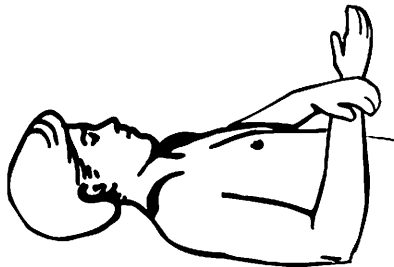


TOTAL SHOULDER PROTOCOL: ISOMETRICS

The next six exercises are designed to maintain muscle tone. It is important to note that in each isometric exercise no motion is allowed, i.e. motion is resisted and prevented by the good arm or an immovable object such as a door jamb or wall.

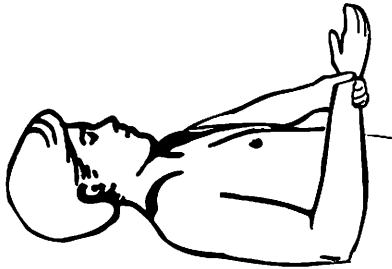
EXTERNAL ROTATORS

Lying on back—Elbow flexed to 90° and held close to body, grasp wrist of operated arm with good hand, attempt to move operated hand outward, resisting motion with the good hand. Do not allow the operated arm to move.



INTERNAL ROTATORS

Lying on back—Elbow flexed to 90° and held close to body, grasp wrist of operated arm with good hand, attempt to move operated hand inward, resisting any motion with the good hand.



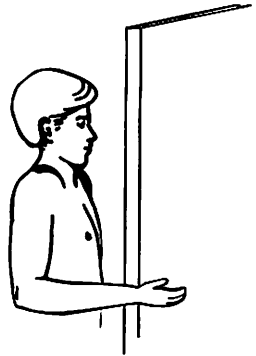
EXTERNAL ROTATORS

Standing—Elbow flexed to 90° and held close to body, attempt to push hand outward against door jamb.



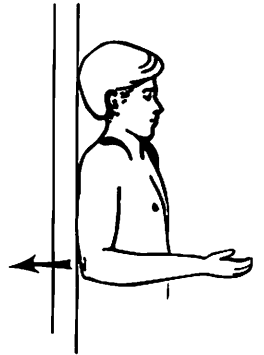
INTERNAL ROTATORS

Standing—Elbow flexed to 90° and held close to body, attempt to push hand inward against the door jamb.



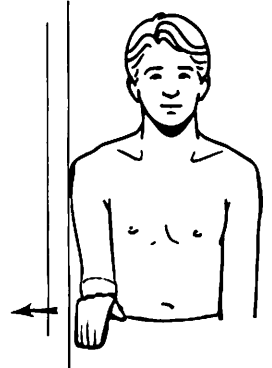
EXTENSORS

Standing—Elbow flexed to 90° and held close to body, attempt to press elbow backward against a wall.



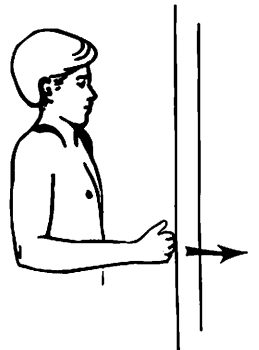
MIDDLE DELTOID

Standing—Elbow flexed to 90° and held close to body, attempt to move elbow out to side against a wall.



ANTERIOR DELTOID

Standing—Elbow flexed to 90° and held close against the body, push fist forward against a wall.



TOTAL SHOULDER PROTOCOL: STRETCHING EXERCISES PHASE III

RESISTED EXERCISES

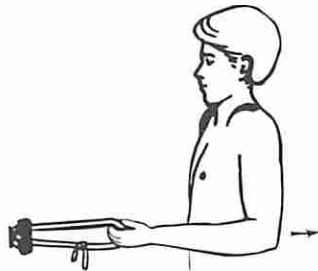
The following exercise program is a general guide that can be altered for special circumstances. It is designed to further strengthen the shoulder muscles and eliminate any remaining stiffness. Done only a few times a day, it will improve ultimate shoulder function.

STRENGTHENING EXERCISES

SHOULDER EXTENSION

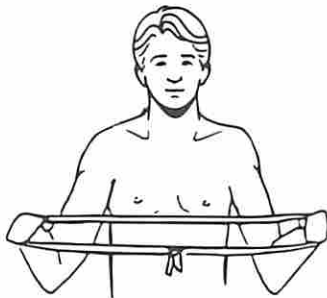
(POSTERIOR DELTOID)

With rubber tubing around door knob and elbow flexed to 90°, pull arm backward. Hold for five seconds.



EXTERNAL ROTATION

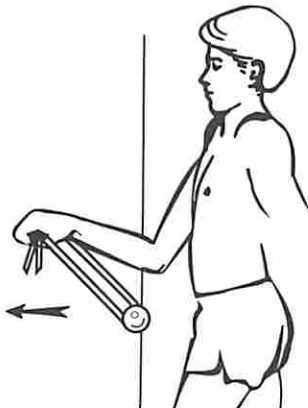
Both elbows flexed to 90°, stretch rubber tubing by pulling hands apart equally. Hold for five seconds.



FORWARD ELEVATION

(ANTERIOR DELTOID):

With rubber tubing around door knob and elbow flexed to 90°, push forward. Hold for five seconds.



AFTER A WARM SHOWER ONCE A DAY:

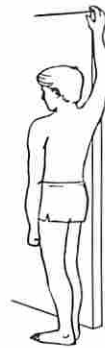
FORWARD ELEVATION

Lie on stomach face down and both arms outstretched overhead.



