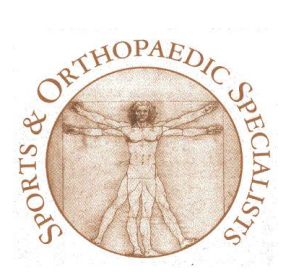


SPORTS & ORTHOPAEDIC SPECIALISTS

Therapeutic Exercise Handouts



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

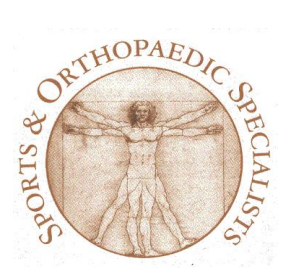
Use these handouts in conjunction with the protocol prescribed by the referring provider. Protocols are online: www.sportsandortho.com/minneapolis/rehabilitation-center

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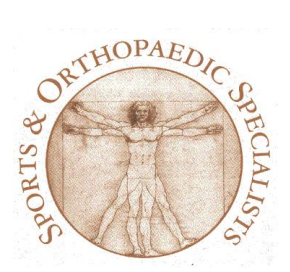
Therapeutic Exercise Handouts



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28	Elbow flexion/extension	High	Post-op elbow ROM
	Supination/pronation	High	Post-op elbow ROM

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Therapeutic Exercise Handouts



Pendulum / Codman Exercise

Bend at the waist. Support upper body on table with _____ hand or forearm.

Hang _____ arm like an 'elephant trunk' and complete pendulums:

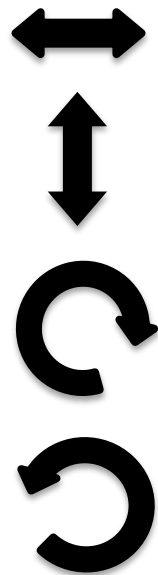
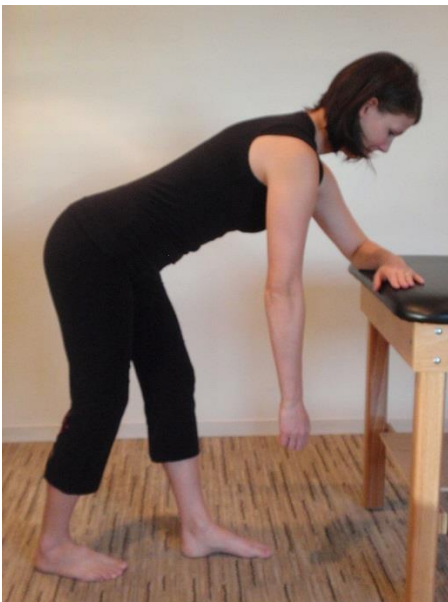
1. *Front to back*
2. *Side to side*
3. *Clockwise circles*
4. *Counterclockwise circles*

Start with small pendulums about 12 inches in size.

Gradually work up to larger pendulums about 2-3 feet in diameter.

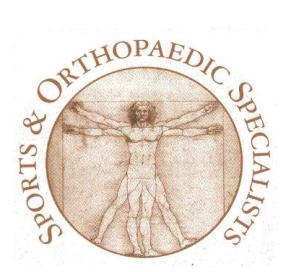
Complete _____ repetitions in each direction.

Do _____ sessions per day.



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Therapeutic Exercise Handouts



GOLFER STRETCH

Lie on your back

Pull _____ elbow across your body until a gentle stretch is felt.

Always keep wrist 'above' the elbow.

Hold _____ repetitions for _____ seconds.

Do _____ sessions per day / per week.



SLEEPER STRETCH

Lie on affected side with upper arm at 90 degree angle to torso.

Keep shoulders stacked / torso vertical. Squeeze shoulder blades.

Press wrist down keeping a 90 degree bend in elbow.

Hold _____ repetitions for _____ seconds.

Do _____ sessions per day / per week.



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Therapeutic Exercise Handouts



BEHIND THE BACK STRETCH

Lie on your back.

Tuck thumb / fingertips under your buttock.

Hold _____ repetitions for _____ seconds.

Do _____ sessions per day / per week.



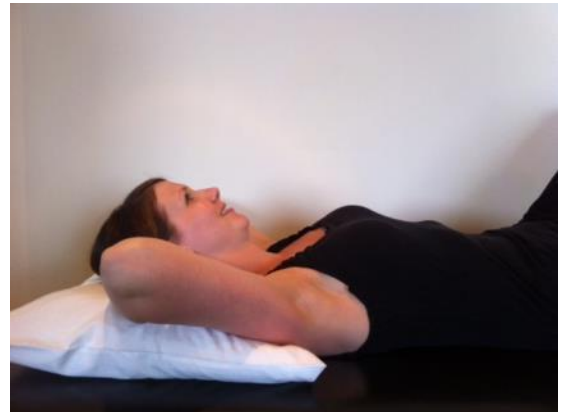
LOUNGE CHAIR STRETCH

Lie on your back with hands propped behind head as if lying on a lounge chair.

Relax and allow gravity to pull elbow gently toward the floor.

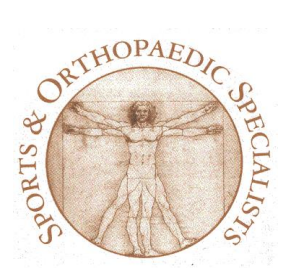
Hold _____ repetitions for _____ seconds.

