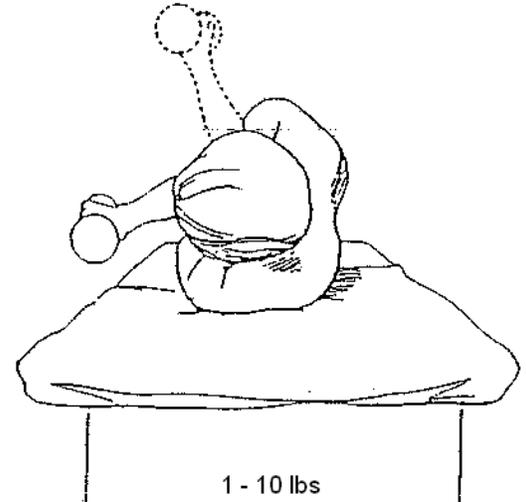
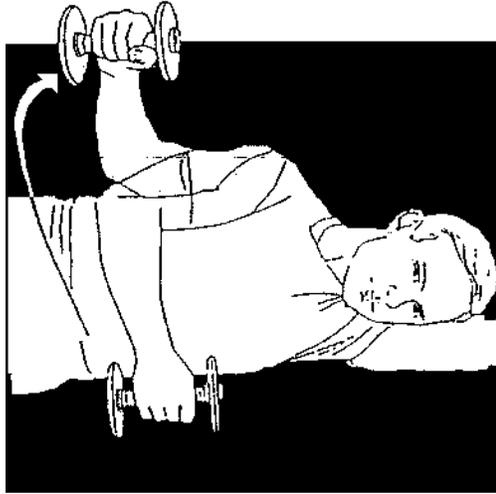


## SHOULDER EXERCISE PROGRAM

This exercise program targets the muscles of the rotator cuff and the muscles that stabilize the shoulder blade. These exercises are usually well tolerated even in sore shoulders, but should be done to your own level of comfort. Three sets of 10 – 15 repetitions are recommended for each exercise. They should be done every day or every other day.

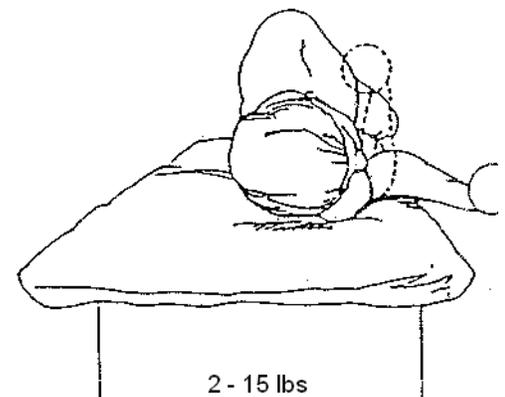
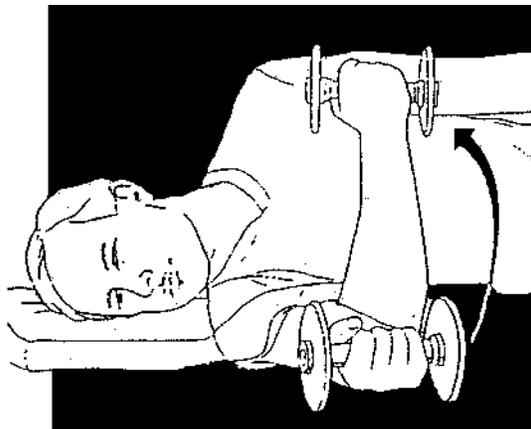
### External Rotation (Infraspinatus and teres minor)

1. Lie on the side opposite your injured arm.
2. Bring your arm to your side with the elbow bent 90°.
3. Lift your hand toward the ceiling, keeping your arm and elbow close to your trunk.
4. Return slowly to the starting position and repeat.



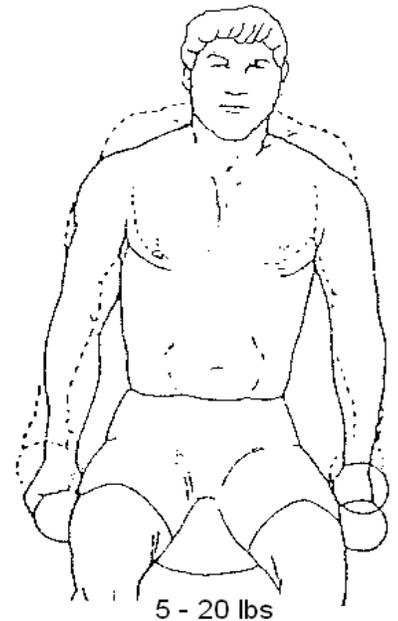
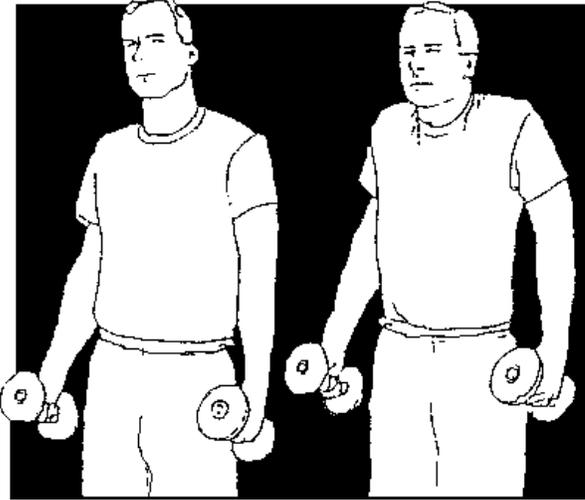
### Internal Rotation (Subscapularis)

1. Lie on the same side as your injured arm. Make sure your elbow is pulled out from underneath your side, slightly in front of your trunk.
2. Bring your dominant arm slightly forward and bend the elbow 90°.
3. Place a pillow or bolster under your chest.
4. Slowly lift your arm toward your chest. Keeping the elbow bent at 90°. Do not move your trunk. The movement should be confined to your shoulder.
5. Return slowly to the starting position and repeat.



