

RESTORING SHOULDER FUNCTION

Shoulder exercises such as these are designed to help restore your shoulder's function. They may be assigned before or after surgery, depending on your injury. Follow all exercise instructions from your healthcare provider carefully.



Pendulum Exercise

1. Lean over with your good arm supported on a table or chair. Relax the arm on the injured side, letting it hang straight down.
2. Slowly move the relaxed arm in a small circle. Rotate 20 times. Reverse direction and repeat. Then, slowly swing the arm back and forth. Next swing it side to side.

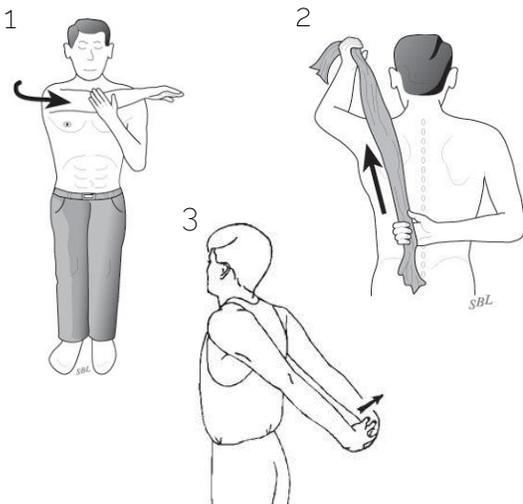
Note: Do this exercise 3 times a day. Do each arm movement 20 times in each direction.



Wall Walk

1. Stand with your injured shoulder about 2 feet away from the wall.
2. Raise your arm to shoulder level and gently "walk" your fingers up the wall as high as you comfortably can.
3. Hold for 10 seconds, then walk fingers back down. Repeat 3-5 times.

Note: Ask your healthcare provider if it's safe for you to do this stretch.



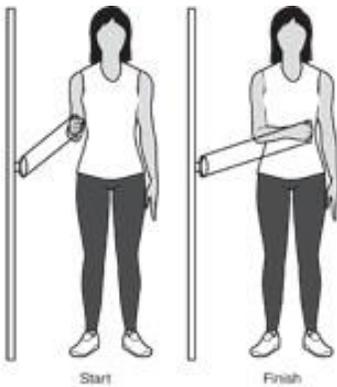
Pretzel Twists

1. Reach the injured arm over your good shoulder, keeping your arm level. Use the back of your good hand to **gently** press your injured arm toward your shoulder.
2. Reach behind your head with your good arm, holding a towel. Grasp the towel behind your back with your injured arm. **Gently** pull up with your good hand.
3. Place your hands together behind your body. **Gently** use your good hand to lift your injured arm up and back.

Note: Repeat each exercise 1 to 3 times, holding for 10-15 seconds.

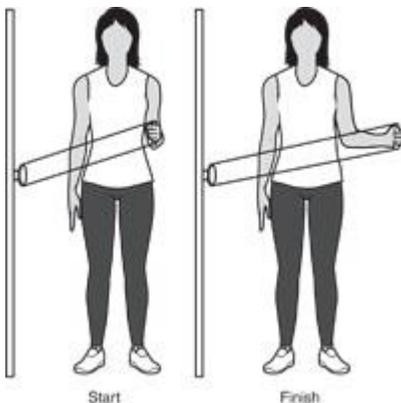
RESTORING SHOULDER STRENGTH

Exercises such as these might be assigned by your healthcare provider or physical therapist. They can help to strengthen your shoulder and protect it from future injuries. Again, be sure to ask your healthcare provider if exercises like these are right for you.



Internal Rotation

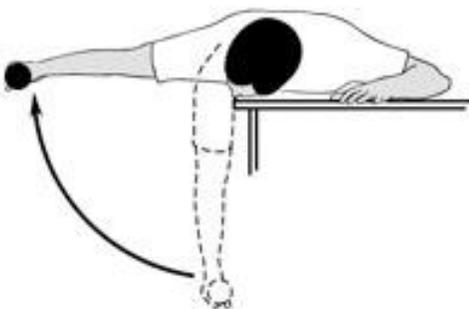
1. Attach rubber tubing or a bungee cord to a doorjamb or other stationary object.
2. Stand with your injured side **toward** the door – far enough away that the tubing is just starting to stretch.
3. Keeping your elbow against your side and your arm in an "L" shape, **slowly** pull the tubing across your body.
4. **Slowly** return to the starting position. Repeat 5-15 times.



External Rotation

1. Attach rubber tubing or a bungee cord to a doorjamb or other stationary object.
2. Stand with your injured side **away** from the door – far enough that the tubing is just starting to stretch.
3. Keeping your elbow against your side and your arm in an "L" shape, **slowly** pull the tubing away from your body.
4. **Slowly** return to the starting position. Repeat 5-15 times.

Scapular Stabilization



1. Lean over with your good arm supported on a table or chair. Relax the arm on the injured side, letting it hang straight down. Form your hand into a loose fist.
2. Keep your shoulder down and your arm straight. Lift your arm up and away from your body until it points straight out.
3. Hold for five seconds, then slowly lower your arm back to its starting position. Repeat 10 times.

Note: If your elbow starts to feel tired or sore, you can change your arm position. Flex the elbow gently inward, so the arm no longer makes a straight line.