Do _____ sessions per day / per week.



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Therapeutic Exercise Handouts



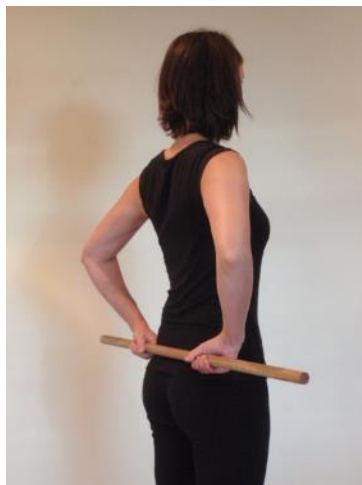
WAND INTERNAL ROTATION

Hold 'wand' with both hands, palms facing back.

Stand tall and bend elbows sliding 'wand' up your back.

Complete _____ sets of _____.

Do _____ sessions per day / per week.



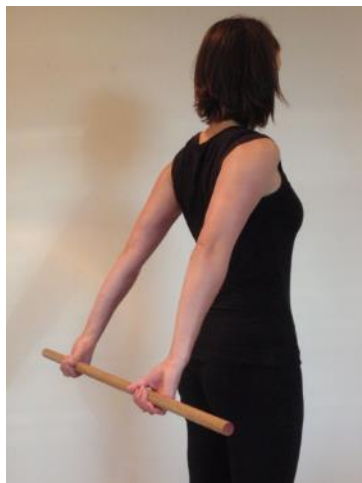
WAND EXTENSION

Hold 'wand' behind back with both hands, palms facing back.

Stand tall and lift arms straight up off your back.

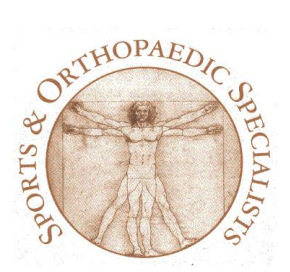
Complete _____ sets of _____.

Do _____ sessions per day / per week.



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Therapeutic Exercise Handouts



EXTERNAL ROTATION STRETCH WITH WAND

Stand tall with towel tucked under _____ elbow.

Bend elbows to 90 degrees and hold 'wand' in both hands.

Stretch shoulder by gently pushing hand to the _____ with the 'wand'.

Hold _____ repetitions for _____ seconds. Do _____ sessions per day / per week.



EXTERNAL ROTATION STRETCH WITH DOOR

Stand facing door frame with towel tucked under elbow.

Bend elbow to 90 degrees and put wrist on door frame.

Turn away from affected shoulder until a gentle stretch is felt.

Hold _____ repetitions for _____ seconds. Do _____ sessions per day / per week.



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Therapeutic Exercise Handouts



EXTERNAL ROTATION STRETCH WITH TABLE

Sit sideways to a table, forearm propped.

Bend from the waist sliding forearm alongside your body.

Elbow should be in line with shoulder. Think about dropping armpit toward the floor. Can prop other elbow on knee for support.

Hold ____ repetitions for ____ seconds. Do ____ sessions per day / per week.



EXTERNAL ROTATION - CACTUS STRETCH

Stand facing door frame.

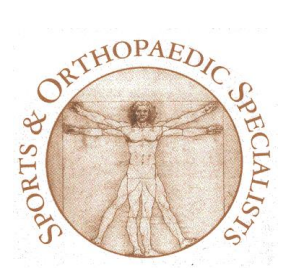
Place whole forearm on frame with elbow at shoulder height. Turn away from the affected shoulder until a gentle stretch is felt.

Hold ____ repetitions for ____ seconds. Do ____ sessions per day / per week.



SPORTS & ORTHOPAEDIC SPECIALISTS

Therapeutic Exercise Handouts



PRAYER STRETCH

Rest hands on countertop.

Walk backward, opening shoulders, until a gentle stretch is felt.

Hold _____ repetitions for _____ seconds.

Do _____ sessions per day / per week.



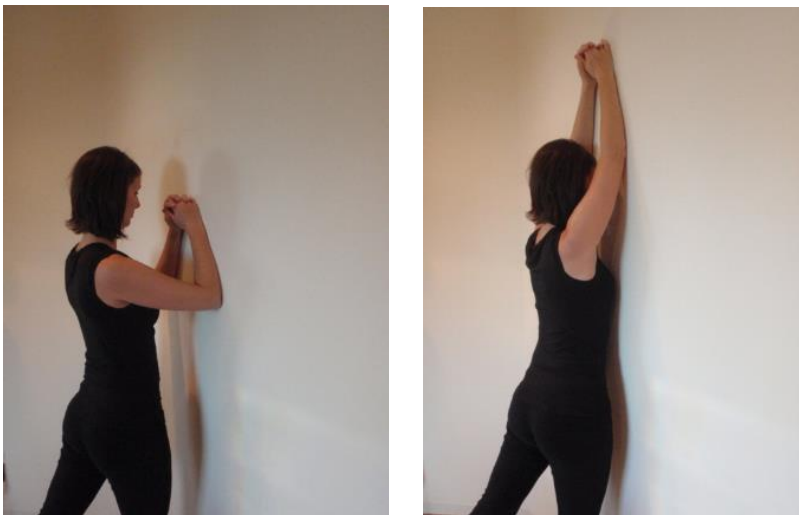
WALL SLIDE

Stand facing wall with one foot in front of the other.

