

Prepared for: _____

Prepared by: _____

Home Exercise Program for Shoulder Conditioning

- When performing the stretching exercises, you should stretch slowly to the limit of motion, taking care to avoid pain. If you experience pain with the exercises, call your doctor.
- For the exercises that use a stick, you may use a yardstick or stick of similar size.

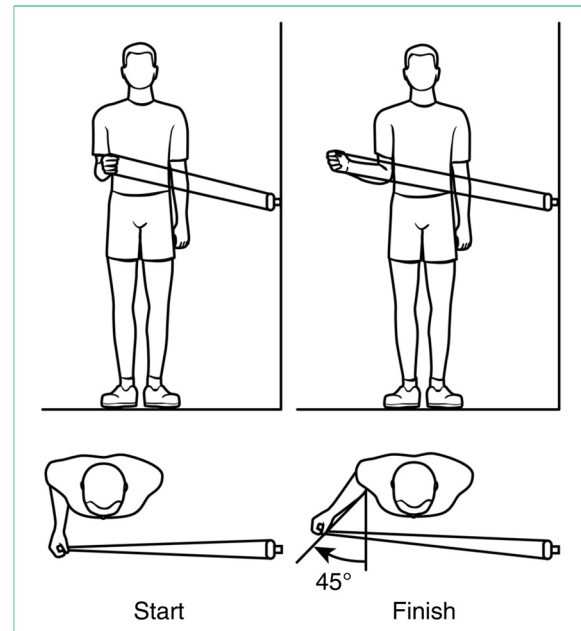
Strengthening and Stretching Exercises for the Shoulder

Exercise	Muscle Group	Number of Repetitions/Sets	Number of Days per Week
Strengthening			
External rotation	Infraspinatus Teres minor	8 repetitions/3 sets, progressing to 12 repetitions/3 sets	3
Standing row	Middle trapezius Rhomboid	8 repetitions/3 sets, progressing to 12 repetitions/3 sets	3
Internal rotation	Pectoralis major and minor Subscapularis	8 repetitions/3 sets, progressing to 12 repetitions/3 sets	3
Bent-over horizontal abduction	Middle and lower trapezius	8 repetitions/3 sets, progressing to 12 repetitions/3 sets	3
Elbow flexion	Biceps	8 repetitions/3 sets, progressing to 12 repetitions/3 sets	3
Elbow extension	Triceps	8 repetitions/3 sets, progressing to 12 repetitions/3 sets	3
External rotation with arm abducted 90°	Infraspinatus Teres minor	8 repetitions/3 sets, progressing to 12 repetitions/3 sets	3
Stretching			
Pendulum	General	10 repetitions/2 sets, progressing to 15 repetitions/3 sets	5 to 6
Passive internal rotation	Subscapularis Pectoralis major and minor	4 sets	5 to 6
Passive external rotation	Infraspinatus Teres minor	4 sets	5 to 6
Crossover arm stretch	Posterior deltoid	4 sets	5 to 6

Strengthening Exercises

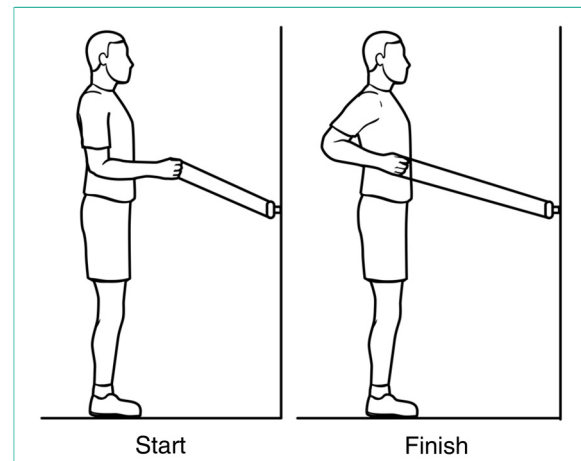
External Rotation

- Make a 3-foot-long loop with the elastic band and tie the ends together. Attach the loop to a doorknob or other stable object.
- Standing with your side to the wall, hold the loop, as shown in the start position.
- Keeping your elbow close to your side, rotate the arm outward slowly and then slowly return to the start position.
- Repeat on the other side.
- Perform 3 sets of 8 repetitions, progressing to 3 sets of 12 repetitions, 3 days per week.



