

SHOULDER REHABILITATION

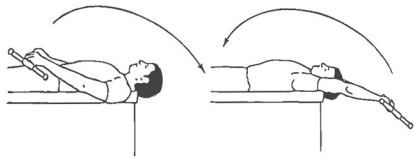
A guide for what to do when injury strikes you

Pendulum Swings



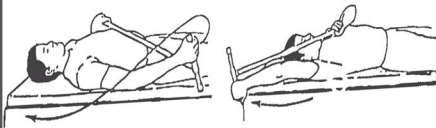
Use uninjured arm to support your body while bending over sturdy table. Allow injured arm to relax and hang straight down. Next, move arm back and forth and then side to side. Finally, swing arm in circles in both directions, slowly increasing the size of the circles. Begin with one set of ten repetitions for each motion, gradually working up to five sets.

Wand Flexion



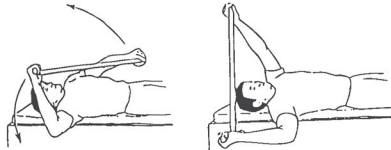
While lying on the floor or a bed, grip the T-bar in both of your hands. With both arms straight, slowly raise the T-bar over your head as far as possible and hold for five seconds. Return to the original position and repeat the exercise 10-15 times.

Wand Abduction



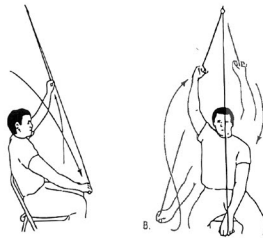
Place your injured arm at the side of your body while lying on the floor or a bed. Slowly straighten your arm, rotate your hand outwards and slide it away from your side as far as possible. (Use T-bar or your other hand to help move your injured arm). Hold it for five (5) seconds and the return to the original position. Repeat this exercise 10-15 times.

Wand Rotation



While lying on the floor or a bed, place your injured arm at a 90 degree angle to the side of your body with the elbow bent at 90. Grip the T-bar in the hand of your injured arm. Without changing the position of your elbow, use your uninjured arm to push your injured arm into external rotation. Hold for five (5) seconds and return to your original position. Repeat 10-15 times.

Rope & Pulley



Begin by positioning the rope & pulley in an overhead position in a doorway. Place a chair directly under the pulley with your back against the door jamb. Sit in the chair for the following exercise. Assisted flexion. Keeping your elbow straight with your back hand facing up, raise your injured arm as high as possible in front of your body. Hold for five (5) seconds. Using your uninjured arm for control, slowly lower the injured arm. Begin with one (1) set of ten (1) repetitions and gradually work up to five (5) sets.

Range of Motion Exercises

Progressive Resistance Exercises

REMINDER: this brochure is not intended to replace the advice of a physician and should not be used without orders from a physician.

Salt & Pepper



While standing, keep your elbow straight and the back of your hand facing upwards. Raise your injured arm as high as possible out in front of you.

Scarecrow



Super Scarecrow



External Rotation



Side External Rotation



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Associated Orthopaedics

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