Interlock hands and slide up the wall until a gentle stretch is felt.

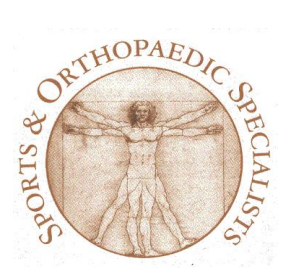
Hold _____ repetitions for _____ seconds.

Do _____ sessions per day / per week.



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Therapeutic Exercise Handouts



ALLIGATOR

Lie on side. One arm stacked on top of the other like an alligator.
Knees bent up in front of hips.

Raise top arm toward ceiling, and rotate through the torso until arm rests on floor behind you.

Hold _____ repetitions for _____ seconds. Right and left. Do _____ sessions per day / per week.

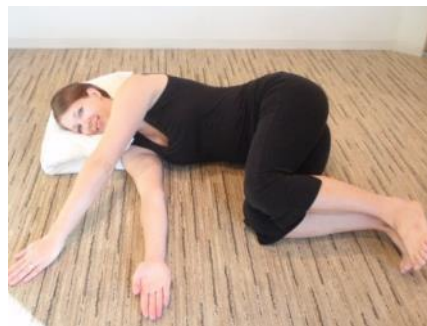


LARGE ARM CIRCLE

Lie on _____ side with knees bent in front hips. Stack arms like an alligator.

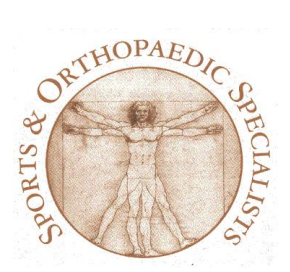
Sweep arm forward and overhead with thumb on floor.
Turn your palm up and rotate your trunk to complete the circle.

Complete _____ circles clockwise and counterclockwise. Do _____ sessions per day / per week.



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Therapeutic Exercise Handouts



ANTERIOR DELTOID ISOMETRIC

Stand tall facing wall with elbow bent.

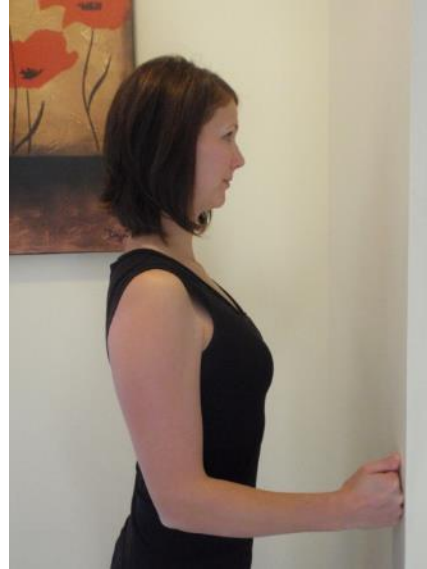
Press ____ hand into wall as if pushing elevator button
____gently
____moderately

Feel front of deltoid muscle fire.

Hold ____ seconds.

Do ____ repetitions.

Do ____ sessions per week.



MIDDLE DELTOID ISOMETRIC

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

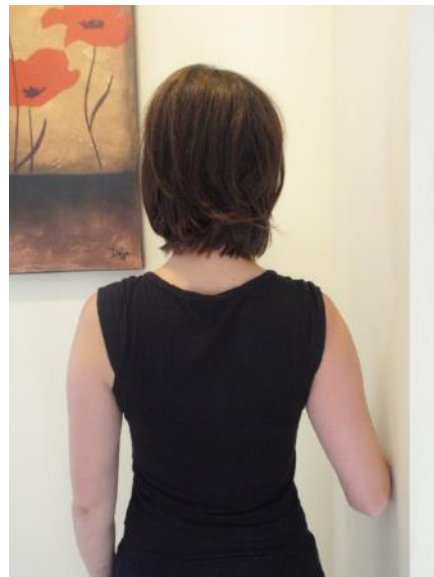
Press ____ elbow into wall as if nudging a friend
____gently
____moderately

Feel side of deltoid muscle fire.

Hold ____ seconds.

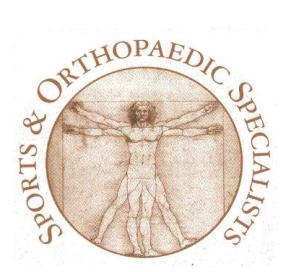
Do ____ repetitions.

Do ____ sessions per per week.



