

A woman with dark hair, wearing a black tank top, is shown from the chest up. She is looking directly at the camera with a neutral expression. Her right arm is raised, and her hand is behind her head, with her fingers interlaced. Her left arm is also raised, with her hand near her right shoulder. The background is a solid, muted red color. The text is overlaid on the image in white and red.

**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.

**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 your muscles up 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.

/day \_\_\_\_\_ Reps \_\_\_\_\_

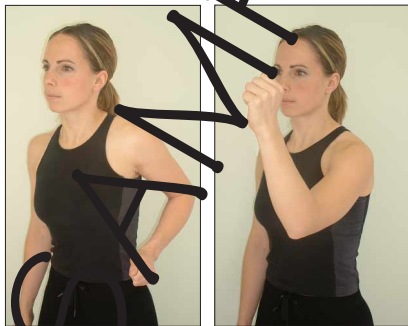


**Caution:** If these exercises cause discomfort, discontinue and consult a health professional.

## SHOULDER SAWING

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

X/day \_\_\_\_\_ Reps \_\_\_\_\_



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## SHOULDER ROLLS

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



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## PEC STRETCH

Standing in a doorway, place your forearms along the side of the door frame. Stick your chest out through the doorway until you feel a light stretch throughout your chest. Hold for 30 sec. then relax.

X/day

Reps



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## TRICEP STRETCH

Reach one arm above your head with elbow bent. Use your other hand to grasp 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.

Hold \_\_\_\_\_ Relax \_\_\_\_\_



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## ELBOW TO CHEST STRETCH

Reach one arm across the front of your chest. Use your other hand to grab 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.

1/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. Grab hold of a tension band and pull it in toward your belly button. Keep your elbow tight at your side while doing this exercise. Repeat.

X/day \_\_\_\_\_ Reps \_\_\_\_\_



## INTERNAL ROTATION (ISOMETRIC)

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

X/day \_\_\_\_\_ Reps \_\_\_\_\_

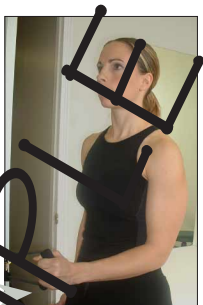


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**EXTERNAL ROTATION (BAND)**

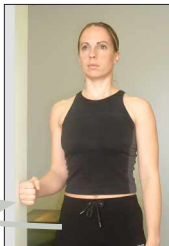
Stand with your elbow bent and arm turned in toward your belly button. Grab hold of a tension band and pull it away from your belly button. Keep your elbow tight at your side while doing this exercise. Repeat.

X/day \_\_\_\_\_ Reps \_\_\_\_\_

 **EXTERNAL ROTATION (ISOMETRIC)**

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

X/day \_\_\_\_\_ Reps \_\_\_\_\_

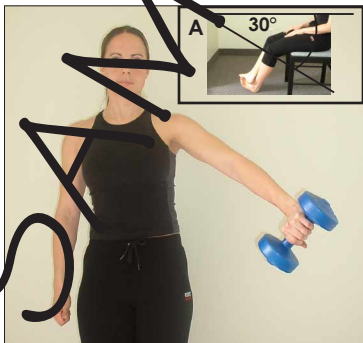


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## SUPRASPINATUS

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). Raise your arm slowly to just below shoulder level and then slowly bring it back to your side.

X/Day \_\_\_ Reps \_\_\_



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**WALL WALKING (ABDUCTION)**

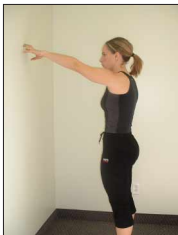
Standing next to the wall reach out to the side and touch the wall with your hand. Slowly walk your fingers up the wall. When you get to the top slowly walk your fingers back down the wall.

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 \_\_\_\_\_



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## 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 \_\_\_\_\_

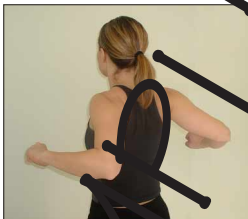


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## RHOMBOID STRENGTHENING

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

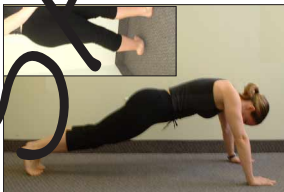
X/day \_\_\_\_ Reps \_\_\_\_



## 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 \_\_\_\_

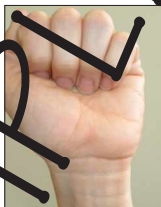
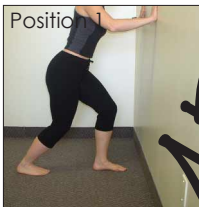


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## DELTOID STRENGTHENING

Holding \_\_\_\_lb. weights in your hands raise your hands into position 1 (shown below). Slowly straighten your arms out over your head. Return to position 1. Repeat. X/day \_\_\_\_ Reps \_\_\_\_



Start holding \_\_\_\_lb. weights at your sides. Slowly raise your arms to shoulder level. Slowly lower the weights back down to your sides. Repeat. X/day \_\_\_\_ Reps \_\_\_\_



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