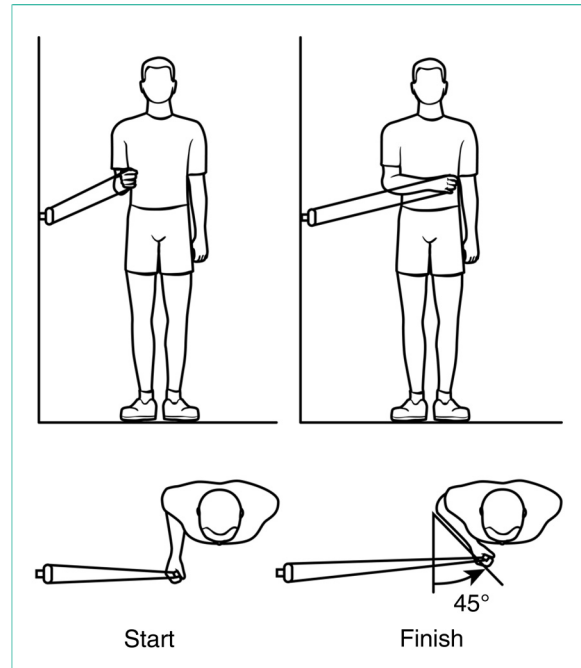
Standing Row

- Make a 3-foot-long loop with the elastic band and tie the ends together. Attach the loop to a doorknob or other stable object.
- Standing facing the wall, hold the loop as shown in the start position.
- Keeping your arm close to your side, slowly pull the arm straight back and then slowly return to the start position.
- Repeat on the other side.
- Perform 3 sets of 8 repetitions, progressing to 3 sets of 12 repetitions, 3 days per week.



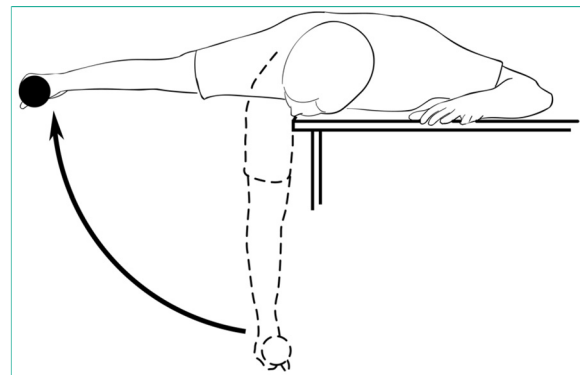
Internal Rotation

- Make a 3-foot-long loop with the elastic band and tie the ends together. Attach the loop to a doorknob or other stable object.
- Standing with your side to the wall, hold the loop as shown in the start position.
- Keeping your elbow close to your side, rotate the arm across your body slowly and then slowly return to the start position.
- Repeat on the other side.
- Perform 3 sets of 8 repetitions, progressing to 3 sets of 12 repetitions, 3 days per week.



