

# Shoulder Exercises

## 1. Posture

- Chest Bone UP
- Shoulder Blades BACK
- Ears over shoulders

Hold for at least 10s, many times a day. When walking, rotate your shoulders so that your thumbs point AWAY from your body for short periods of time.



## 2. Pendular Exercises

- Support your body weight on a table
- Let your arm hang towards the floor
- Rock your body back and forth to move your arm in circles
- Repeat as needed to decrease pain



## 3. Neck Stretch

- Reach to the floor, and on the other side, move your ear towards your shoulder
- Hold for 20 to 30s, repeat 2x each side
- If comfortable, you may rest your hand on your head to increase the stretch (picture)

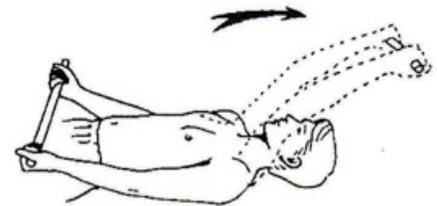


## 4. Shoulder Movement Exercises

- Lay on your back and use a dowel (broom, cane) for the movement. Adjust hand position for no pain. Repeat each movement 10x, for 3 to 4 minutes total (alternate exercises)

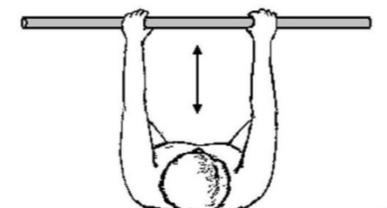
### a. Shoulder Press:

- Press up towards the ceiling and back down



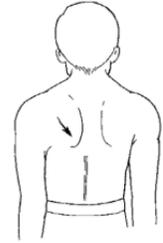
### b. Shoulder Flexion:

- Bring arms up overhead, as far as comfortable. Slowly progress to increase the arc of movement. Then progress to a standing position.



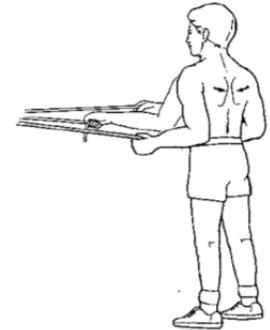
### 5. Shoulder Blade Squeeze

- Bring both shoulder blades DOWN and BACK to “set” your shoulder blades
- Hold for 10s, repeat 10x



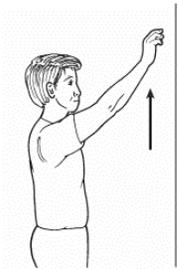
### 6. Row

- Attach a theraband to a door knob
- Keeping your elbows bent, move against the resistance of the theraband to squeeze your shoulder blades together
- Repeat 10x



### 7. Wall walk

- Walk your hand up the wall
- Repeat 5x, do 3 to 4 sets
- Progress to using up to 5lbs while walking up the wall



### 8. Biceps Curl

- Use a light weight (up to 5lbs) or theraband
- Keeping elbow at side, slowly bend the elbow
- Repeat 10x



### 9. Isometric Exercises

- Elbow bent to 90degrees, use other hand or wall for resistance
- Hold each movement for 3s, repeat 10x

External Rotation



Push OUT against hand

Internal Rotation



Push IN against hand

Flexion



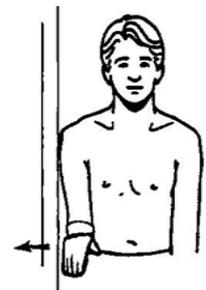
Push FORWARD against wall

Extension



Push BACK against wall

Abduction



Push elbow OUT against wall