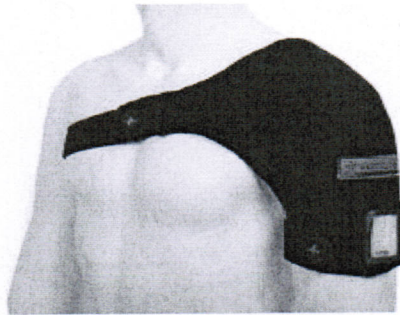


C. Christopher Stroud, MD
Shoulder Rehabilitation Program

Use heat prior to exercises – 10 minutes once per day

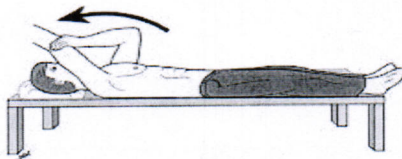
- May use a heating pad, warm washcloth, shower, or hot tub



Range of Motion / Stretching Exercises – 10 x each, 3 sets of 10 – once per day

- 2 exercises: Forward Flexion (lifting arm straight up in front of you) and Cross Body (stretching arm across your chest)
- If these exercises are painful, do not progress

Forward Flexion



Matsen Fig. 2-32



Cross Body

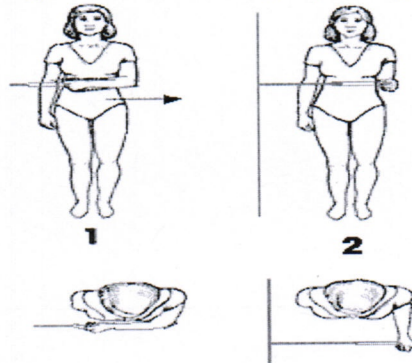


Matsen Fig. 2-37

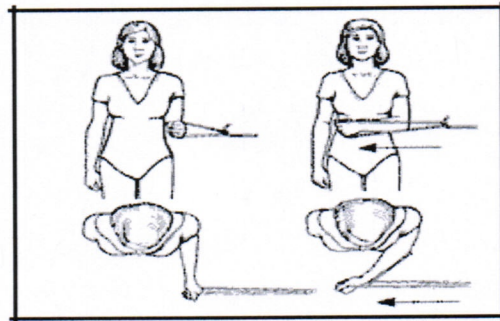
Strengthening Exercises – 10 x each, 3 sets of 10 – once per day

- 3 exercises: External Rotation (rotating arm out to the side), Internal Rotation (rotating arm in), and Abduction (raising arm out to the side)

External Rotation: Start with band across stomach and rotate the arm to neutral (straight out in front of you). Keep elbow against your body.



Internal Rotation: Start with the band hooked to a fixed object. Start in neutral (straight out in front of you) and bring your arm across your chest. Keep elbow against your body.



Abduction: Hold the band with your other hand or hold on the floor with your foot. Raise obliquely (on a diagonal) to the horizontal. Do not raise above shoulder level.



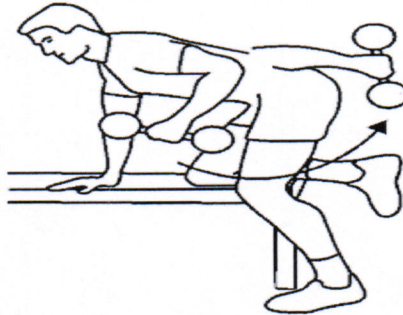
Strengthening Exercises – 10 x each, 3 sets of 10 – once per day

- 4 exercises: Elbow Flexion (curling the arm in), Elbow Extension (straightening the arm), and Deltoid Strengthening

Elbow Flexion (Biceps): Use a light weight (1-2 pounds) and add weight in 1-pound increments to a maximum of 5 pounds. You should feel this exercise in the front of your arm.



Elbow Extension (Triceps): Use a light weight (1-2 pounds) and add weight in 1-pound increments to a maximum of 5 pounds. You should feel this exercise in the back of your arm.



Deltoid Strengthening: Hold each position without a weight, using a wall for resistance. Hold for 10 seconds each time.

