



THUNDER BASIN ORTHOPAEDICS
— AND SPORTS MEDICINE —

Shoulder

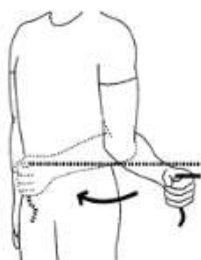
Home Exercise Program

Obtain resistant band, 1-5 pound weight, or may use a soup can. Perform 20 reps of each exercise and repeat 3 times.

Resistant Band Exercises:

1. Internal Rotation:

Secure elastic at waist level. Hold elbow at 90 degrees with arm at side. Pull hand across body towards midline.



2. External Rotation:

Secure elastic at waist level. Hold elbow at 90 degrees arm at side. Pull hand away from body.



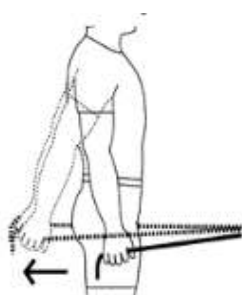
3. Forward Flexion:

Secure elastic at waist level. Arm at side fully extended. Pull hand forward keeping elbow straight.



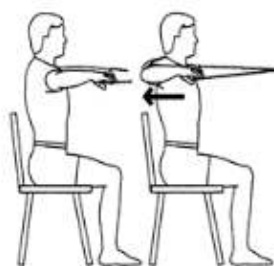
4. Extension:

Secure elastic at waist level. Place arm at side, fully extended. Pull hand backwards, keeping elbow straight.



5. Shoulder retraction

Attach band to secure object. With band in hands, sit in chair with proper posture. Squeeze shoulder blades together.



Weighted Exercises:

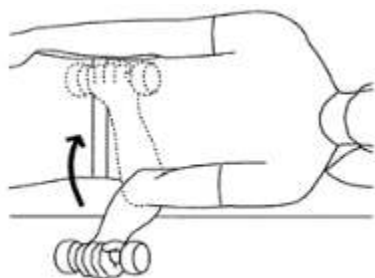
1. Forward Flexion:

Start with arm at side, elbow straight, and thumb up. Raise arm up to shoulder height, and if instructed, straighten arm overhead.



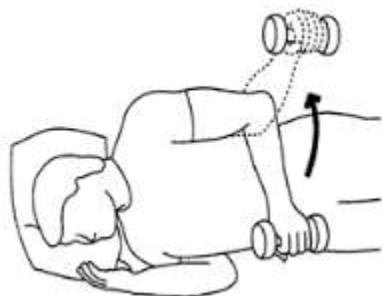
2. Internal Rotation:

Lie on involved side, elbow bent at 90 degrees, arm at side. With or without weight, pull hand inward across body.



3. External Rotation:

Lie on side, involved side up. Have arm at side, elbow bent, with or without weight. Move hand up, away from body, keeping elbow at side.



4. Abduction:

Hold arm at side, elbow straight, and palm facing forward. Raise arm upward to shoulder height out to the side.



5. Rows:

Slightly bend hips and knees and support upper body with other arm on chair or bench. Bend and lift arm up, raising elbow to shoulder height.



6. Shoulder Rolls:

Stand with arms at side, with or without weight. Raise shoulders upward towards ears, and roll backwards.

