

SHOULDER

SHOULDER - 8

ROM: Flexion (Alternate)

Slide RIGHT / LEFT arm up wall, with palm out, by leaning toward wall.

Hold 15 seconds

Repeat 2 times per set

Do 2 sets per session

Do 1-2 sessions per day



SHOULDER - 73

ROM: Towel Stretch – with Interior Rotation

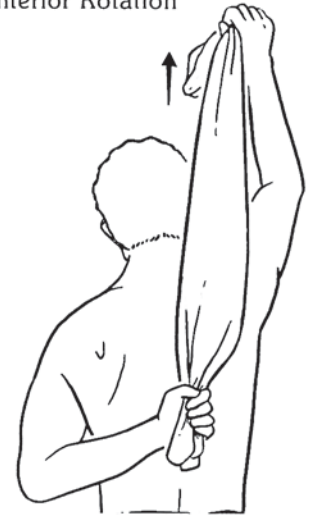
Pull RIGHT / LEFT arm up behind back by pulling towel up with other arm.

Hold 15 seconds

Repeat 2 times per set.

Do 2 sets per session

Do 1-2 sessions per day



SHOULDER - 3

ROM: External / Internal Rotation
- Wand

Holding wand with RIGHT / LEFT hand palm up, push out from body with other hand, palm down. Keep both elbows bent.

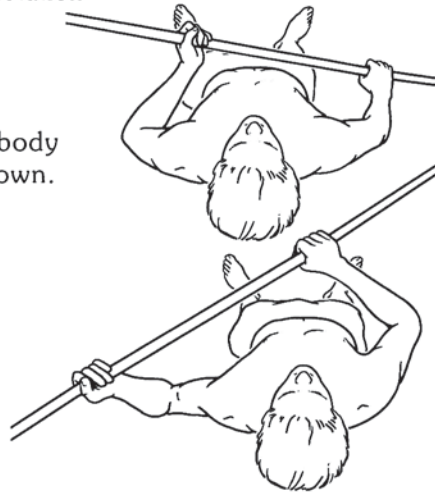
When stretch is felt, hold 15 seconds.

Repeat to other side, leading with same hand. Keep elbows bent.

Repeat 15 times per set

Do 2 sets per session

Do 1-2 sessions per day



SHOULDER - 2

ROM: Abduction – Wand

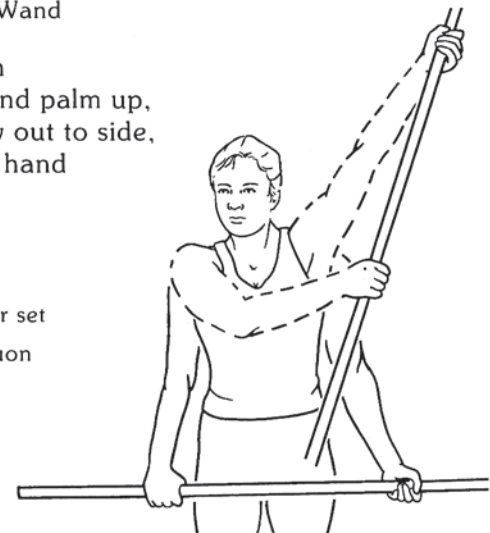
Holding wand with RIGHT / LEFT hand palm up, push wand directly out to side, leading with other hand palm down, until stretch is felt.

Hold 15 seconds.

Repeat 2 times per set

Do 2 sets per session

Do 1-2 sessions per day



SHOULDER - 25

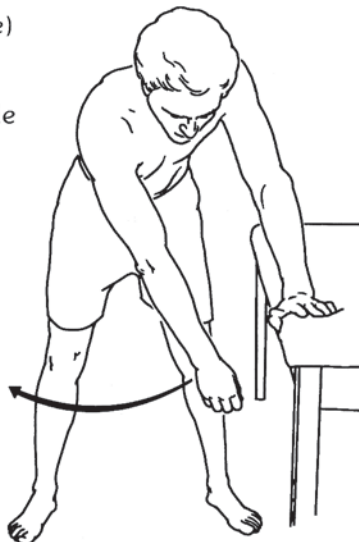
ROM: Pendulum (Side-to-Side)

Let RIGHT / LEFT arm swing freely from side to side by rocking body weight from side to side.

Repeat 20 times per set

Do 2 sets per session.

Do 1-2 sessions per day.



SHOULDER - 26

ROM: Pendulum (Circular)

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

Circle 20 times each direction per set

Do 2 sets per session

Do 1-2 sessions per day.



