

## AT-HOME EXERCISES

# SHOULDER

### CERVICAL SPINE - Strengthening

#### Phase I: Shoulder Shrugs

Shrug shoulders up and down, forward and backward.

- Hold 15 seconds.
- Repeat 3 times.
- Do 2 sessions per day.

#### Phase II: Resistive Shoulder Shrugs

With surgical tubing/dumbbells medium lbs., shrug shoulders up and down, forward and backward.

- Repeat 15 times.
- Do 2 sessions per day.



### Corner Stretch

Standing in corner with hands at shoulder level and feet \_\_\_\_ feet from corner, lean forward until a comfortable stretch is felt across chest.

- Hold 15 seconds.
- Repeat 3 times.
- Do 2 sessions per day.

### Prone Scapular Stabilization

Raise both arms off of floor with \_\_\_\_ lbs. Keep elbows straight.

- Hold 15 seconds.
- Repeat 3 times.
- Do 2 sessions per day.



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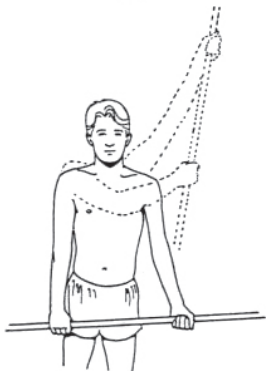
# SHOULDER



### Scapular Retraction in Ext. Rotation

With fingers clasped behind head, pull elbows back while pinching shoulder blades together.

- Hold 15 seconds.
- Repeat 3 times.
- Do 2 sessions per day.



### Shoulder Abduction: (Wand activities)

Holding wand with involved side palm up, push it directly out from your side with uninvolved side (palm down) until you feel a stretch.

- Hold 15 seconds.
- Repeat 3 times.
- Do 2 sessions per day.



### Progressive Resistive Exercises External Rotation (sidelying)

Raise arm up toward ceiling. Keep elbow bent and in at side.

- Repeat 15 times with low pounds.
- Do 2 sessions per day.

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### **Codman's Exercises: Pendulum (Clockwise/Counterclockwise)**

Let arm move in a circle clockwise, then counterclockwise by rocking body weight in a circular pattern.

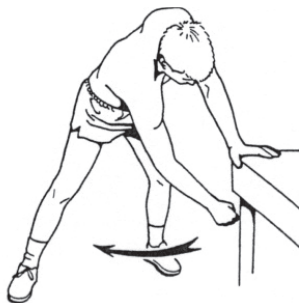
- Repeat 15 times.
- Do 2 sessions per day.



### **Shoulder Flexion: (Self-stretching activities)**

Sitting upright, slide forearm forward along table as you bend from the waist until a stretch is felt.

- Hold 10 seconds.
- Repeat 3 times.
- Do 2 sessions per day.



### **Codman's Exercises: Pendulum (alternate) (side-to-side)**

Gently move arm from side to side by rocking body weight from side to side. Let arm swing freely.

- Repeat 15 times.
- Do 2 sessions per day.



### **Shoulder Flexion: (alternate)**

Slide arm up wall with palm toward you by moving closer to wall.

- Hold 15 seconds.
- Repeat 3 times.
- Do 2 sessions per day.