

Shoulder A HEP

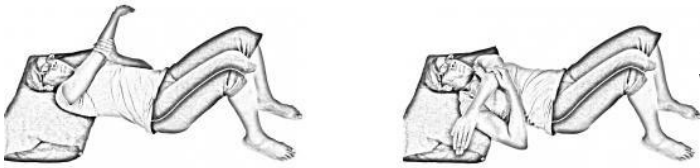
1. Downward Stretch



- Lace your fingers and push your hands down behind your back and away from the trunk, knuckles facing up.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

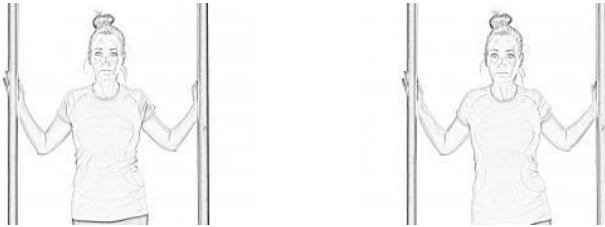
2. Horizontal Adduction Stretch



- Lay on your back and pull the elbow with your opposite hand to gently bring the arm across your body until you feel a comfortable stretch behind the shoulder.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

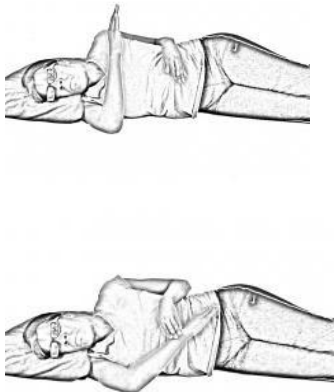
3. Pectoralis Door Stretch



- Stand in a doorway with your elbow against your body and your hand against the edge of the wall.
- Step into door way til you feel a comfortable stretch.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

4. Sleeper Stretch



- Lie on your side with your elbow on the ground positioned slightly lower than the shoulder, toward the belly.
- Set the scapula in the right position for the stretch by slightly leaning back. Bend your knees for increased stability.
- Make sure your shoulder is retracted (not in a rounded position) and place the opposite hand on top of your wrist.
- Use the top hand to gently push down on the wrist, rotating the arm inward, until a comfortable stretch is felt in the shoulder.
- Hold for the recommended time.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

5. Isometric Abduction



- Stand with your chin tucked-in and your arm straight on the side of your body.
- Push your wrist against the wall while keeping your body and head still.
- Do not lean on the wall or use your body weight to push.
- Relax your arm and repeat.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

6. Isometric Adduction



- Stand and place a pillow or rolled towel between your arm and body.
- Pull the tip of your shoulder backwards and push your arm against the side of your body while breathing normally.
- Relax and repeat.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

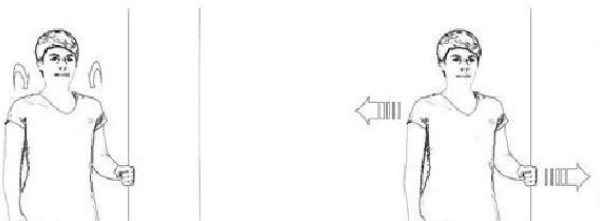
7. Isometric Extension



- Stand close to a wall with your back against it, your elbow bent and your chin tucked-in.
- Without moving your body or your head, push your elbow back into the wall.
- Relax your arm and repeat.
- NOTE: You can put a cushion between your elbow and the wall if there is pain.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

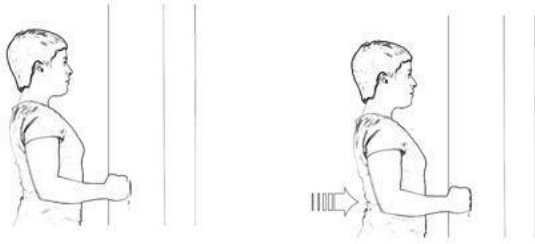
8. Isometric External rot.