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Therapeutic Exercise Handouts



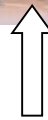
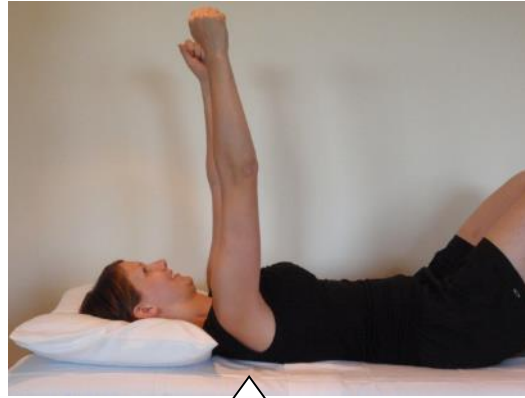
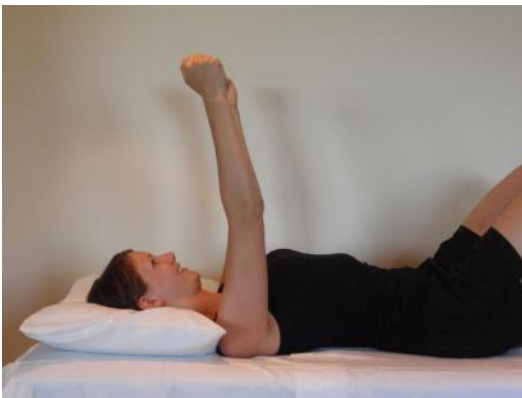
SUPINE PROTRACTION

Lie on your back. Position both arms in vertical with palms facing each other.

Lift shoulder blades off the table (hollow).
Lower shoulder blades back down slowly.

Arms stay straight.

Complete _____ sets of _____. Do _____ sessions per week.

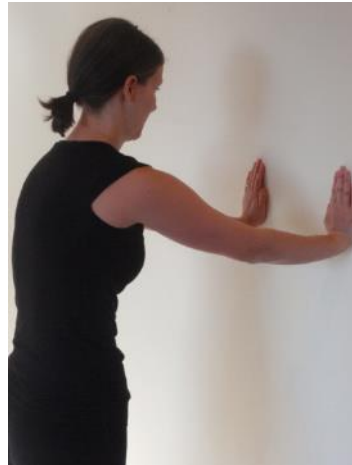
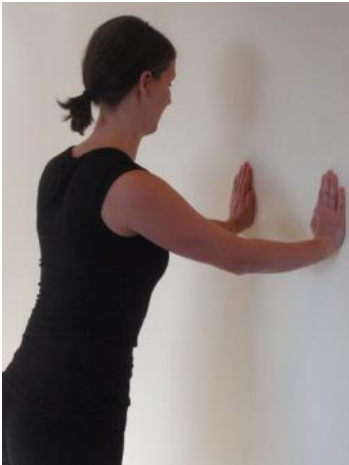


WALL PROTRACTION

Place hands on wall at shoulder height. Keep elbows straight.

Round through your chest (hollow like you are avoiding a cactus).
Return to neutral with shoulder blades flat.

Complete _____ sets of _____. Do _____ sessions per week.



SPORTS & ORTHOPAEDIC SPECIALISTS

Therapeutic Exercise Handouts



PUSH UP PLUS

Place hands on wall at shoulder height.

Squeeze shoulder blades and bend elbows to perform a push up.

Now, straighten arms and round through your chest (like angry cat).

Complete ____ sets of _____. Do ____ sessions per week.

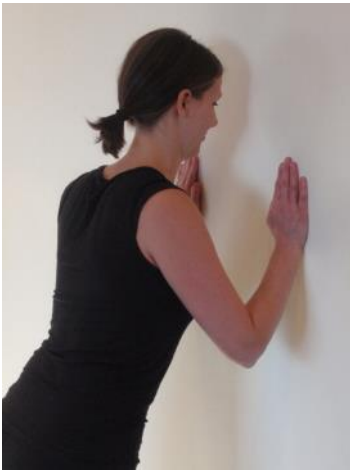


TABLE PRESS

Prop sit on edge of table (edge of couch, bed, or chair).

Position base of hands on edge of table with palms back.

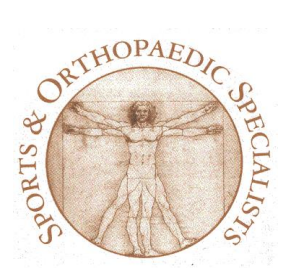
Squeeze shoulder blades and **press hands back** against edge of table. Tuck chin.

Hold ____ repetitions for ____ seconds. Do ____ sessions per week.



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Therapeutic Exercise Handouts



LOWER TRAP RETRAINING

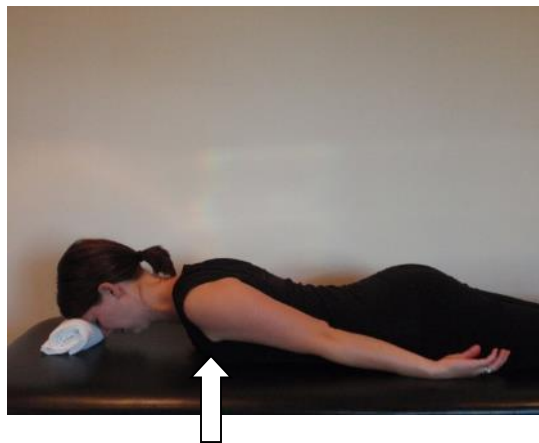
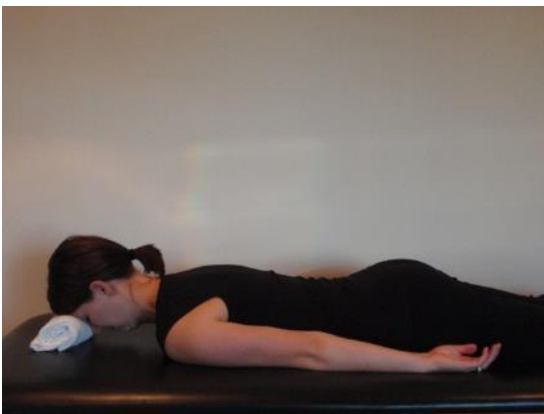
Lie on stomach with forehead positioned on towel roll.