FORWARD ELEVATION

Stretch from the end of a door, bend knees.



EXTERNAL ROTATION

In a doorway, arms at side and elbows flexed 90°, lean forward.



EXTERNAL ROTATION

In a doorway, elbows at shoulder level, lean forward.

Other exercises to eliminate areas of stiffness (diagonals, etc.) may be added as needed.



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

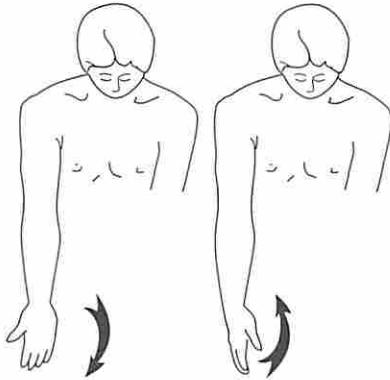
TOTAL SHOULDER PROTOCOL: STRETCHING EXERCISES

NEER PROTOCOL

These exercises should be done at least 4 times a day. Warm up first with a hot shower, heating pad, or hot water bottle. If you need pain medication, take it about one half hour before you exercise. You should have some pain with the exercises but it should last only 10 or 15 minutes. It should take only 10 or 15 minutes to do all your exercises.

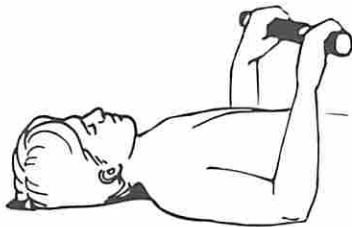
PENDULUM EXERCISES

Standing, bend over at the waist, make large circles with entire arm—
a) palm forward,
b) backward.



EXTERNAL ROTATION

Lying on back, elbows flexed to 90° and close to body, push operated hand outward with stick, good arm supplying the power.



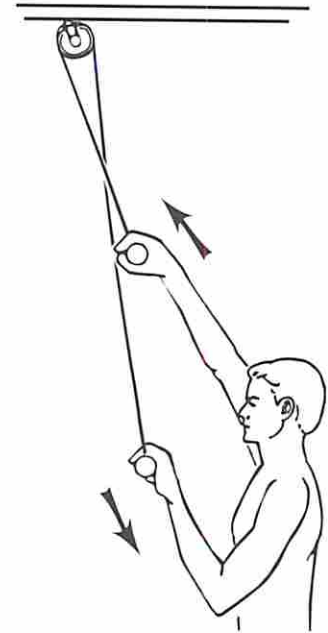
FORWARD ELEVATION

Lying on back, grasp wrist of operated arm with good hand and pull up toward the ceiling and then pull and stretch in an arc to the head of the bed.



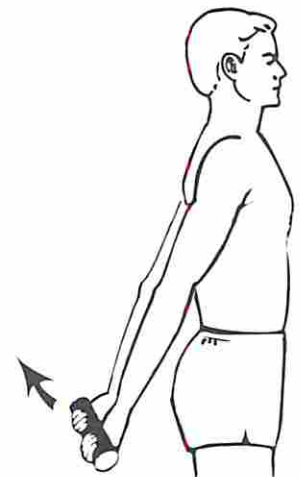
PULLEY EXERCISES

Standing, pull operated arm up as near to pulley as possible and stretch, good arm supplies the power. (Pulley must be 2 ft. or higher than good arm can reach when standing.)



EXTENSION

Standing, grasp stick with both hands behind your back, push backward and stretch, good arm supplying the power.



TOTAL SHOULDER PROTOCOL: STRENGTHENING EXERCISES

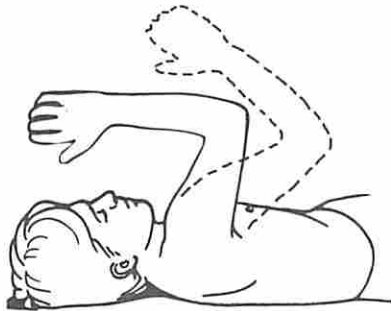
ACTIVE EXERCISES

The following exercise program is a general guide that can be altered for special circumstances. All exercises should be done in several short sessions daily. They are designed to strengthen the shoulder muscles, to maintain and continue to gain motion. Use of the arm in daily activities is recommended.

FORWARD ELEVATION

(ANTERIOR DELTOID)

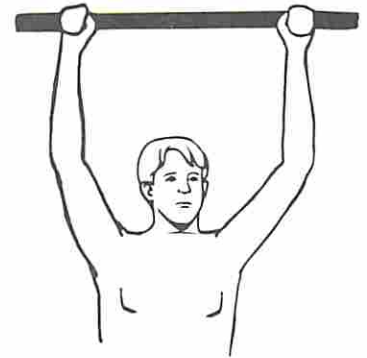
Lying on back—Hold hand overhead, with elbow flexed, then gradually lower it, trying to hold it with your muscles at various points in the range. When arm can be lifted overhead in a smooth arc with the elbow straight, progress to same exercise in sitting position.



FORWARD ELEVATION

(ANTERIOR DELTOID)

Standing—Grasp stick in both hands, push straight up overhead.



FORWARD ELEVATION

(ANTERIOR DELTOID)

Sitting at a table or desk—Slide arm forward and back. Progress by lifting arm upward off the desk at the end of the push forward.