- Stand beside a wall with affected arm at your side, your wrist against the wall and your chin tucked-in.
- Push your wrist outward while keeping your elbow at your side and your head still.
- Relax your arm and repeat.
- Note: You can use the opposite arm to resist movement at wrist level instead of pushing against the wall.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

9. Isometric Flexion



- Stand facing a wall, with your elbow tucked in by your side and bent to 90° degrees.
- Push your fist into the wall while keeping your body and head steady.
- Relax your arm and repeat.

Sets: _____ Repetition: _____
 Weight: _____ Frequency: _____

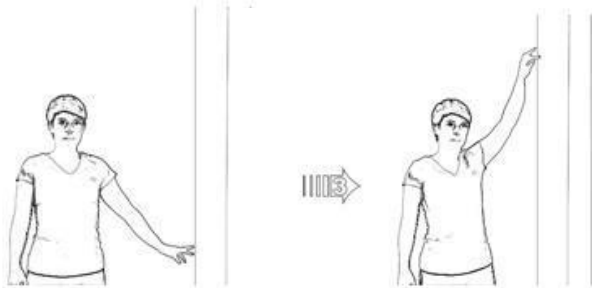
10. Isometric Internal Rot.



- Stand in a door frame or at the corner of a wall with your chin tucked-in.
- Bend your elbow at your side and place the palm of your hand against the edge of the wall.
- While keeping your head still and your elbow tucked-in by your side, push the wall with the palm of your hand like you want to move it towards your belly.
- Relax your arm and repeat.

Sets: _____ Repetition: _____
 Weight: _____ Frequency: _____

11. Wall Climb



- Stand or sit beside a wall and place your fingertips on the wall.
- Pull the tip of your shoulder backwards and climb up the wall slowly with your hand as high as you can.
- Lower your hand slowly and repeat.
- NOTE: Do not shrug your shoulder or lean to the opposite side when you perform the movement. Keep your body straight and your shoulders level.
- *Repeat exercise facing the wall

Sets: _____ Repetition: _____
 Weight: _____ Frequency: _____

12. Pulleys



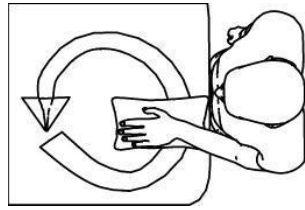
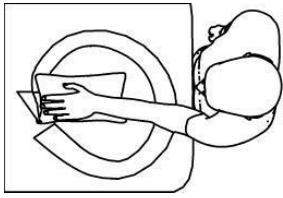
- Stand or sit under a shower rod or a ceiling hook. Place a long towel or rope around the shower rod or in a hook fixed on the ceiling and hold one end of the towel or rope in each hand.

- Keep your elbow straight and by pulling down on the towel or rope with your good arm. Maintain the position, lower your arm slowly and repeat.

*Perform with arms out in front of you and out to side.

Sets: _____ Repetition: _____
 Weight: _____ Frequency: _____

13. Circumduction



- Stand up straight in front of a table.
- Place your hand on the table, and straighten your elbow.
- While keeping your hand flat, make large circles with your arm.
 - Clockwise, Counter Clockwise, Side to Side, Forwards and Backwards

Sets: _____ Repetition: _____
 Weight: _____ Frequency: _____

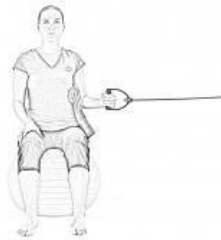
14. External rotation



- Sit on a swiss ball, anchor a resistance band at elbow's height and place a rolled towel between your elbow and your arm.
- Rotate your arm out against the resistance of the band, keeping your elbow on your side.
- Only your arm should rotate, do not use any momentum from the body to help the movement and keep both shoulders facing forward.

Sets: _____ Repetition: _____
 Weight: _____ Frequency: _____

15. Internal rotation



- Sit on a swiss ball, anchor a resistance band at elbow's height and place a rolled towel between your elbow and your arm.
- Rotate your arm in toward your stomach against the resistance of the band, keeping your elbow on your side.
- Only your arm should move, do not use any momentum from the body to help the movement and keep both shoulders facing forward.

Sets: _____ Repetition: _____
 Weight: _____ Frequency: _____

16. Strengthening Protraction



- Stand and tie elastic behind you at shoulder level.
- Hold the elastic with one end on each hand and raise your arm forward to shoulder height.
- Stretch your shoulder blades outward by pushing your arms forward against the elastic.
- Return to initial position and repeat.

