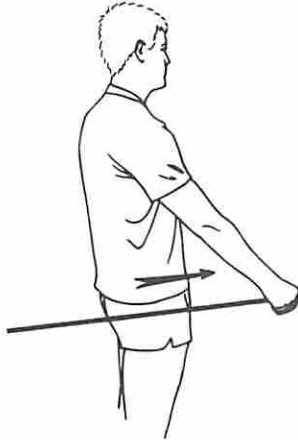


GENERAL SHOULDER STRENGTHENING

ACTIVE RESISTIVE FLEXION

Using tubing, start with arm at side and pull arm outward and upward. Move shoulder through pain free range of motion.

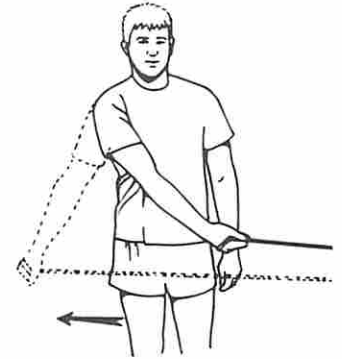
Repeat 10 times/set.
Perform 3 sets/session.
Perform 1 sessions/day.



ACTIVE RESISTIVE ABDUCTION

Using tubing, start with arm across body and pull away from side. Move through pain free range of motion.

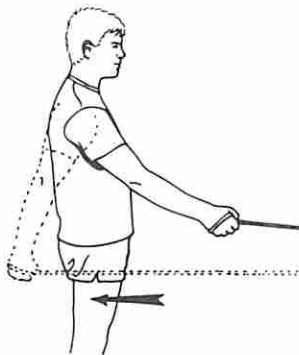
Repeat 10 times/set.
Perform 3 sets/session.
Perform 1 sessions/day.



ACTIVE RESISTIVE EXTENSION

Using tubing, pull arm back. Be sure to keep elbow straight.

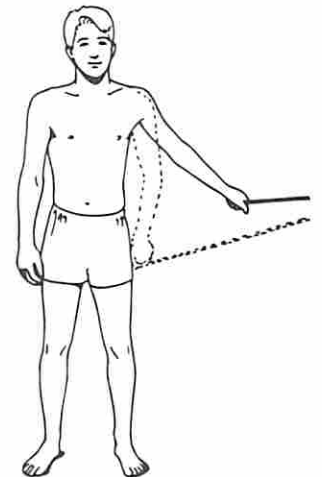
Repeat 10 times/set.
Perform 3 sets/session.
Perform 1 sessions/day.



ACTIVE RESISTIVE ADDUCTION

Using tubing, pull arm in toward buttock. Do not twist or rotate trunk.

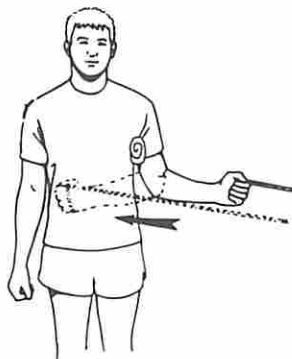
Repeat 10 times/set.
Perform 3 sets/session.
Perform 1 sessions/day.



GENERAL SHOULDER STRENGTHENING (CONTINUED)

ACTIVE RESISTIVE INTERNAL ROTATION

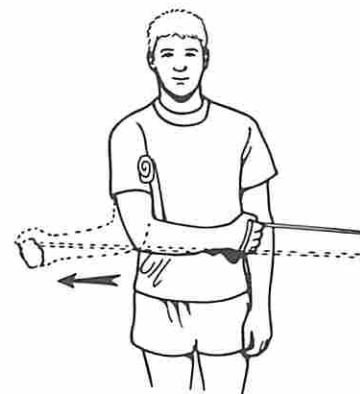
Using tubing, and keeping elbow in at side, rotate arm inward across body. Keep forearm parallel to floor. Be sure to place a small towel roll tucked in "arm pit."



Repeat 10 times/set.
Perform 3 sets/session.
Perform 1 sessions/day.

ACTIVE RESISTIVE EXTERNAL ROTATION

Using tubing, and keeping elbow in at side, rotate arm outward away from body. Keep forearm parallel to floor. Be sure to place a small towel roll tucked in "arm pit."



Repeat 10 times/set.
Perform 3 sets/session.
Perform 1 sessions/day.

