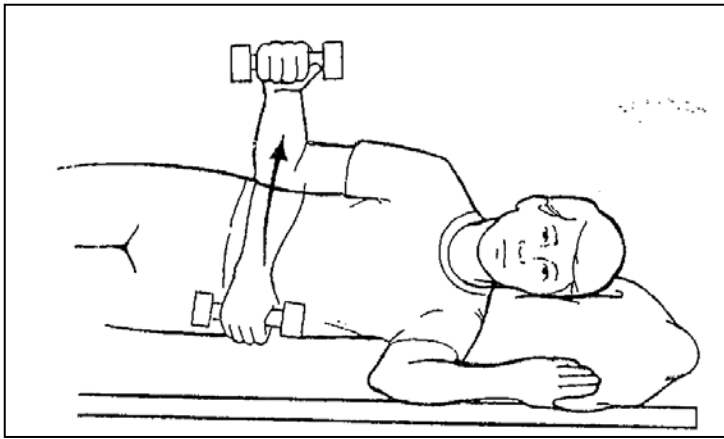
GOAL \_\_\_\_\_



**SHOULDER HORIZONTAL ABDUCTION**

1. Hold \_\_\_\_lb weight in \_\_\_\_\_ hand
2. Lie on belly with arm off the edge of the bed as shown
3. Raise arm up so that it is level with the edge of the bed
4. Hold for \_\_\_\_seconds and lower slowly
5. \_\_\_\_repetitions \_\_\_\_times a day

GOAL \_\_\_\_\_



### SHOULDER EXTERNAL ROTATION

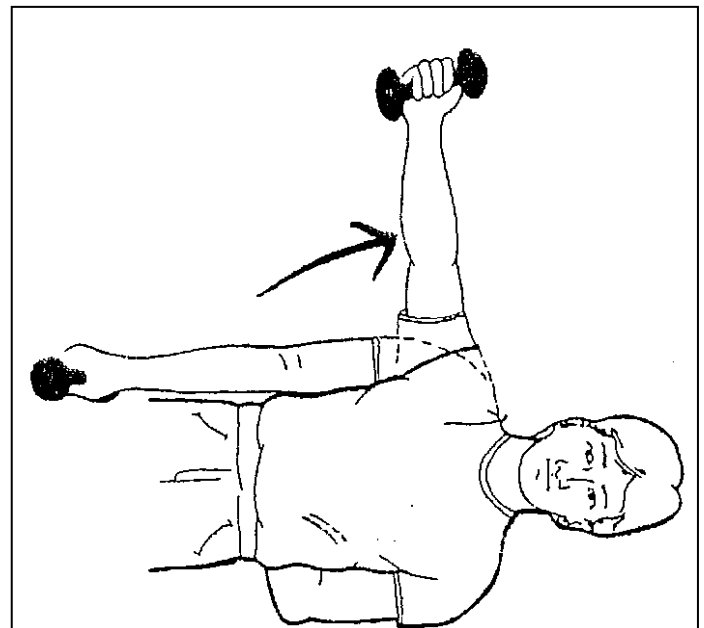
1. Hold \_\_\_\_ lb weight in \_\_\_\_\_ hand
2. Lie on your side so that arm holding weight is on top
3. Rotate arm upward, keeping elbow bent as shown
4. Hold for \_\_\_\_ seconds and lower slowly
5. \_\_\_\_ repetitions \_\_\_\_ times a day

GOAL \_\_\_\_\_

### SHOULDER ABDUCTION

1. Holding \_\_\_\_ lb weight in \_\_\_\_\_ hand raise arm up to the side
2. Hold for \_\_\_\_ Seconds and lower slowly
3. \_\_\_\_ repetitions \_\_\_\_ times a day