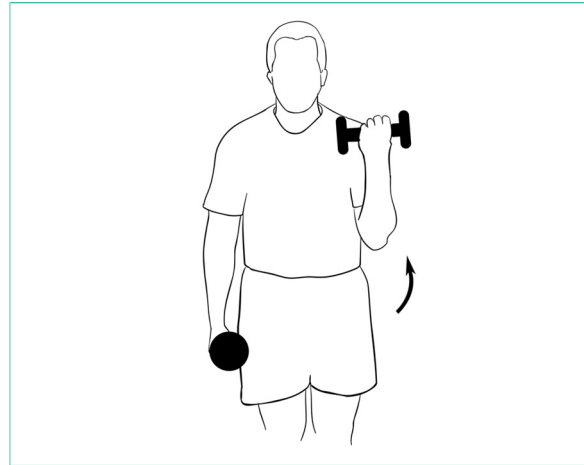
Bent-Over Horizontal Abduction

- Stand next to a table.
- Bend at the waist with your side supported on the table and the other arm hanging straight down and holding a light weight (up to 5 lb).
- Keeping the arm straight, slowly raise the hand up to eye level and then slowly lower it back to the starting position.
- Repeat on the other side.
- Perform 3 sets of 8 repetitions, progressing to 3 sets of 12 repetitions, 3 days per week.



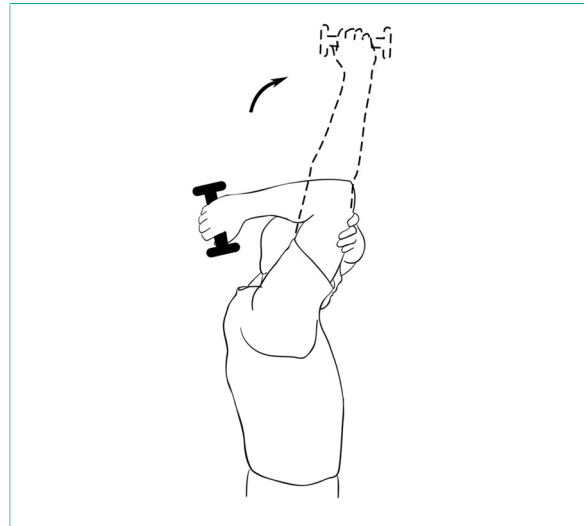
Elbow Flexion

- Stand with your weight evenly distributed over both feet.
- Holding a light weight (up to 5 lb) and keeping the arm close to the side, slowly bend the elbow up toward the shoulder as shown; hold for 2 seconds, slowly return to the starting position, and then relax.
- Repeat on the other side.
- Perform 3 sets of 8 repetitions, progressing to 3 sets of 12 repetitions, 3 days per week.



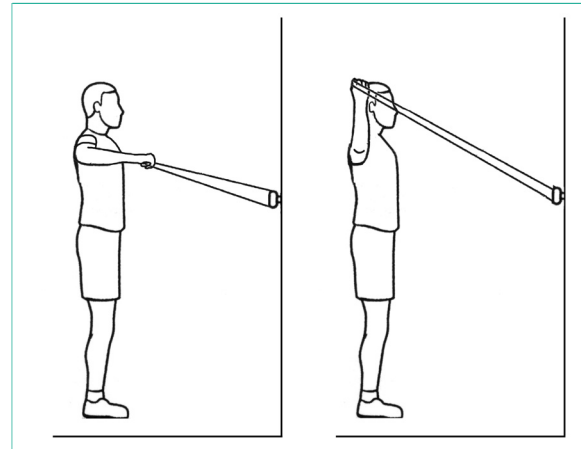
Elbow Extension

- Stand with your weight evenly distributed over both feet.
- Holding a light weight (up to 5 lb), raise your arm with the elbow bent and with your opposite hand supporting your elbow. Slowly straighten the elbow overhead, hold for 2 seconds, and then slowly lower the arm to the starting position.
- Repeat on the other side.
- Perform 3 sets of 8 repetitions, progressing to 3 sets of 12 repetitions, 3 days per week.