Lift shoulders until they are level with your back.
Keep hands on mat the whole time.

HOLD THREE SECONDS.

Lower shoulders **SLOWLY** and **SMOOTHLY**.

Complete _____ repetitions. Do _____ sessions per week.

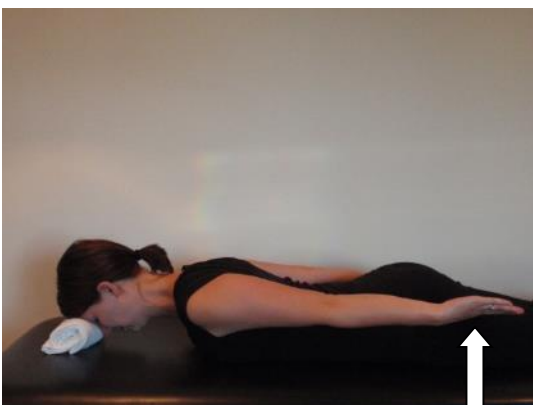


PRONE I

Lie on stomach with forehead positioned on towel roll.

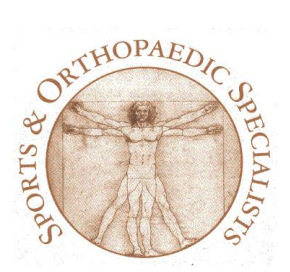
1. Lift shoulders until they are level with your back.
2. Lift hands to hip height
3. Lower hands. Keep shoulder muscles activated!
4. Lower shoulders slowly and smoothly.

Complete _____ repetitions. Do _____ sessions per week.



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Therapeutic Exercise Handouts



PRONE W

Lie on stomach with forehead positioned on towel roll.

Begin with arms on floor in a W or goal post position.

Draw shoulder blades down and back. And lift forearms 3 inches off the floor. Lower slowly.

Complete ____ sets of _____. Do ____ sessions per week.



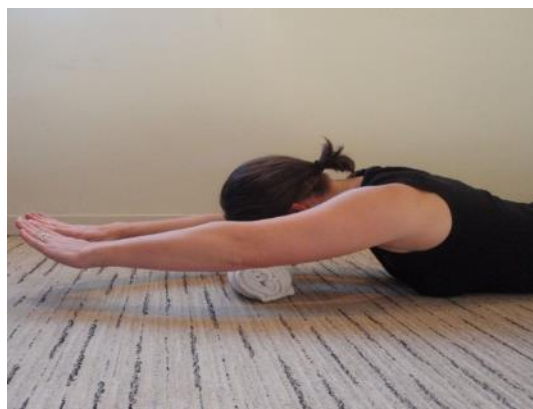
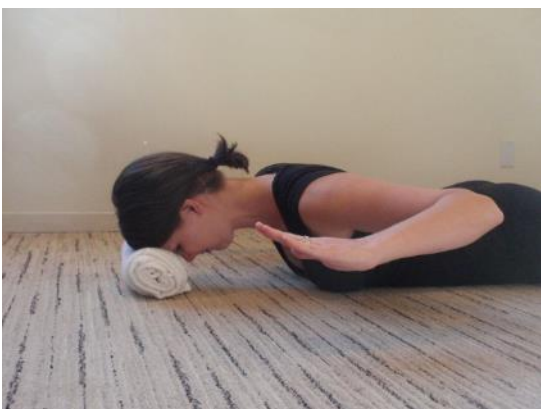
PRONE SUPERMAN

Lie on stomach with forehead positioned on towel roll.

Begin with arms on floor in a W position. Then hover forearms over floor. Reach forward (like superman) until thumbs are almost touching.

Now, draw shoulder blades down and back as you return arms to W position.

Complete ____ sets of _____. Do ____ sessions per week.



SPORTS & ORTHOPAEDIC SPECIALISTS

Therapeutic Exercise Handouts



PRONE T

Lie on stomach with forehead positioned on towel roll.
Begin with arms on floor out to the side in a T position. Thumbs up.

Draw shoulder blades down and back. And lift arms 3 inches off the floor.
Lower slowly.

Complete ____ sets of _____. Do ____ sessions per week.

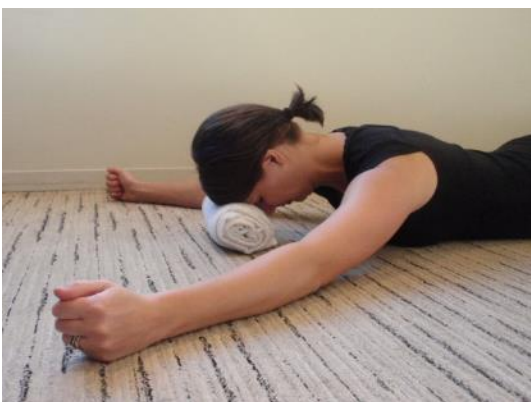


PRONE Y

Lie on stomach with forehead positioned on towel roll.
Begin with arms on floor in a Y position overhead. Thumbs up.

