

# Shoulder Rehabilitation

## Non-Operative Management

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## Introduction

Range of Motion— you should do this every day to help get your motion back.

Flexibility— you should do this every day to help stretch tight tissues.

Strengthening— you should do this 3 or 4 days each week to help get your strength back.

For most of the exercises you will do a certain number of repetitions (or reps) and a certain number of sets. **Example: 3 sets / 10 reps**

**Set 1:** Do the exercise 10 times and then rest for a few seconds

**Set 2:** Do the exercise 10 times and then rest for a few seconds,

**Set 3:** Do the exercise 10 times and then rest for a few seconds.  
Then move onto the next exercise.

**Pain** Exercises should NOT be painful. If they are, please stop and ask advice

**Time** Most shoulders take 3 to six months to achieve an excellent result. On some occasions - up to a year. Remember to be patient.

**Effort** A good result depends on the patient rebuilding a strong and functional shoulder.

This rehab program is designed to be done at home with minimal equipment. Many physiotherapists are experts at shoulder rehab. Please take this with you to your physio and discuss what is best for you. If you or your physio want further copies – we are happy to supply more

↓ The red arrows point to the injured shoulder in the pictures where it may not be clear.

## **Range of Motion Exercises**

**Do these every day**

### **1. Pendulum exercises.**

Move your body and let the movement of your body move your shoulder. Example: Rest your good hand on a table and bend over a little at your waist. Make circles with your hips/body which will cause your injured arm to make circles. Repeat this by moving your hips/body in different directions. **Do not use your shoulder muscles.** Do each motion 20 times.

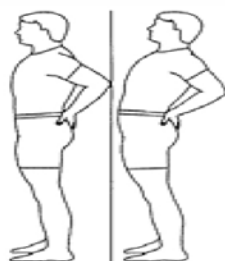


Let the injured arm hang over the side of the table. Make 20 small circles in one direction and then 20 small circles in the other direction. Make forward and backward motions 20 times and then side to side motions 20 times.

### **2. Posture exercises.**

These exercises should be done within the pain free range. In other words you should not have any pain while doing these exercises.

Do this exercise 20 times.

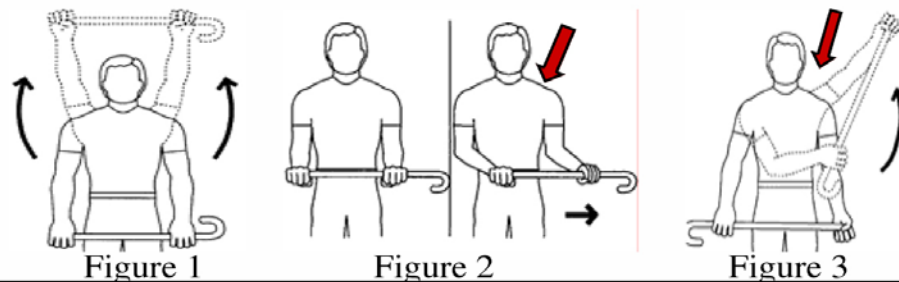


Put your hands on your hips, lean back and hold for 20 seconds.

### 3. Active assisted range of motion.

Use a cane/broomstick/pulley system so the good arm moves the injured arm.

Do 3 sets / 10 reps for each exercise



Lying on your back, hold the cane with both hands. Raise your arms using the good arm to help guide the injured arm (Figure 1). Next use the good arm to move the injured arm to the side (Figure 2). Lastly, use the good arm to move the injured arm up to the side and up (Figure 3). You may start to use your injured arm more as it starts to feel more comfortable. Again as you start to feel more comfortable you can also do these standing up.

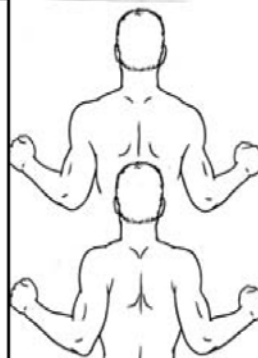
### 4. Active training of the scapula muscles.

Two exercises are shoulder shrugs and pinching your shoulder blades.

