

# SPORTS & ORTHOPAEDIC SPECIALISTS

## Supine Program with Deltoid Focus



This packet contains therapeutic exercises that are preferred by the providers at Sports & Orthopaedic Specialists for the rehabilitation of shoulder injuries.

Use these handouts in conjunction with the protocol prescribed by the referring provider. Protocols are online: [www.sportsandortho.com/minneapolis/rehabilitation-center](http://www.sportsandortho.com/minneapolis/rehabilitation-center)

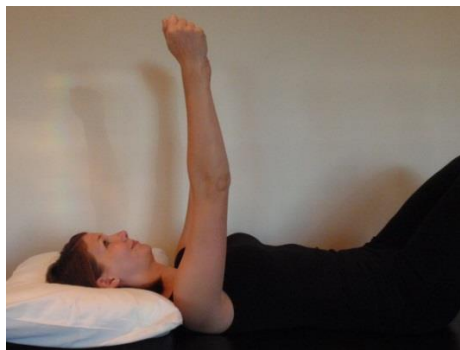
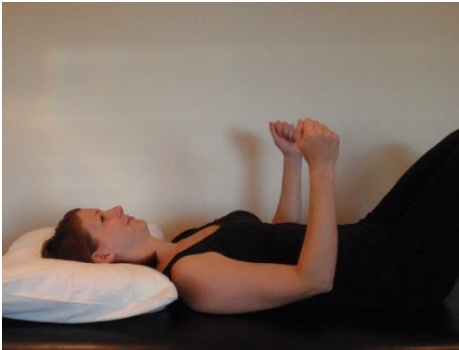
Complete the exercises below as instructed.

If you develop questions or increased shoulder pain, call the clinic: **952.946.9777**

### **CEILING PUNCH**

Begin on your back with elbows bent, palm facing each other. Push arms up toward the ceiling like a **bench press**.

Complete 2 sets of 10 (Goal 2x20). Do 3-5 sessions per week.



### **REVERSE CODMAN**

Lie on your back. Position arm in vertical with palm facing in.

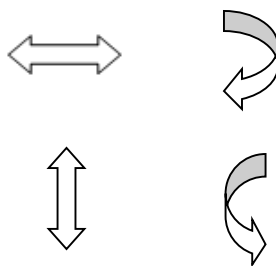
Complete pendulums—4-8 inches in size:

- 1) Side to side
- 2) Head to toe

Complete circles—the size of a grapefruit:

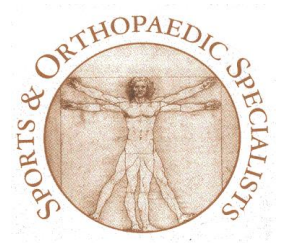
- 3) Clockwise
- 4) Counterclockwise

Do 10 repetitions each direction (Goal 20). Do 3-5 sessions per week.



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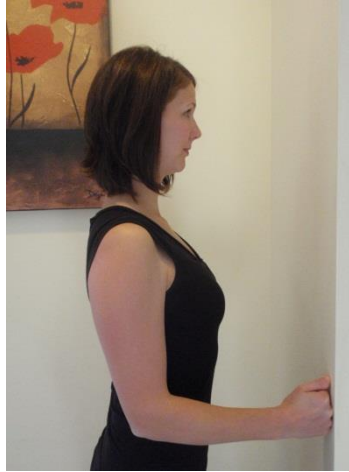
### **ANTERIOR DELTOID ISOMETRIC**

Stand tall facing wall with elbow bent.

Press hand gently into wall  
as if pushing elevator button.

Feel front of deltoid muscle fire.

Hold 3 seconds. Complete 20 repetitions.  
Do 3-5 sessions per week.



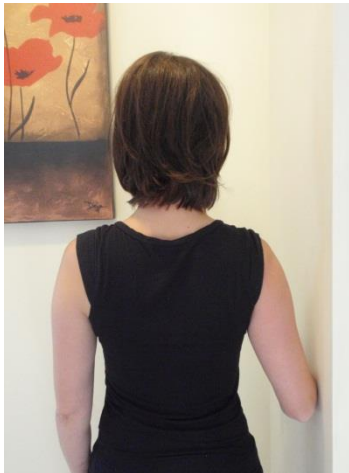
### **MIDDLE DELTOID ISOMETRIC**

Stand tall facing sideways next to a wall.  
Elbow bent.

Press elbow gently into wall  
as if nudging a friend.

Feel side of deltoid muscle fire.

Hold 3 seconds. Complete 20 repetitions.  
Do 3-5 sessions per week.



### **ADDUCTION**

Sit with tall posture.  
Towel roll under elbow.

Squeeze towel between elbow and body.

Hold 3 seconds. Complete 20 repetitions.  
Do 3-5 sessions per week.