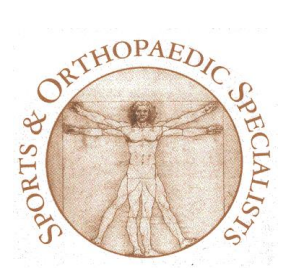
Draw shoulder blades down and back. And lift arms 3 inches off the floor.
Lower slowly.

Complete ____ sets of _____. Do ____ sessions per week.



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Therapeutic Exercise Handouts



SEATED EXTERNAL ROTATION - 'WINDSHIELD WIPER'

Sit with tall posture with forearm resting across your abdomen.

Keep elbow at your side. Rotate your forearm out and away from your body.
Stop when the forearm is perpendicular to your torso.

Continue to move forearm in this windshield wiper motion.

Complete ____ sets of _____. Do ____ sessions per week.



SIDE LYING EXTERNAL ROTATION – 'WINDSHIELD WIPER'

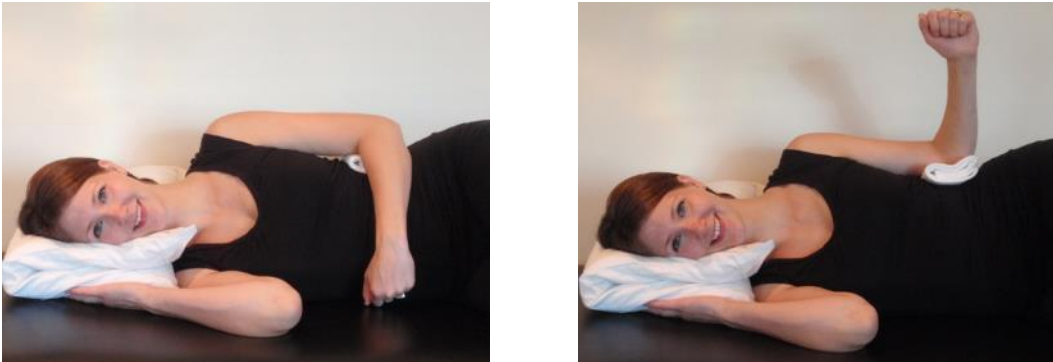
Lie on ____ side with towel under elbow and forearm resting across abdomen.

Draw shoulder blades down and back

Now rotate forearm up _____ to horizontal
_____ through available pain free range of motion

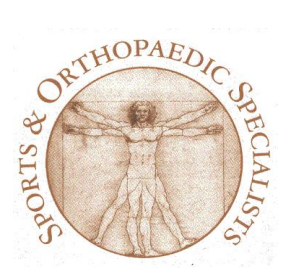
Continue to complete this windshield wiper motion.

Complete ____ sets of _____. Do ____ sessions per week.



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Therapeutic Exercise Handouts



BALL

Lie on stomach over ball. Neck in neutral alignment.
Begin with arms to the side, elbows bent.

Draw shoulder blades down and back. And rotate forearms up to horizontal.
Lower slowly.

Complete ____ sets of _____. Do ____ sessions per week.



WINGS

Sit with tall posture with hand on stomach.

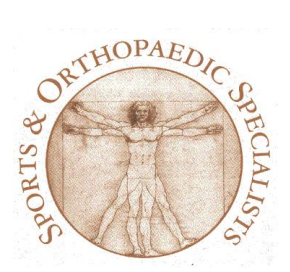
Move elbow backward then forward like a 'wing'.
Keep base of thumb flat on stomach. Keep shoulder still.

Complete ____ sets of _____. Do ____ sessions per week.



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Therapeutic Exercise Handouts



BEAR HUG

Sit with tall posture. Place _____ hand on upper chest with thumb under chin.

- ___ Press gently
- ___ Press moderately

Hold _____ repetitions for _____ seconds. Do _____ sessions per week.



BELLY PRESS

Sit with tall posture. Place _____ hand on stomach with elbow out to side.

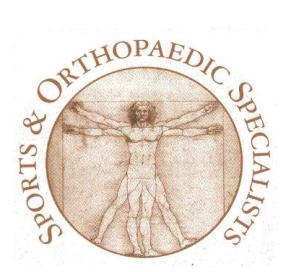
Gently press palm of hand into stomach.

Hold _____ repetitions for _____ seconds. Do _____ sessions per week.



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Therapeutic Exercise Handouts



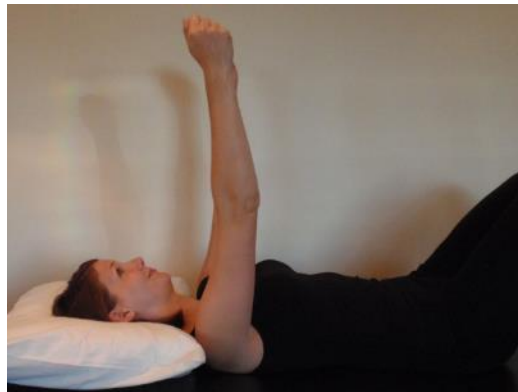
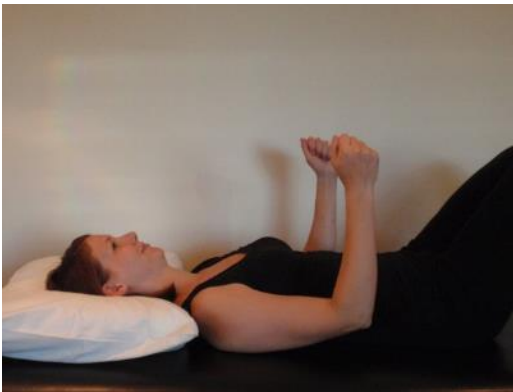
CEILING PUNCH

Begin on your back with elbows bent, palm facing each other.