Do 3 sets/10 reps for each exercise.



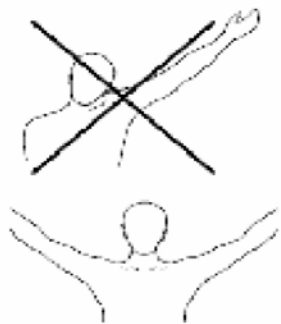
Shoulder Shrugs:  
Pull shoulders up and back and hold.



Pinch the back of the shoulder blades together using good posture.

**5. Active range of motion.** Raise your injured arm while looking at yourself in the mirror—be sure not to hike or raise your shoulder! You can place your hand (from your good arm) on top of your injured shoulder to make sure the muscles are relaxed.

Do 3 sets / 10 reps.



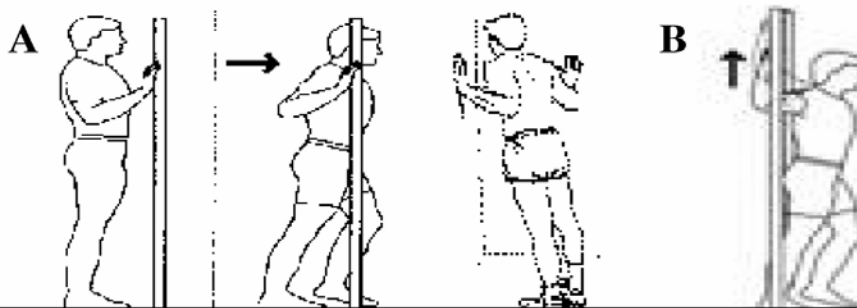
In front of a mirror practice raising your arm in front of your body without shrugging your shoulder.

### **Flexibility**

**Do these every day**

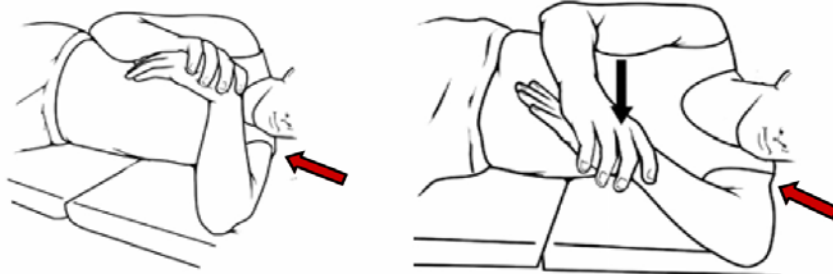
Hold each stretch for 30 seconds and rest for about 10 seconds in between. Repeat five times per day.

#### **1. Door Stretch.**



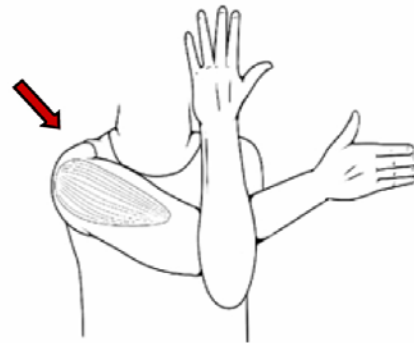
Place your hands or forearms at shoulder level on each side of a door frame or in a corner of a room (A). Lean forward into door or corner and hold. Next place your hands or forearms over your head on each side of the door, lean forward and hold (B).

## 2. Sleeper Stretch.



On a flat surface lie on your side with your injured shoulder down. Raise your arm to shoulder height and then bend your elbow. Use your good arm to push your forearm (of the injured shoulder) down towards the floor or bed.

## 3. Golfer Stretch.



Bring the injured arm across in front of body. Hold elbow with other arm (see picture). Gently pull your forearm (of your good arm ) towards your chest/face which will pull the injured arm across chest until a stretch is felt in the back of shoulder.



**4. Towel Stretch.** Place the hand of your good arm behind your neck and the hand of the injured shoulder by your back pocket. Grab a towel with both hands. Use the good arm to pull upward, bringing the injured arm up the back.