Sets: _____ Repetition: _____
 Weight: _____ Frequency: _____

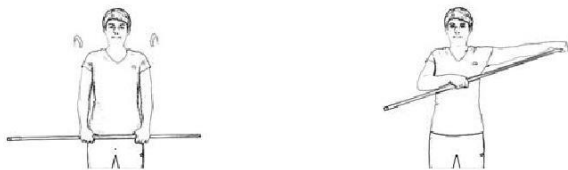
17. Assisted ROM Shoulder Flexion



- Lie on your back with knees bent and hold the stick firmly with both hands.
- Keep your shoulder blades together while you slowly bring the stick over the head as far as possible helping yourself with the good arm.
- Maintain the position and relax.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

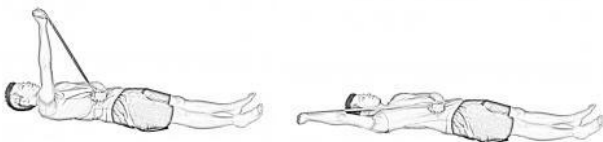
18. Assisted ROM Abduction



- Stand and hold a stick with both of your hands keeping your arms at your sides.
- Pull the tip of your shoulders backwards and raise your arm to the side by using the unaffected arm to swing the stick upwards and sideways away from your body.
- Slowly return to the starting position and repeat.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

19. Shoulder Flexion



- Lying on your back with one loop of band over your foot holding the other loop in your hand.
- Pull the band overhead while keeping the arm pivoting in the socket (thumb toward the bed).

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

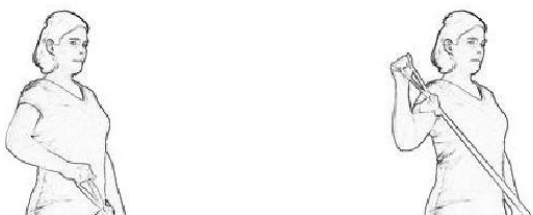
20. Band: Abduction



- Lying on your back with one loop of band over your foot holding the other loop in your hand.
- Pull the band out to the side towards your head leading with your thumb.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

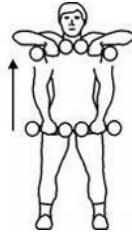
21. Strengthening External rot.



- Lie on back, place one loop of band around your foot and hold other loop in your hand.
- Bend your elbow to 90 degrees and move it out to the side even with your shoulder with your palm facing your foot.
- Pull your hand backwards towards the mat.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

22. Dumbbell Upright Row



- Keep back straight, abs tight, head up and knees slightly bent
- Raise elbows at shoulder level

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

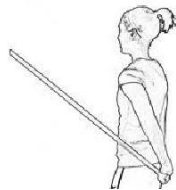
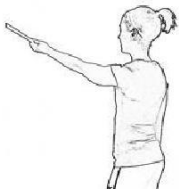
23. Strengthening ABD



- Stand with your chin tucked-in and hold a weight in both hands.
- Bend your elbows to 90 degrees and pull the tip of your shoulders backwards before you raise both arms out to your side to 90 degrees keeping your elbows bent and your head still.
- Slowly lower your arms and repeat.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

24. Lats



• Stand and tie an elastic in front of you at head level. Hold the elastic tightly with your palm facing downwards making your arm straight at shoulder level.

• Pull your arm straight down. Keep your arm straight, shoulder back and torso stable during the exercise. Slowly return to initial position and repeat.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

25. Rows



Stand facing the wall with your chin tucked-in and shoulders back. Grab an elastic with one end in each hand.

With the arms out in front, palms facing down, pull back on the elastic while keeping the elbows at shoulder height.

Squeeze the shoulder blades together at the end of the movement.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

**26. Supine
Punches**



- Lie on back with knees bent, hold dumbbells in each hand, palms facing each other with elbows bent to 90 degrees.
- Punch weight up towards ceiling alternating arms.

Sets: _____

Repetition: _____

Weight: _____

Frequency: _____