Push arms up toward the ceiling like a **bench press**.

- ___ Return elbows to your sides
- ___ Hover elbows over the table
- ___ Hold 'wand' for assistance

Complete _____ sets of _____. Do _____ sessions per week.



ISOMETRIC ADDUCTION

Sit with tall posture.

Towel roll under elbow.

Squeeze towel between elbow and body.

Hold _____ seconds.

Complete _____ repetitions.

Do _____ sessions per week.



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Therapeutic Exercise Handouts

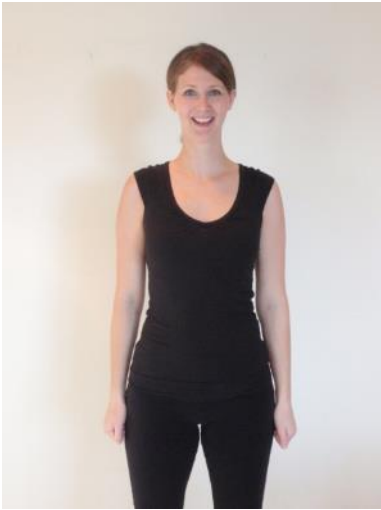


FULL CAN

Begin standing with arms at sides.

Lift arms to shoulder height making a **V shape**.
Now squeeze shoulder blades and return arms to sides.

Complete _____ sets of _____. Do _____ sessions per week.



FLEXION

Begin standing with arms at sides.

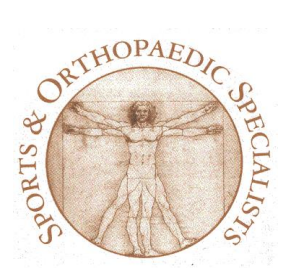
Lift arms to shoulder height straight in front of shoulders.
Now squeeze shoulder blades and return arms to sides.

Complete _____ sets of _____. Do _____ sessions per week.



SPORTS & ORTHOPAEDIC SPECIALISTS

Therapeutic Exercise Handouts



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 _____ repetitions each direction. Do _____ sessions per week.

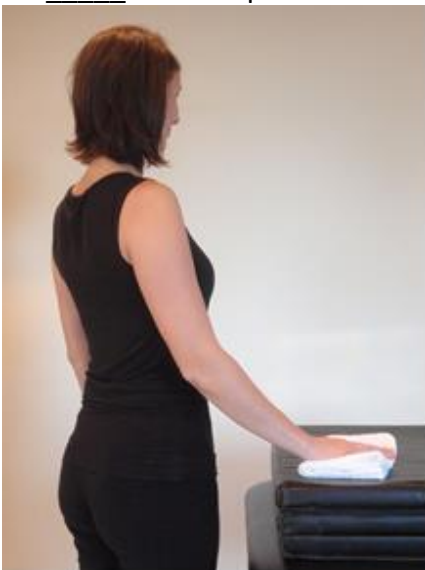


TABLE CIRCLES

Stand with **tall posture** at the most comfortable angle to counter top.
Bend and straighten elbow to make circles.

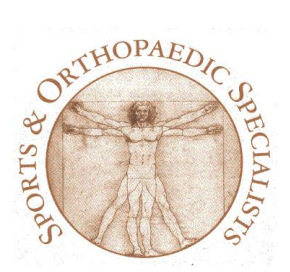
Complete _____ repetitions clockwise AND counter clockwise.

Do _____ sessions per week.



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Therapeutic Exercise Handouts



WALL CIRCLES

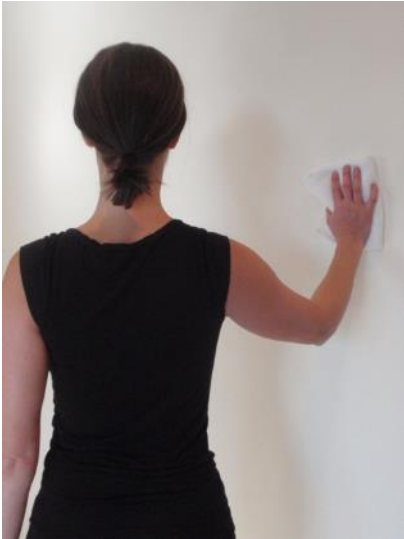
Stand with tall posture and squeeze shoulder blades.

- ___ at most comfortable angle to wall
- ___ with arm straight to the side

Make dinner plate sized circles at shoulder height.

Complete ___ repetitions clockwise AND counter clockwise.