External Rotation With Arm Abducted 90°

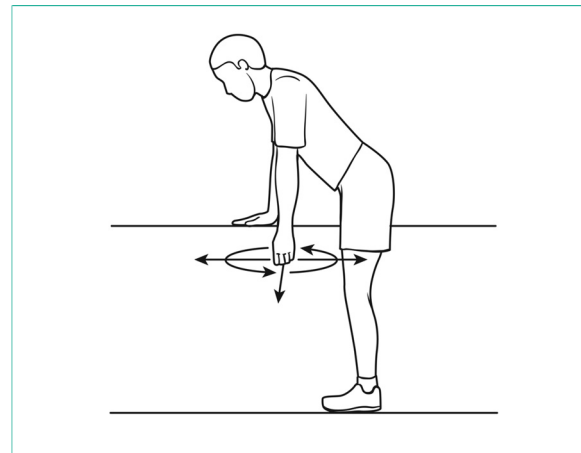
- Make a 3-foot-long loop with the elastic band and tie the ends together. Attach the loop to a doorknob or other stable object.
- Standing facing the wall, hold the loop as shown in the start position, with the arm held straight out from the shoulder and the elbow bent 90°.
- Keeping the shoulder and elbow level, slowly rotate the hand up from the elbow, and then slowly return to the start position.
- Perform 3 sets of 8 repetitions, progressing to 3 sets of 12 repetitions, 3 days per week.



Stretching Exercises

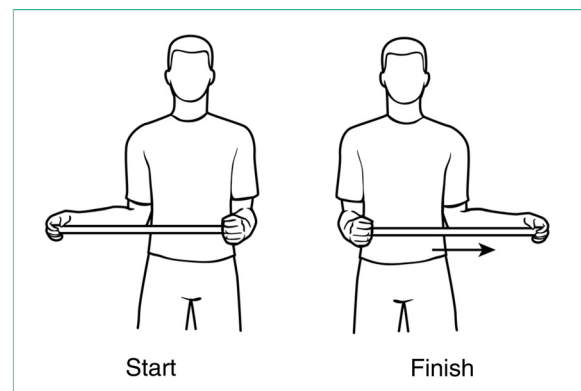
Pendulum

- Lean forward, supporting the body with one arm and relaxing the muscles of the other arm so that it hangs freely.
- Gently move the arm in forward-and-back, side-to-side, and circular motions.
- Repeat on the other side.
- Perform 2 sets of 10 repetitions, progressing to 3 sets of 15 repetitions, 5 to 6 days per week.



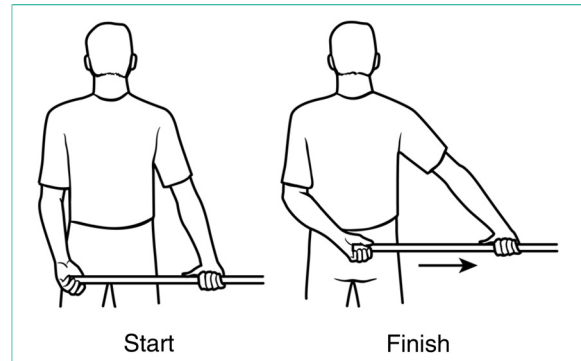
Passive External Rotation

- Grasp the stick with one hand and cup the other end of the stick with the other hand.
- Push the stick horizontally as shown, keeping the elbow against the side of the body so that the arm is passively stretched to the point of feeling a pull without pain.
- Hold for 30 seconds and then relax for 30 seconds.
- Repeat on the other side.
- Perform 4 sets, 5 to 6 days per week.



Passive Internal Rotation

- Behind your back, grasp the stick with one hand and lightly grasp the other end of the stick with the other hand.
- Pull the stick horizontally as shown so that the arm is passively stretched to the point of feeling a pull without pain.
- Hold for 30 seconds and then relax for 30 seconds.
- Repeat on the other side.
- Perform 4 sets, 5 to 6 days per week.



Crossover Arm Stretch

- Gently pull the elbow of one arm across the chest as far as possible without feeling pain.
- Hold the stretch for 30 seconds and then relax for 30 seconds.
- Repeat on the other side.
- Perform 4 sets, 5 to 6 days per week.

