

A person is shown from the chest up, performing a shoulder stretch. They are wearing a dark blue t-shirt and have their right arm raised, with their hand resting on their left shoulder. The background is a plain, light-colored wall. The entire image is framed by a white border.

THE
SHOULDER

STRETCH &
EXERCISE

PATIENT HANDBOOK

THE SHOULDER STRETCH & EXERCISE PATIENT HANDBOOK

The exercises in this booklet are to be performed with appropriate instruction and monitoring from a qualified health professional. This guidebook is meant to help in performing home exercises but is not meant to replace the necessary instruction needed to ensure these exercises are being performed properly. Some of these exercises may not be appropriate depending on your specific shoulder condition. If pain or discomfort should arise from performing any of these exercises, discontinue and consult a health care professional.

The home exercise program that has been recommended for you is a very important part of your care. Proper application of home exercises can make a considerable difference in restoring and maintaining the health of your shoulder. Make sure you find the time to perform the exercises that have been provided for you.

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Perform the shoulder stretches that have been marked with a check.

Range of Motion

- Pendulum Swings
- Shoulder Sawing
- Shoulder Rolls

Stretches

- Pec Stretch
- Triceps Stretch
- Elbow to Chest Stretch
- Overhead Stretch

Stretching should be performed with slow and smooth motions.

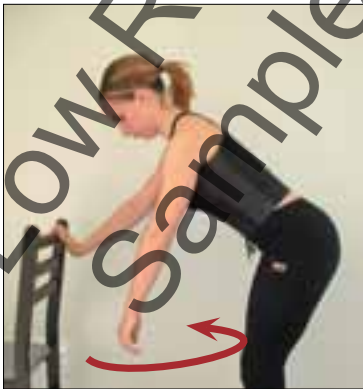
Stretching should not be painful.

It is recommended that you warm up your muscles with light exercises before beginning your stretches.

PENDULUM SWINGS

Lean forward supporting yourself with one arm. Let your other arm hang down. Allow your hanging arm to start swinging in small circles. Progress to larger and larger circles. As your shoulder strengthens, this exercise can be performed while holding a light weight.

X/day _____ Reps _____



Caution: If these exercises cause discomfort, discontinue and consult a health professional.

SHOULDER SAWING

Stand with your arm at your side and your elbow bent. Slowly bring your arm forward and backward in a sawing motion.

X/day _____ Reps _____



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SHOULDER ROLLS

Start with arms hanging loosely at your sides. Roll your shoulders forward, then up towards your ears, and then back as you pull your shoulder blades together. Return to starting position and repeat.

X/day _____ Reps _____



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PEC STRETCH

Standing in a doorway, place your forearms along the side of the door frame. Push your chest out through the doorway until you feel a light stretch throughout your chest. Hold for 15 sec. then relax.

X/day _____ Reps _____

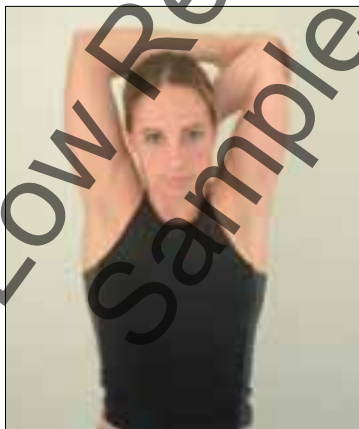


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TRICEPS STRETCH

Reach one arm above your head with elbow bent. Use your other hand to take hold of the elbow. Gently pull your elbow backwards until you feel a gentle stretch down the back of your arm. Hold for 15 seconds then relax.

X/day _____ Reps _____

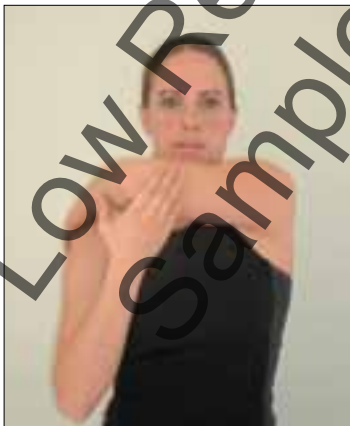


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ELBOW TO CHEST STRETCH

Reach one arm across the front of your chest. Use your other hand to take hold of the elbow. Gently pull your elbow backwards until you feel a gentle stretch. Hold for 15 seconds then relax.

