

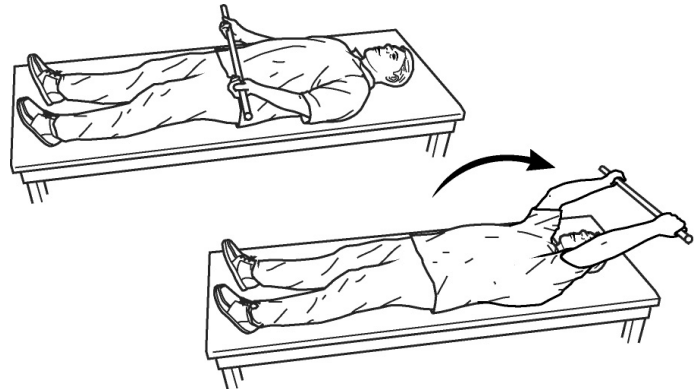
# Exercises to Strengthen Your Shoulder

- Do the exercises \_\_\_\_\_ times a day with:
  - Right arm
  - Left arm
  - Both arms
- Repeat each exercise \_\_\_\_\_ times.
- Hold each position for \_\_\_\_\_ seconds.
- If you prefer, the exercises done lying on a firm, sturdy table may also be done on the floor or on an exercise bench.

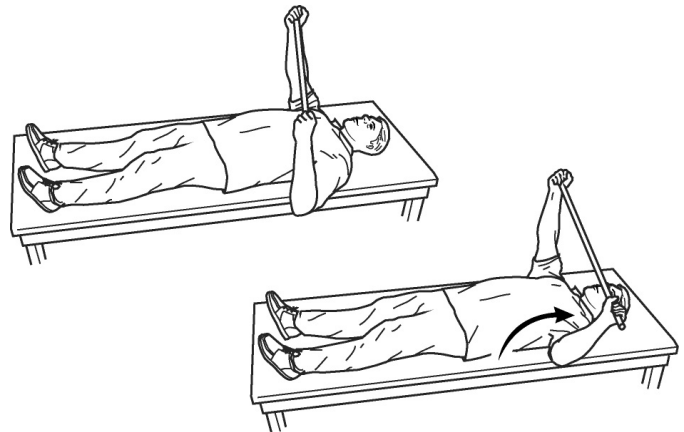
## With rod or cane

For each of the next three exercises, use a long dowel rod or cane.

- Lie on your back, holding the dowel with both hands from underneath.  
Have elbows straight and the dowel resting across your legs.  
Lift the dowel up over your head as far as you can.  
Hold. Slowly lower the dowel back down and relax, then repeat.



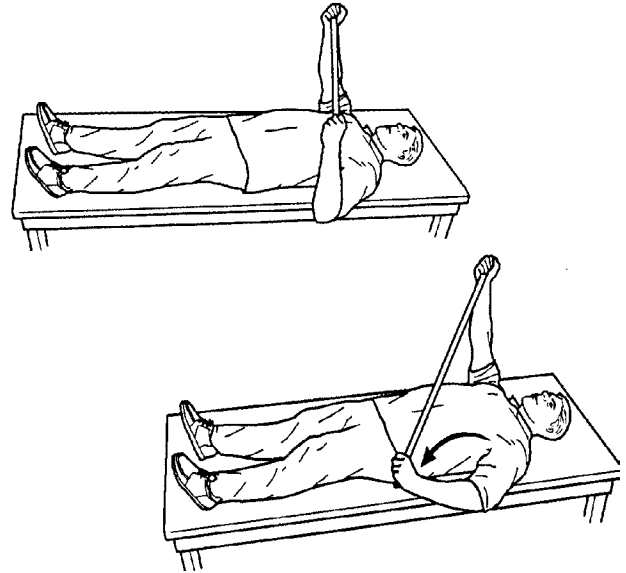
- Lie on your back with your hands wrapped over the top of the dowel.  
Have one arm slightly out from your body with the elbow bent 90 degrees.  
Using the other hand, push the dowel to move the hand up above the shoulder.  
Hold. Bring the arm back down and relax. Repeat.



- ❑ Lie on your back with your hands wrapped over the top of the dowel.

Have one arm slightly out from your body with the elbow bent at 90 degrees. Using the other hand, push the dowel to move the hand down toward your waist.

Hold. Return the arm to the start position and relax. Repeat.



