









## Shoulder Stretches & Exercises

 <p>Place elbow next to ear and gently push arm down back. Hold for 20 seconds. Repeat 5 times</p>	 <p>Gently Slide hands up wall feeling stretch in underarms and shoulders. Hold for 20 seconds. Repeat 5 times</p>
 <p>Gently pull one arm across body. Use other arm to press in towards chest. Hold for 20 seconds. Repeat 5 times</p>	 <p>Bend elbow to 90 degrees and stick elbow into side. Use opposite hand to block the movement of your forearm away from your body. Hold tension for 10 seconds. Repeat 10 times</p>
 <p>Place pillow in between side and arm. Keep shoulders relaxed and squeeze arm against pillow. Hold for 10 seconds. Repeat 10 times</p>	 <p>Theraband: Keep arm straight. Slowly extend arm behind body- pause- Slowly return to starting position. Repeat 10 x 3</p>
 <p>Theraband: Keep arm straight. Gently pull band towards your body. Repeat 10 x 3</p>	 <p>Theraband: Elbow bent and tucked into side. Rotate palm to stomach. Repeat 10 x 3</p>

Routine For:  
Created By: **BILL PEROUTKA, MPT, ATC**

May 06, 2005

**SHOULDER - 43**  
Strengthening Activities: Active Resisted External Rotation

Using tubing, keep elbow in at side and rotate arm outward away from body. Be sure to keep forearm parallel to floor.



Repeat 30-90 times.  
Do 1-2 sessions per day.

**SHOULDER - 44**  
Strengthening Activities: Active Resisted Internal Rotation

Using tubing, keep elbow in at side and rotate arm inward across body. Be sure to keep forearm parallel to floor.



Repeat 30-90 times.  
Do 1-2 sessions per day.

**SHOULDER - 49**  
Strengthening Activities: Active Resisted Diagonal

Using tubing, start with arm across body, palm facing backward. Pull arm across body and over head so palm now faces forward.



Repeat 30-90 times.  
Do 1-2 sessions per day.

**SHOULDER - 52**  
Strengthening Activities: Resisted Diagonal Shoulder Extension

Grasp tubing with arm above and behind you. Bring arm down across body. Return slowly to starting position.



Repeat 30-90 times.  
Do 1-2 sessions per day.

**SHOULDER - 55**  
Functional Pattern Strengthening Activities: Serving/Throwing

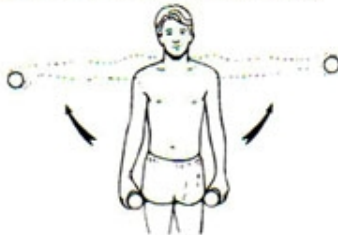
With tubing behind, pull across body as though serving in tennis or throwing a ball.



Repeat 30-90 times.  
Do 1-2 sessions per day.



**SHOULDER - 67**  
Progressive Resisted Exercises: Abduction (standing)



Holding 0-5 lb weights, raise arms out to sides.  
Repeat 10-30 times. Do 1-2 sessions per day.

**SHOULDER - 68**  
Progressive Resisted Exercises: External Rotation (side-lying)



Holding 0-5 lb weight, raise arm toward ceiling. Keep elbow bent and in at side.  
Repeat 30-90 times. Do 1-2 sessions per day.

**SHOULDER - 69**  
Progressive Resisted Exercises: Internal Rotation (side-lying)



Holding 0-5 lb weight, bring arm up toward body, keeping elbow bent and in at side.  
Repeat 30-90 times. Do 1-2 sessions per day.

**SHOULDER - 74**  
Supraspinatus Strengthening

Raise arm diagonally from hip to just below shoulder level. Keep elbow straight and thumb pointing down.



Repeat 10-30 times per set.  
Do 1 sets per session.  
Do 1-2 sessions per day.

**SHOULDER - 75**  
Scaption with External Rotation

Raise arm diagonally from hip. Keeping elbow straight and thumb pointing up, raise arm above head.



Repeat 10-30 times per set.  
Do 1 sets per session.  
Do 1-2 sessions per day.

**SHOULDER - 76**  
Prone Horizontal Abduction with External Rotation

Raise arms straight out to sides, bringing shoulder blades closer together. Keep elbows straight and thumbs up.  
Repeat 10-30 times per set. Do 1 sets per session.  
Do 1-2 sessions per day.