SHOULDER

SHOULDER - 103

Scapular Retraction

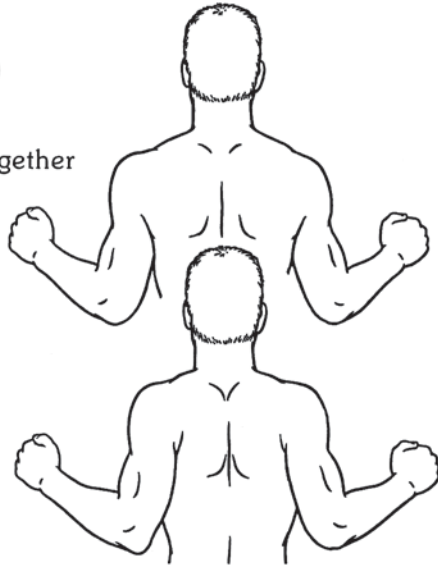
Elbow Flexion (Standing)

With elbows bent to 90°, pinch shoulder blades together and rotate arms out, keeping elbows bent.

Repeat 10-20 times per set.

Do 2 sets per session.

Do 1-2 sessions per day.



SHOULDER - 93

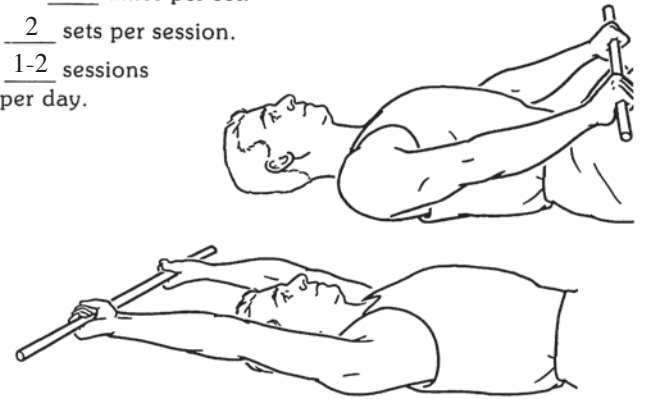
ROM: Flexion – Wand (Supine)

Lie on back holding wand. Raise arms over head.

Repeat 10-20 times per set.

Do 2 sets per session.

Do 1-2 sessions per day.



SHOULDER - 88

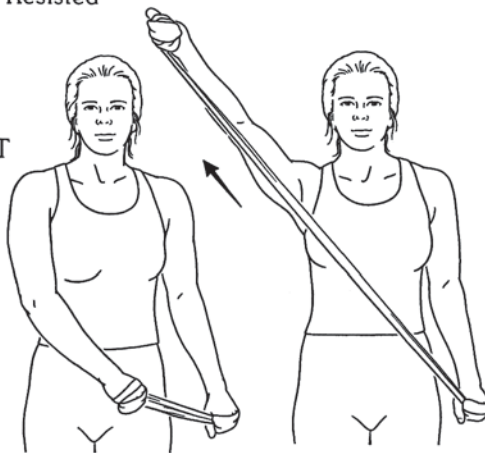
PNF Strengthening: Resisted

Standing with resistive band around each hand, bring RIGHT / LEFT arm up and away, thumb back.

Repeat 10-20 times per set.

Do 2 sets per session.

Do 1-2 sessions per day.



SHOULDER - 43

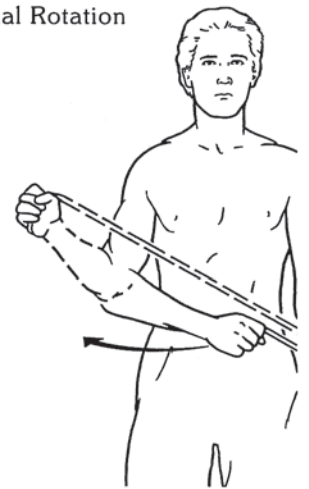
Strengthening: Resisted External Rotation

Hold tubing in RIGHT / LEFT hand, elbow at side and forearm across body. Rotate forearm out.

Repeat 10-20 times per set.

Do 2 sets per session.

Do 1-2 sessions per day.



SHOULDER - 44

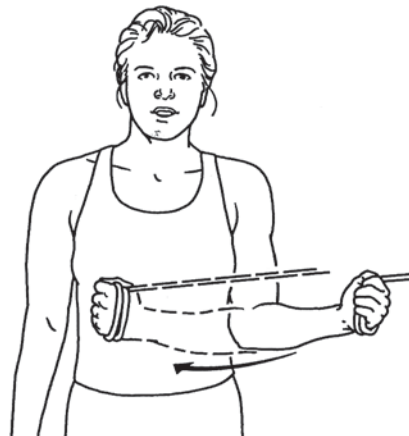
Strengthening: Resisted Internal Rotation

Hold tubing in RIGHT / LEFT hand, elbow at side and forearm out. Rotate forearm in across body.

Repeat 10-20 times per set.

Do 2 sets per session.

Do 1-2 sessions per day.



SHOULDER - 11

ROM: External Rotation (Alternate)

Keep palm of RIGHT / LEFT hand against door frame and elbow bent at 90°. Turn body from fixed hand until stretch is felt.

Hold 15 seconds.

Repeat 2 times per set.

Do 2 sets per session.

Do 1-2 sessions per day.