## Without rod or cane

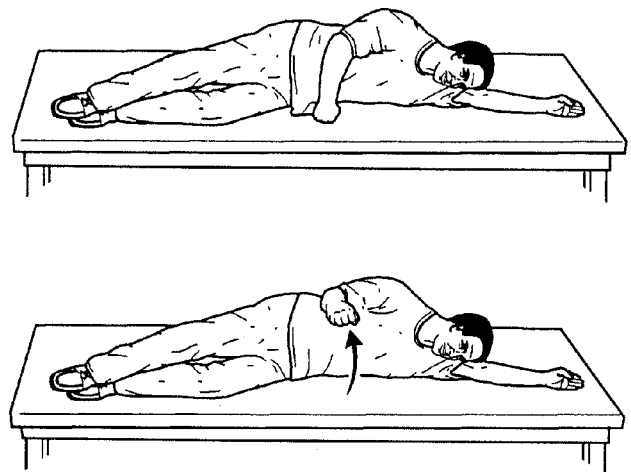
**Put the dowel rod or cane down for the next exercises. Your therapist may have you add light weights as your shoulder gets stronger.**

- ❑ Lie on your side. Have your bottom arm stretched above your head.

Have your upper arm at your side with the elbow bent at 90 degrees, so the hand is on the floor or table.

With the upper arm fixed at your side, raise your hand up to shoulder level.

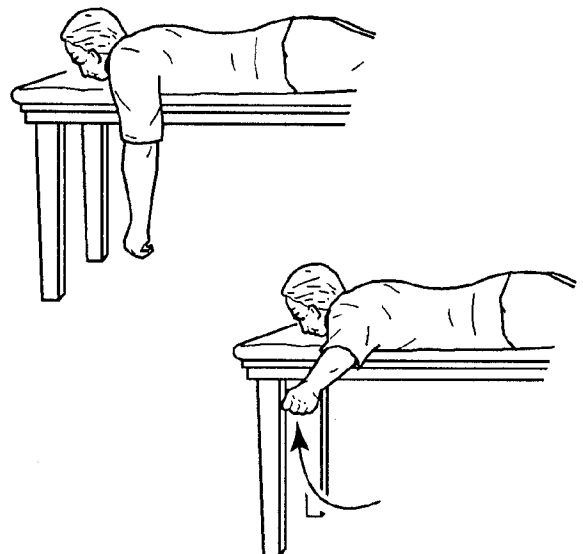
Hold and then lower to starting point. Relax and repeat.



- ❑ Lie face down on a table or bench. Have one arm hanging straight down to the floor.

Lift your arm out to your side until it is parallel to the floor.

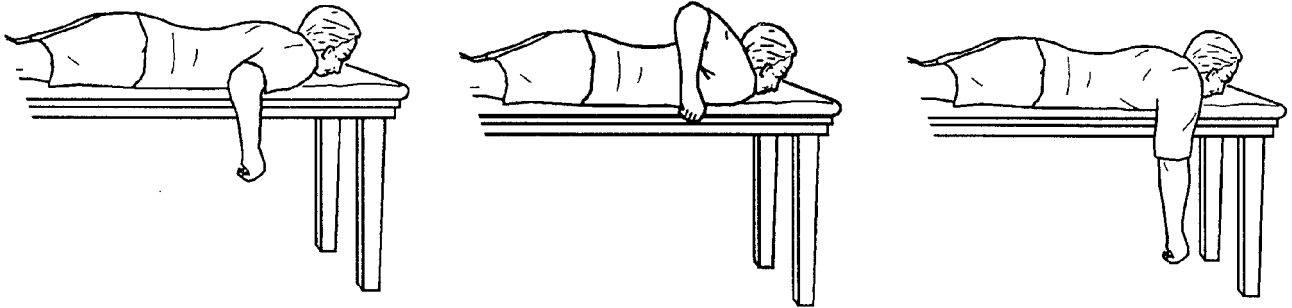
Hold and then slowly lower your arm. Relax and repeat.



- ❑ Lie face down on a table or bench. Have one arm hanging straight down to the floor with elbow straight.

Bend your elbow and slowly bring your elbow up as high as you can.

Hold and then slowly straighten your elbow back down. Relax and repeat.