Hold your good arm over shoulder with towel as shown. Grasp the towel with your injured arm. Slowly pull upward with your good arm until a gentle stretch is felt.

### **Strengthening**

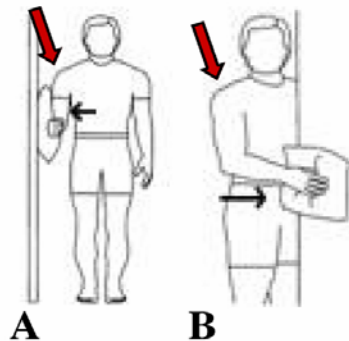
**Do these 3 to 4 times per week**

- Repetitions and/or resistance can be increased as tolerated.
- Be sure to use good form.
- If you have moderate or severe discomfort reduce the level of resistance or decrease the range of the exercise until it is comfortable.

### **Rotator Cuff Strengthening**

#### **1. Isometrics against a wall.**

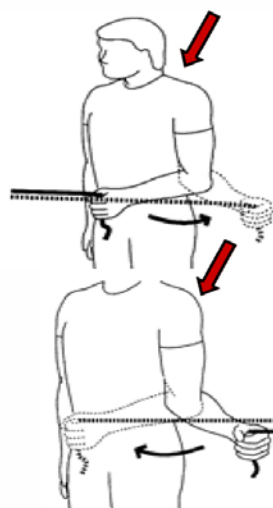
Do 3 sets / 10 reps.



Press the outside of your forearm against a wall (A) for 20 seconds. Relax. Next press the inside of your forearm against a wall (B) for 20 seconds. Relax.

## 2. Internal / External Rotation against resistance.

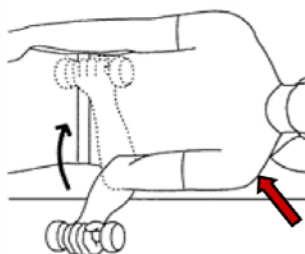
Stand up when using elastic bands or lie on side to use hand weights. If you are using elastic bands please tie them to a doorknob in order to secure them. Keep the arm against the body. Internally rotate against resistance for internal rotation. Externally rotate against resistance for external rotation. Do 3 sets / 10 reps.



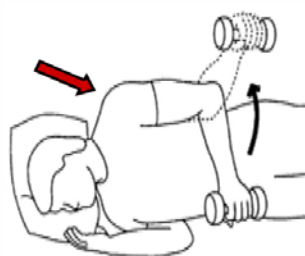
Secure elastic at waist level. Hold elbow at 90 degrees with arm at side. Pull hand away from body as shown.

Secure elastic at waist level. Hold elbow at 90 degrees arm at side. Pull hand across body as shown.

**OR**



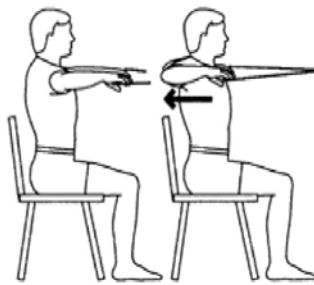
Lie on injured side, elbow bent at 90 degrees, arm at side. With or without weight, pull hand towards your belly.



Lie on side, injured side up. Arm at side, elbow bent, with or without weight, move hand away from your belly.

## Postural / Periscapular Muscle Strengthening

### 3. Rows: Do 3 sets / 10 reps.



**OR**

While sitting or standing, bring arms up to shoulder height and bend your elbows. Grab the elastic bands with both hands and try to pull the elastic cords back, pinching your shoulder blades behind you.

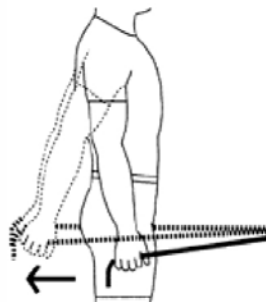
An upright row can be done with a hand weight.  
(If you do not have hand weights, use a can of soup).



Do one arm at a time. While standing lean over a table. Bend at waist. With your elbow bent raise your arm towards the ceiling, pulling your shoulder blade back.

### 4. Low Trapezius Exercise:

Do 3 sets / 10 reps.