X/day _____ Reps _____



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OVERHEAD STRETCH

Stretch out your arms in front of you and place your hands on the ground or wall. Gently lean your head down between your arms. Hold for 15 seconds and then relax.

X/day _____ Reps _____



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Perform the strengthening exercises that have been marked with a check.

Rotator Cuff Strengthening

- Internal Rotation
- External Rotation
- Supraspinatus

General Strengthening

- Wall Walking (Abduction)
- Wall Walking (Flexion)
- Shoulder Flexion
- Shoulder Extension
- Rhomboid Strengthening
- Pushups
- Deltoid Strengthening

INTERNAL ROTATION (BAND)

Stand with your elbow bent and arm at your side. Take hold of a tension band and pull it in toward your belly button. Keep your elbow tight at your side while doing this exercise.

X/day _____ Reps _____

 INTERNAL ROTATION (ISOMETRIC)

Stand next to a doorway with your arm at your side and elbow bent at a 90° angle. Place your hand on the wall as in the picture. Keeping your elbow at your side, push your hand into the wall as though trying to twist it in toward your belly button. Hold for 5 sec. and then relax.

X/day _____ Reps _____



Caution: If these exercises cause discomfort, discontinue and consult a health professional.

EXTERNAL ROTATION (BAND)

Stand with your elbow bent and arm turned in toward your belly button. Take hold of a tension band and pull it away from your belly button. Keep your elbow tight at your side while doing this exercise.

X/day _____ Reps _____

 **EXTERNAL ROTATION (ISOMETRIC)**

Stand next to a doorway with your arm at your side and elbow bent at a 90° angle. Place your hand on the wall as in the picture. Keeping your elbow at your side, push your hand into the wall as though trying to twist it away from your belly button. Hold for 5 sec. and then relax.

X/day _____ Reps _____



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SUPRASPINATUS

Start with your arm at your side and a ___lb. weight in your hand. Keeping your arm straight, raise your arm away from your side. As you do this, keep your thumb facing down. To best isolate the supraspinatus, your arm should be raised 30 degrees anterior to your body (see diagram A below). Slowly raise your arm to just below shoulder level, then slowly bring it back to your side.

X/day ___ Reps ___

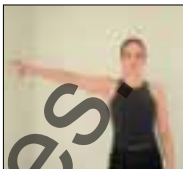


Caution: If these exercises cause discomfort, discontinue and consult a health professional.

WALL WALKING (ABDUCTION)

Standing next to the wall, reach out and touch the wall with your hand. Slowly walk your fingers up the wall. When you get to the top, slowly walk your fingers back down the wall.

X/day _____ Reps _____

 **WALL WALKING (FLEXION)**

Stand facing the wall. Slowly walk your fingers up the wall. When you get to the top, slowly walk your fingers back down the wall.

X/day _____ Reps _____

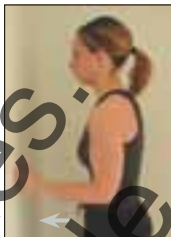


Caution: If these exercises cause discomfort, discontinue and consult a health professional.

SHOULDER FLEXION

Stand facing the wall. Make a fist and push your fist into the wall. Hold for 5 sec. and then relax.

X/day _____ Reps _____

 **SHOULDER EXTENSION**

Stand with your back against the wall and your elbow bent. Push the back of your arm into the wall. Hold for 5 seconds then relax.

X/day _____ Reps _____

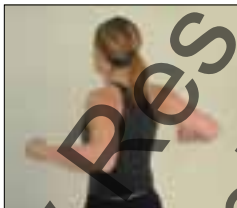


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RHOMBOID STRENGTHENING

Pull your elbows back as you squeeze your shoulder blades together. Hold for 5 sec. and then relax.

X/day _____ Reps _____

 **PUSHUPS**

Lying on the ground with your hands shoulder width apart, slowly straighten your arms to push yourself up off the ground.

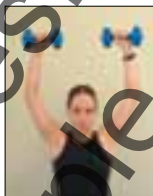
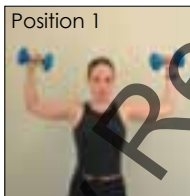
X/day _____ Reps _____



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DELTOID STRENGTHENING

Holding ____lb. weights in your hands, raise your hands into position 1 (shown below). Slowly straighten your arms over your head. Return to position 1. X/day ____ Reps ____



Hold ____lb. weights at your side. Slowly raise your arms to shoulder level. Slowly lower the weights back to your sides. X/day ____ Reps ____



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