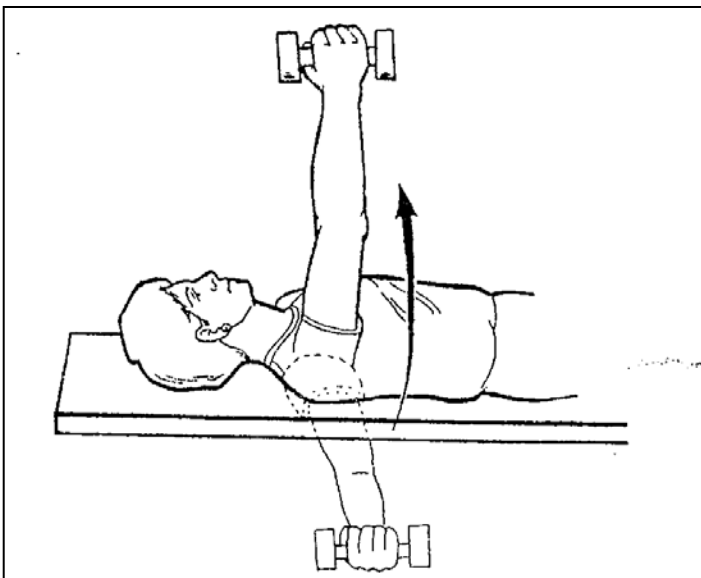
GOAL \_\_\_\_\_



### SHOULDER HORIZONTAL ADDUCTION

1. Hold \_\_\_\_ lb weight in \_\_\_\_\_ hand
2. Lie on back with arm out to side as shown
3. Raise arm straight upward so that the fist points toward the ceiling
4. Hold for \_\_\_\_ seconds and lower slowly
5. \_\_\_\_ repetitions \_\_\_\_ times a day

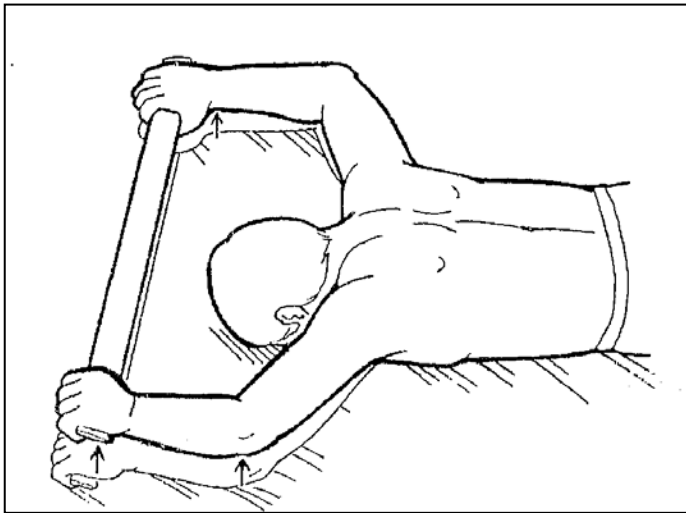
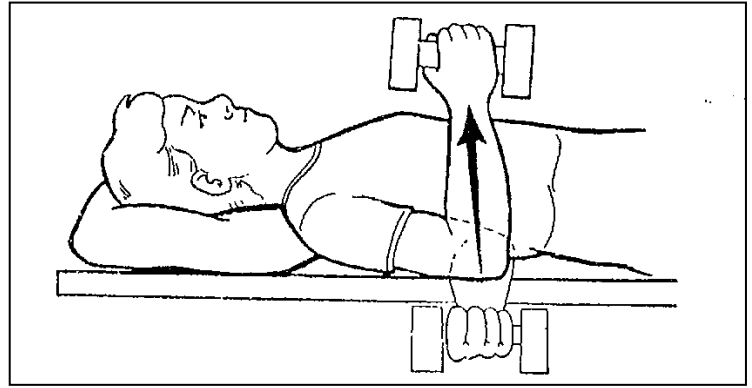
GOAL \_\_\_\_\_



**SHOULDER INTERNAL ROTATION**

1. Hold \_\_\_\_\_ lb weight in \_\_\_\_\_ hand
2. Lie on back with elbow bent, forearm parallel to the floor
3. Rotate arm in toward your body, keeping elbow bent as shown
4. Hold for \_\_\_\_\_ seconds and lower slowly
5. \_\_\_\_\_ repetitions \_\_\_\_\_ times a day

GOAL \_\_\_\_\_



**SHOULDER FLEXION EXTERNAL/ROTATION**

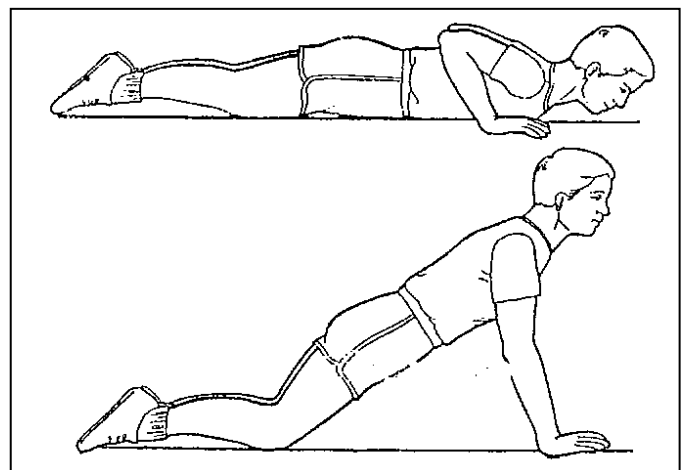
1. Lie on belly, holding stick with elbows bent as shown
2. Lift stick up off the floor
3. Hold for \_\_\_\_\_ seconds and lower slowly
4. \_\_\_\_\_ repetitions \_\_\_\_\_ times a day