REHABILITATION SERVICES

EAST MEADOW: 801 MERRICK AVENUE, EAST MEADOW, NY 11554 • PHONE: 516-393-8900 • FAX: 516-393-8969
FOREST HILLS: 69-67 108TH STREET, FOREST HILLS, NY 11375 • PHONE: 718-268-4932 • FAX: 718-268-2395
ROSLYN: EXPRESSWAY PLAZA 4, SUITE 110, ROSLYN HEIGHTS, NY 11577 • PHONE: 516-621-1170 • FAX: 516-621-1848

SHOULDER STRETCHING

(SELF-STRETCHING

ACTIVITIES):

FLEXION

(ALTERNATE)

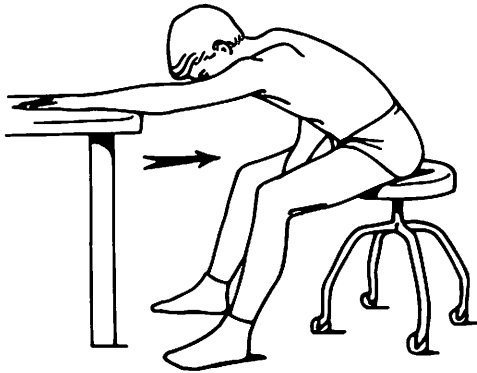
Slide arm up wall with palm toward you by moving closer to wall.

Hold 30 seconds.
Repeat 5 times/session.
Perform 2-3 sessions/day.



(SELF-STRETCHING ACTIVITIES):

FLEXION



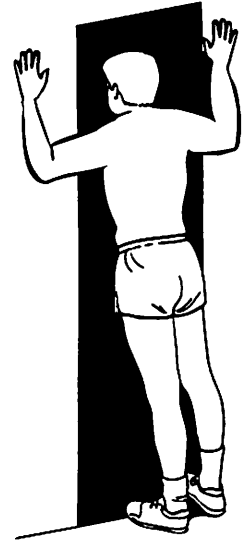
Sitting upright, slide forearm forward along table as you bend from the waist until a stretch is felt.

Hold 30 seconds.
Repeat 5 times/session.
Perform 2-3 sessions/day.

CHEST STRETCH

Stand facing corner or in doorway. Arms at shoulder height, forearms resting on wall and feet approximately 2-3 feet from the corner. Lean chest and body forward until a stretch is felt across chest.

Hold 30 seconds.
Repeat 5 times/set.
Perform 2-3 sessions/day.



(SELF-STRETCHING

ACTIVITIES):

EXTERNAL ROTATION

(ALTERNATE)

Keep palms of hand against door frame and elbow bent at 90°. Turn body from fixed hand until a stretch is felt.

Hold 30 seconds.
Repeat 5 times/set.
Perform 2-3 sessions/day.

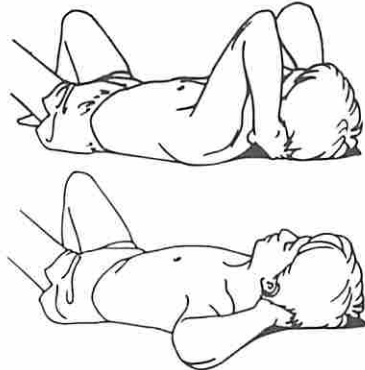


SHOULDER STRETCHING (CONTINUED)

RETRACTION IN EXTERNAL ROTATION

With fingers clasped behind head, pull elbows back while pinching shoulder blades together.

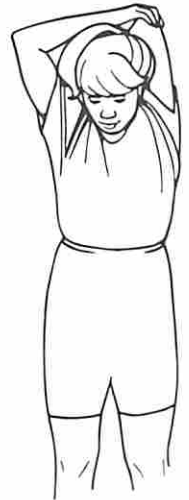
Hold 30 seconds.
Repeat 5 times/set.
Perform 2-3 sessions/day.



INFERIOR CAPSULE STRETCH

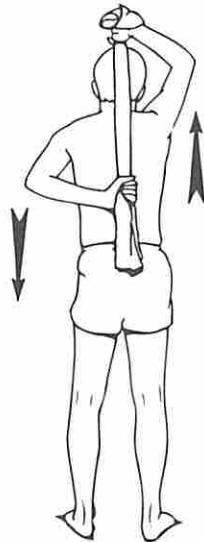
Gently pull on elbow with opposite hand until a stretch is felt in shoulder.

Hold 30 seconds.
Repeat 5 times/set.
Perform 2-3 sessions/day.



TOWEL STRETCHES FOR ROTATION

- A) Pull involved arm up behind back by pulling towel upward with uninvolvement arm.
- B) Pull uninvolvement arm down behind back by pulling towel downward with uninvolvement arm.
- C) and D) Reverse hand positions and repeat A and B.



Hold 30 seconds.
Repeat 5 times/set.
Perform 2-3 sessions/day.

POSTERIOR CAPSULE STRETCH

Gently pull on elbow with opposite hand until a stretch is felt in shoulder.

Hold 30 seconds.
Repeat 5 times/set.
Perform 2-3 sessions/day.



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