



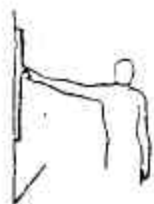
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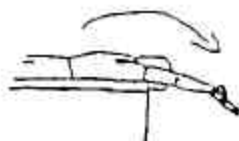
Shoulder Exercise Program



1. **Codman's Pendulum Swings:** Lean over table, supporting body with uninvolved arm. Let involved arm hang straight down in a relaxed position. Gently swing arm in circles clockwise and counterclockwise; then in a pendulum motion forward-backward and side-to-side. Repeat 30 times in each direction.



2. **Wall Ladder:** Stand next to wall ladder, brick wall, or louvered doors and use fingers of involved hand to "walk" up the ladder as high as possible and hold. "Walk" down ladder and repeat 3 - 5 times. Perform this exercise by facing ladder and also by standing next to ladder.



3. **Supine Flexion:** Lie on back and hold T-bar or broom stick with both hands at waist level, preferably with hands close together. Lift arms up over head as far as possible and hold for 5 - 10 seconds and return to start position. Repeat as directed. Weight may be added to T-bar.



4. **Bent Arm Flexion:** Rest involved arm in palm of uninvolved hand and slowly and gently lift involved arm forward and upward as far as possible. Hold and slowly return to start. Relax involved arm and shoulder as much as possible and lift with uninvolved arm. Repeat 30 times.



5. **T-Bar Flexion:** Loosely grasp end of T-bar or broom stick with involved hand and hold longer end with uninvolved hand. Use uninvolved hand to lift involved arm upward in front of body as high as possible, hold, and slowly lower. Involved arm may assist pain allows. Repeat 30 times.



6. **Active Flexion:** Stand with elbow straight and thumb pointing forward. Raise involved arm upward in front of body as high as tolerable, hold, and slowly lower. Repeat as directed.



7. **Bent Arm Extension:** Rest involved arm in palm of uninvolved hand and slowly and gently push involved arm backward as far as tolerable. Hold, then slowly return to start. Repeat 30 times.

8. **T-Bar Extension:** Loosely grasp end of T-bar with involved hand and hold longer end with uninvolved hand. Use uninvolved hand to lift involved arm backward behind body as far as tolerable, hold, then slowly return to start. Repeat 30 times.



9. **Prone Extension:** Lie on table on stomach with involved arm hanging toward floor. With thumb and arm rotated outward as far as possible, raise arm straight back toward hip. Do not go past parallel to floor. Hold, then slowly lower to start and repeat as directed.



10. **Bent Arm Abduction:** Rest involved arm in palm of uninvolved hand and slowly and gently lift involved arm outward to side of body as high as tolerable. Hold and slowly return to start. Relax involved arm and shoulder as much as possible and lift with uninvolved arm. Repeat 30 times.



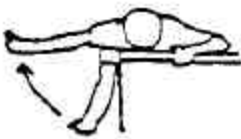
11. **T-Bar Abduction:** Loosely grasp end of T-bar with involved hand and hold longer end with uninvolved hand. Use uninvolved hand to lift involved arm outward to side of body as far as tolerable, hold, then slowly return to start. Repeat 30 times.



12. **Active Abduction:** Stand with elbow straight and thumb pointing outward.. Raise involved arm outward to side of body as high as tolerable, hold, and slowly lower. Repeat as directed.



13. **Prone Horizontal Abduction:** Lie prone on table. Rotate arm and thumb outward as far as possible. Raise arm out to the side. Do not raise higher than parallel to the floor. Hold, slowly return to start and repeat as directed.



14. **Adducted Internal/External Rotation:** With involved arm resting at side, flex elbow to 90°. Slowly rotate arm bringing hand across and in front of body to stomach as far as tolerable. Hold, then slowly rotate arm outward taking hand toward side of body as directed. Hold, then slowly return to start and repeat 30 times.

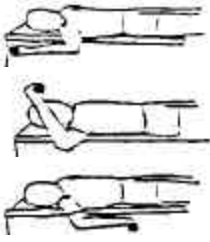


15. **Side Lying Internal Rotation:** Lying on involved side with elbow at side and flexed to 90°, slowly raise hand to stomach. Hold, then slowly return to start and repeat as directed.



16. **Side Lying External Rotation:** Lying on uninvolved side with elbow resting on chest and flexed to 90°, slowly raise hand up and away from body as far as possible, or as directed. Hold, then slowly lower and repeat as directed.





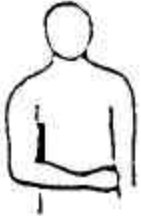
17. **Supine Internal/External Rotation:** Lie supine on table or floor with shoulder abducted to 90° with arm supported on table and elbow flexed. Slowly raise hand up and forward as far as possible. Hold for 1 - 2 seconds and slowly return to start. Attempt to place back of hand on table in “up” position and palm on table in “down” position. Repeat as directed.



18. **Supraspinatus:** Stand with elbow straight and arm rotated inward with thumb pointing down. Raise hand to eye level at 30° angle to body. Do not allow the hand to go above eye level! Hold, then slowly lower to start and repeat as directed.



19. **Shrugs:** Standing with arms at sides. Lift shoulders up toward ears and hold, then pull shoulders back, pinching shoulder blades together. Hold and relax. Repeat as directed.



20. **Towel Squeeze:** Fold a towel into eighths and place between chest and involved elbow. Slowly squeeze arm against towel and chest with forearm crossing in front of body at 45° angle. Hold isometric contraction for 5 - 10 seconds and relax. Repeat as directed.



21. **Supine Triceps Extension:** Lying flat on back with involved elbow bent near head. Rest involved hand on uninvolved shoulder. Slowly extend elbow as straight as possible without moving upper arm. Slowly return to start and repeat as directed.



22. **Standing Triceps Press:** Raise involved arm/elbow overhead with hand resting on shoulder. Provide support at elbow with opposite hand. Slowly straighten arm overhead, hold, and slowly return to start. Repeat as directed.



23. **Seated Dips:** Sit on edge of table or chair gripping sides of table with hands. Slowly straighten arms, lifting buttocks off of seat. Hold for 3 - 5 seconds and slowly lower to table. Repeat as directed.



24. **Chair Dips:** Place hands behind body on front edge of chair with legs out in front of body. Slowly lower body toward floor until upper arms are parallel to floor and no further. Lift body up, carefully arms, and hold. Slowly return to start and repeat as directed.



25. **Biceps Curls:** With arm straight and at side with palm facing forward, slowly flex elbow bringing hand up toward shoulder as far as possible. Hold, then slowly relax to beginning position. Repeat as directed.



26. Supine Press: Lie on back with elbows next to chest and flexed to 90°. Slowly raise and extend arm straight upward. Hold, then slowly return to start. Repeat as directed.



27. Progressive Push-Ups: Grip sides of sturdy stable or countertop with feet together about 3 - 4 feet from table. Slowly lower chest toward edge of table by bending elbows and without allowing chest to touch table. Slowly return to start position and repeat as directed. Progress by moving to shorter tables and eventually to floor.



28. Bent Over Rows: While bent over with back parallel to floor and arms hanging to floor, slowly pull arms up, bringing hands up to chest level. This motion is similar to using a cross-cut saw. Slowly lower arms to start and repeat as directed.

29. Ice: Apply ice to involved shoulder for 15 - 20 minutes before and after exercise to reduce swelling, pain, and the chance of aggravating the condition. This can be accomplished by use of ice bags, CryoCuffs, or ice massage. Ice massage is preferable if there are no open wounds and will take about 5 - 12 minutes.