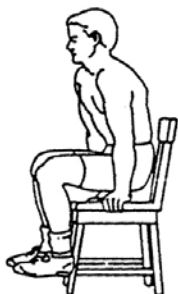


Stand straight up. Grab the elastic bands with both hands. Keep elbows straight and pull your arms backwards, trying to reach behind you.



## 5. Chair Press:

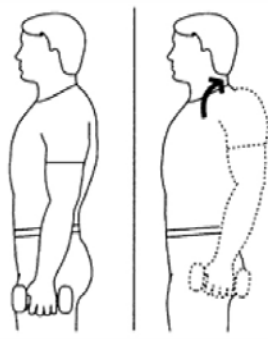
Do 3 sets / 10 reps.



While seated put your hands on the seat or on the arm rests. Then press down with your arms, lifting your body off chair. Try to keep your back straight.

## 6. Shrugs: Like the shoulder shrugs (page 5), except this time you use weights.

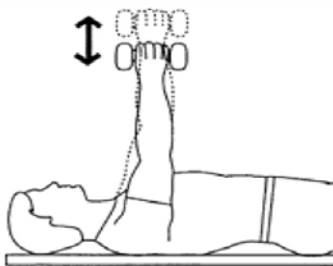
Do 3 sets / 10 reps.



Stand with weights in hands. Roll shoulders back and hold.

## 7. Press Up:

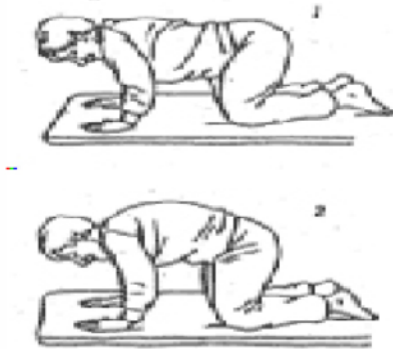
Do 3 sets / 10 reps.



Lie on back, elbow locked straight, arms stretched up towards the ceiling with weights in hands. Move/ Push arms up towards the ceiling as far as possible.

## 8. Push Up Plus:

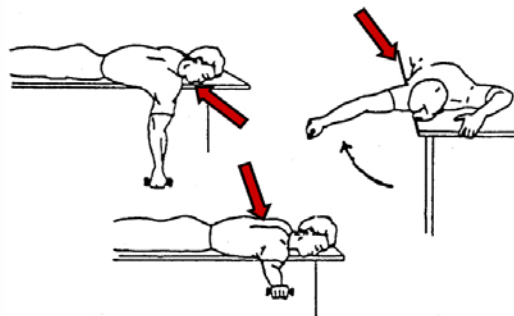
Do 3 sets / 10 reps.



Do a pushup (either on your hands or forearms) and then really push to bring your spine to the ceiling. Kneeling on the floor, place your hands or forearms on the floor. Start by doing a push-up, then round your back. Really push to try to touch your spine to the ceiling.

## 9. Posterior Deltoid:

Do 3 sets / 10 reps.



Lying on your stomach hang your arm over the side of the bed or couch. While holding a weight, bring the arm out to the side and hold for 20 seconds.

## Jackins' Exercises

If you have a hard time raising your arm, you should try these Jackins' exercises.

Do 3 sets / 10 reps. for each exercise.

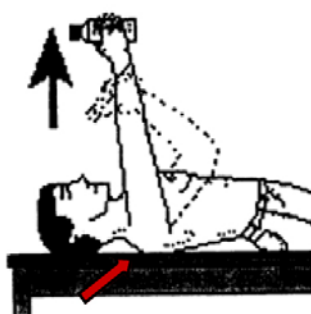


Figure 1



Figure 2



Figure 3

Begin by lying flat on your back (1). While lying on your back lift your injured arm over your head, using your good arm to help. Once this gets easier, try raising the injured arm by itself. Once this gets easier, try raising the injured arm with a small weight in your hand.

Once this gets easier raise your back by resting on pillows or sitting in a recliner (2) and start the whole process over. Keep raising your back and starting the process over again until you are standing straight up.