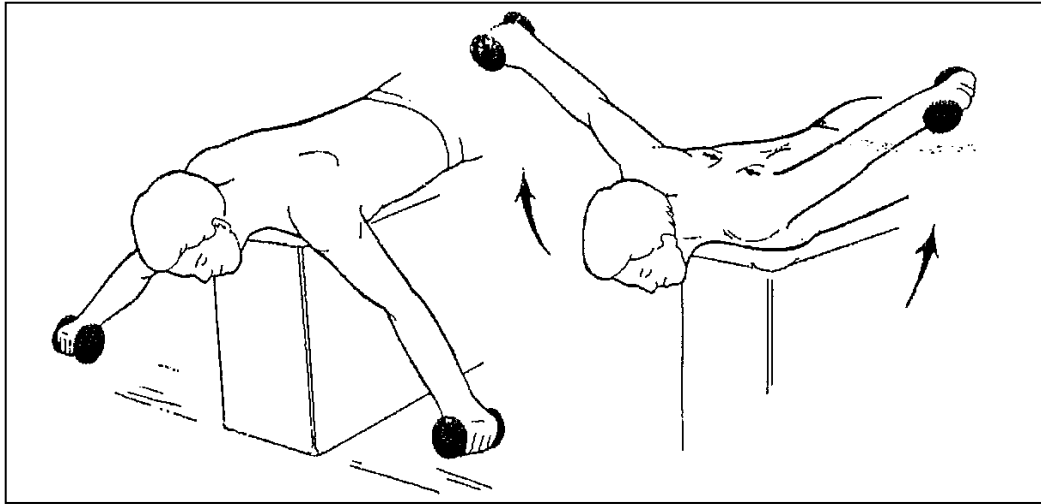
GOAL \_\_\_\_\_

**BENT KNEE PUSH UP**

1. Assume position on floor as shown
2. Straighten arms to raise your trunk (push up)
3. Keep knees bent as shown
4. Hold for \_\_\_\_\_ seconds
5. \_\_\_\_\_ repetitions \_\_\_\_\_ times a day

GOAL \_\_\_\_\_





### SCAPULAR RETRACTION

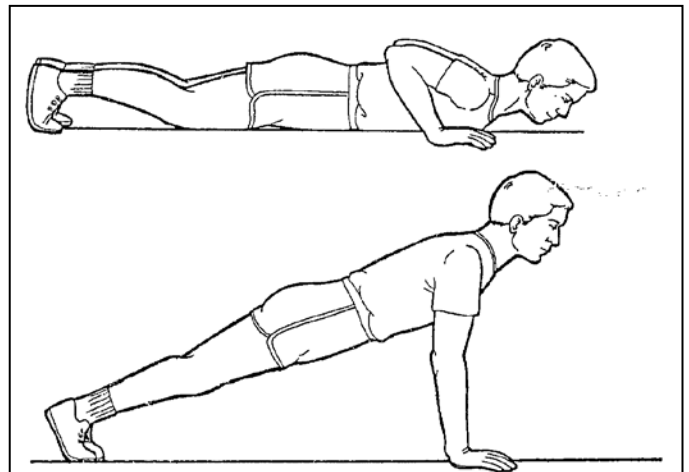
1. Hold \_\_\_\_\_lb weight in hands
2. Lie on belly over bench as shown
3. Pinch shoulder blades together
4. Raise arms upward
5. Hold for \_\_\_\_\_seconds and lower slowly
6. \_\_\_\_\_repetitions \_\_\_\_\_times a day

GOAL \_\_\_\_\_

### SHOULDER FLEXION /ELBOW EXTENTION

1. Assume position on floor as shown
2. Straighten arms to raise your trunk (push up)
3. Hold for \_\_\_\_\_seconds
4. \_\_\_\_\_repetitions \_\_\_\_\_times a day

GOAL \_\_\_\_\_



### SHOULDER EXTERNAL ROTATION

1. E/R with stick, arm at 90 degrees of abduction
2. Hold for \_\_\_\_\_seconds
3. \_\_\_\_\_repetitions \_\_\_\_\_times a day

GOAL \_\_\_\_\_

