

SHOULDER

Exercises

These exercises are designed to stretch and strengthen your shoulders. Before beginning an exercise, read through all its instructions. While exercising, breathe normally and use smooth movements. If you feel any pain, stop the exercise. If pain persists, inform your health care provider.

PENDULUM EXERCISE

- 1 Step forward with your ____ foot and grasp the back of a chair with the hand on that same side. Let the other arm hang down.
- 2 Swing your free arm back and forth a few times, then in circles that start small and gradually grow larger.
- 3 Continue the circles for ____ seconds. Switch directions. Relax.
- 4 Repeat ____ times.
Do ____ sets a day.



CAUTION

- Keep your shoulders relaxed.
- Keep your back straight.

CANE STRETCH

- 1 Place the palm of your ____ hand over the end of a stick (you can use a broom or a cane). Grasp farther down the stick with your other hand, palm down.
- 2 Push the end of the stick up to your ____ side as far as you comfortably can. Hold for ____ seconds. Return to starting position.
- 3 Repeat ____ times.
Do ____ sets a day.



CAUTION

- Stand straight.
- Don't force the stretch.

CORNER STRETCH

- 1 Stand facing a corner, with one foot slightly in front of the other. With your elbows at shoulder level, place your forearms against each wall.
- 2 Lean into the corner until you feel a stretch across your chest. Hold for ____ seconds. Return to starting position.
- 3 Repeat ____ times.
Do ____ sets a day.



CAUTION

- Keep your ears, shoulders, and hips in line.

WALL PUSH-UP

- 1 With feet and hands shoulder-width apart, place the palms of your hands on a wall and stand about an arm's length away.
- 2 Keeping your knees straight and heels on the ground, bend your elbows and lean forward as far as you comfortably can. Then push away from the wall.
- 3 Repeat ____ times.
Do ____ sets a day.



CAUTION

- Wear shoes to keep you from slipping.

INTERNAL ROTATION

- 1 With knees bent, lie on your back on a firm surface. Grasp a ____-pound weight or soup can in your ____ hand. Bend that arm to a right angle (90 degrees), resting your elbow and forearm, palm up, on a pillow.
- 2 Keeping your elbow next to your side, raise your hand and forearm toward your stomach.
- 3 Slowly return your forearm to the pillow.
- 4 Repeat ____ times.
Do ____ sets.



CAUTION

- Support your head with a pillow.

EXTERNAL ROTATION

- 1 Lie on your ____ side with your head supported by a pillow or your arm.
- 2 Place a small, rolled-up towel under your top elbow. Grasp a ____-pound weight with your top hand and bend that arm to a right angle (90 degrees), resting your forearm against your stomach.
- 3 Keeping your elbow against the towel, slowly lift the weight until your forearm is slightly higher than your elbow. Return slowly to starting position.
- 4 Repeat ____ times.
Do ____ sets.

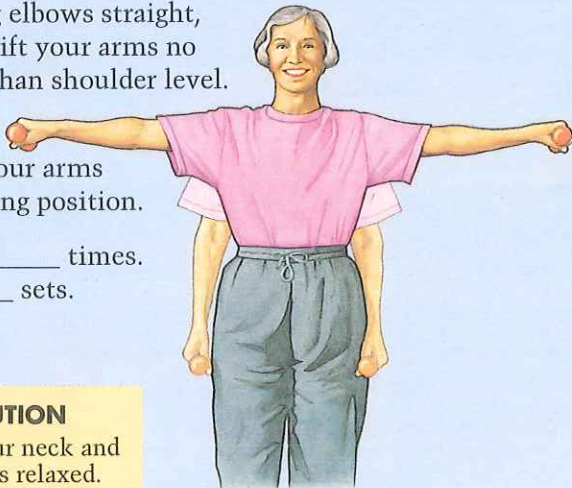


CAUTION

- Keep your elbow against the towel.

SIDE RAISE

- 1 Holding a ____-pound weight or soup can in each hand, stand with arms at your sides, palms facing your body.
- 2 Keeping elbows straight, slowly lift your arms no higher than shoulder level.
- 3 Slowly lower your arms to starting position.
- 4 Repeat ____ times.
Do ____ sets.

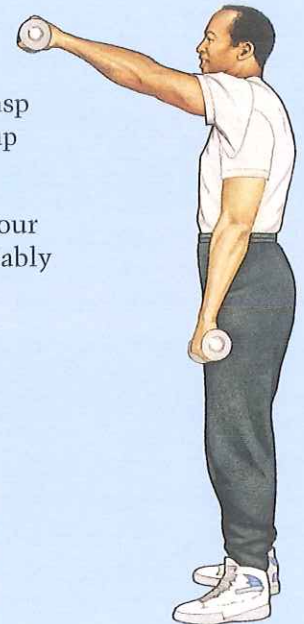


CAUTION

- Keep your neck and shoulders relaxed.

FRONT RAISE

- 1 Stand with palms back and hands at your sides. Grasp a ____-pound weight or soup can in your ____ hand.
- 2 Raise your arm in front of your body as high as you comfortably can, keeping your back and elbow straight. Return to starting position.
- 3 Repeat ____ times.
Do ____ sets.



CAUTION

- Keep your hand in front of your body.
- Keep your back straight and shoulders relaxed.