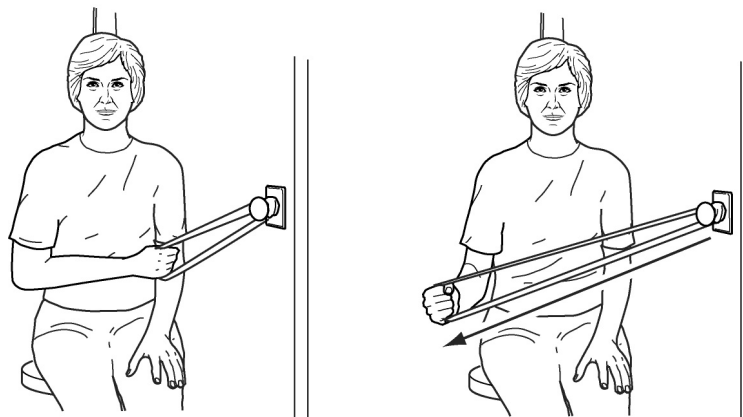


## With theraband or tubing

For the next two exercises, you can use a theraband or resistance tubing.

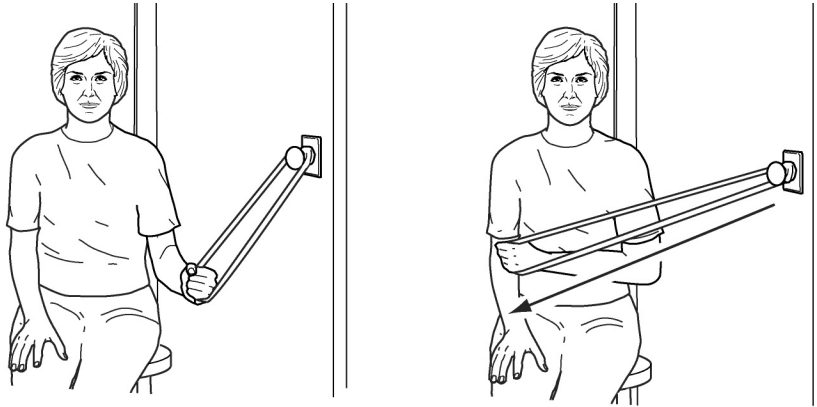
### ❑ Shoulder External Rotation:

- Attach the theraband or tubing at waist height.
- Stand or sit on a stool with arms at your sides.
- Hold the theraband in one hand with the elbow bent at 90 degrees and the arm across the front of your body.
- Pull the theraband out across your body, keeping the elbow at your side.
- Slowly return to the start. Relax and then repeat.



### ☐ **Shoulder Internal Rotation:**

- Attach the theraband or tubing at waist height.
- Stand or sit on a stool with arms at your sides.
- Hold the theraband in the hand closest to the side where the band is attached.
- With the elbow bent at 90 degrees and by your side, pull the theraband across the front of your body.
- Hold and then slowly return to the starting point. Relax and repeat.



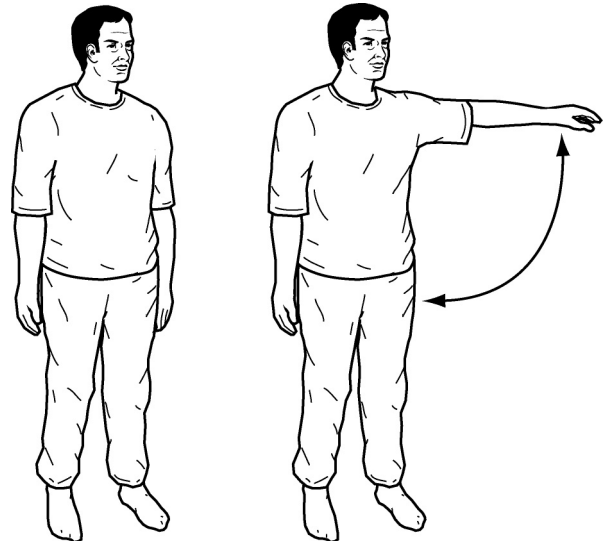
### **Without theraband or tubing**

**These two exercises are done without the theraband or tubing. As your shoulder gets stronger, your therapist may have you add light hand weights for these exercises.**

- ☐ Stand with your arms straight down at your sides and palms facing in toward your body.

Raise your arm out to your side, turning your palm up as your arm reaches shoulder height. Do not go higher than shoulder height.

Hold. Then slowly lower your arm and relax. Repeat.



- Stand with your elbows to your side and thumbs up.  
Raise your arm to shoulder level slightly out from your body.  
Hold and then slowly bring your arm down.  
Relax and repeat.