## Shoulder Shrugs (Trapezius)

1. Stand with arms at your side, feet shoulder width apart
2. Shrug your shoulders, tilting them toward your ears. Keep the elbows flexed slightly throughout the exercise
3. Return slowly to the starting position. Begin the next repetition right away to avoid unnecessary traction on your shoulder.

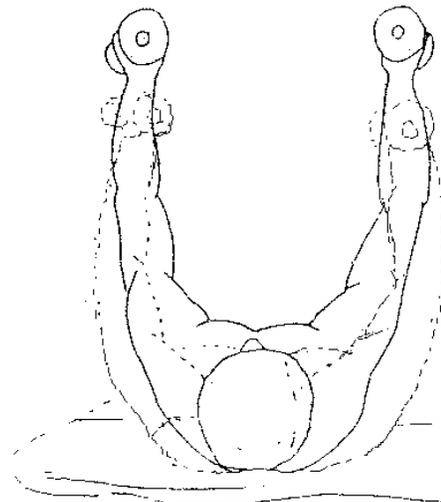
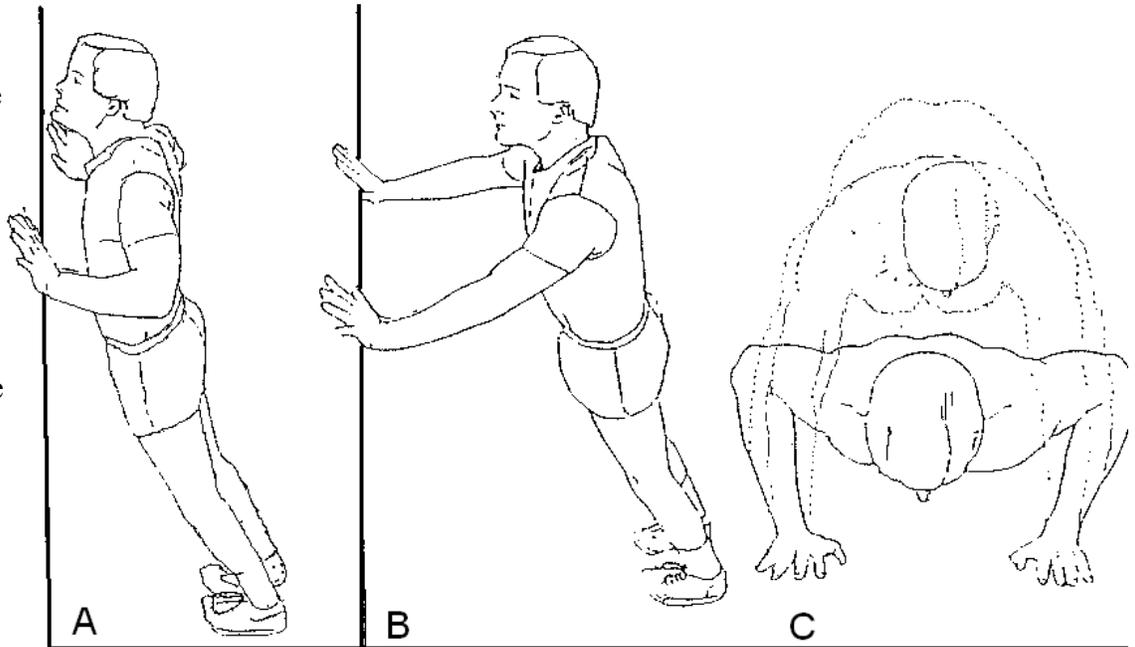


5 - 20 lbs

## PUSH-UP PLUS / PRESS PLUS (Pectorals, serratus anterior)

Push-ups strengthen the muscle groups in the chest and arms. They are started by leaning against the wall, and as strength increases, can be progressed to knee pushups or standard pushups on the floor.

1. Stand back from the wall and place your hands on the wall.
2. Bend your elbows until they are level with your shoulders.
3. Straighten your arms, keeping your back straight throughout.
4. The exercise is most effective when the push-up is exaggerated by bringing the shoulder blades forward as seen in "C".
5. Alternatively, the exercise can be done lying on the back (press plus) with the arm pointed up to the ceiling. The weight is pushed to the ceiling fully extending the shoulders forward. As seen in "D".



D

2 - 20 lbs

## ROWING (Rhomboids, middle trapezius)

Rowing strengthens the muscles of the upper back, especially the rhomboids. The exercise can be done with the use of a rowing machine or by the use of free weights, either lying on a table or standing with the body flexed at waist.

1. Lie face down on a table with your arm reaching down to the floor holding a weight.
2. Bring the weight up against the side of your body by bending at your elbow.
3. The exercise is most effective when the shoulder blades are brought together as the weight is lifted.
4. It is important to keep the elbow against the side of the body as the arm is lifted