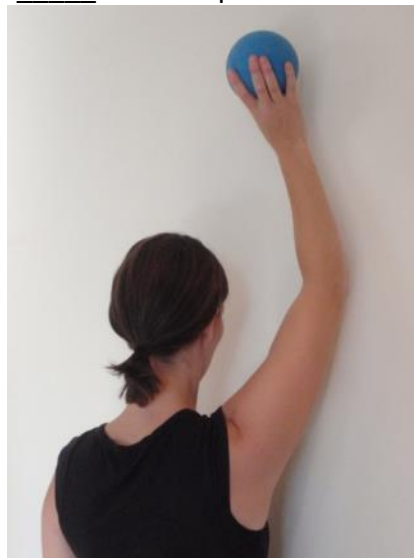
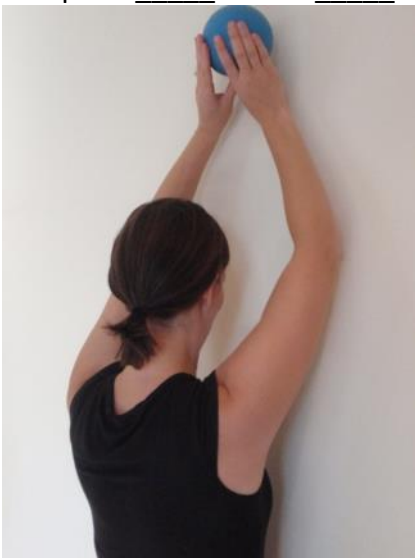
Do ___ sessions per week.



OVERHEAD WALL BOUNCE

Bounce ball quickly overhead using ___ both hands
___ one hand

Complete ___ sets of ___ seconds. Do ___ sessions per week.



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Therapeutic Exercise Handouts



DEAD BUG

Lie on your back. Neutral spine. Knees bent, feet flat.

Engage abdominals.

Bring one leg to table top (shin horizontal, thigh vertical).

Bring the other leg up to match.

Exhale and lower one foot gently to the ground.

Inhale and return to table top.

Continue alternating legs.

Complete _____ repetitions right and left. Do _____ sessions per day / per week.



BIRD DOG

Position yourself on hands and knees.
Neutral spine. Hollow shoulder blades

Extend leg behind you—
at the same time, lift opposite arm.

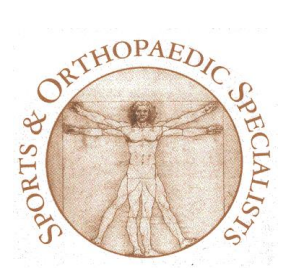
Hold _____ repetitions for _____ seconds.
Right and left.

Do _____ sessions per week.



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Therapeutic Exercise Handouts



FRONT PLANK

Perform a front plank: on forearms and feet.

Hollow shoulder blades.
Squeeze glutes.

Hold _____ repetitions for _____ seconds.

Do _____ sessions per week.



SIDE PLANK

Perform a side plank: on forearm and feet.

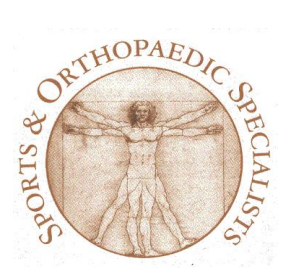
Hold _____ repetitions for _____ seconds.
Right & left.

Do _____ sessions per week.



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THORACIC EXTENSION – TOWEL OR TENNIS BALLS

Use ___ towel roll ___ inches in diameter.
___ two tennis balls in tube sock or taped together

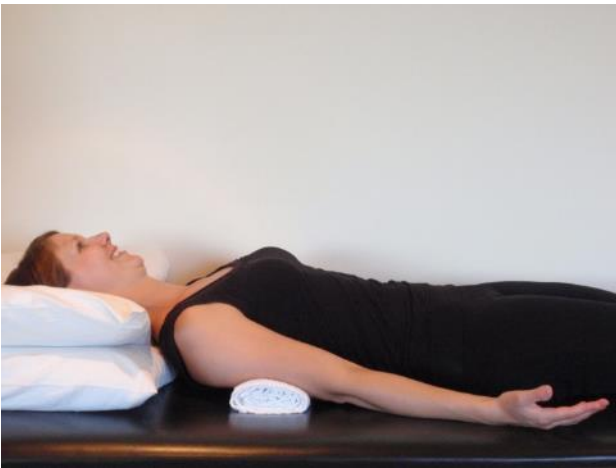
Lie on back with towel roll/tennis balls positioned at the bottom of shoulder blades.

Knees bent, feet flat on floor.

Arms: ___ relaxed at your sides with palms up
___ give yourself a hug
___ other:

Hold ___ minutes.

Do ___ sessions per week.



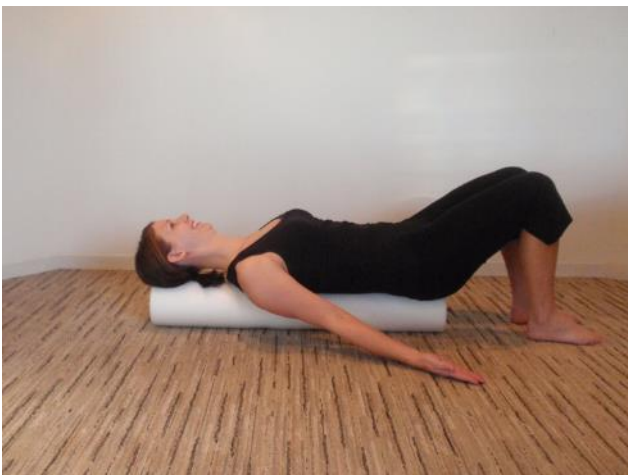
THORACIC EXTENSION – FOAM ROLLER

Lie over foam roller with head at one end and tailbone at the other. Knees bent, feet on floor.

Rest with arms up about 12 inches away from hips. Palms up.

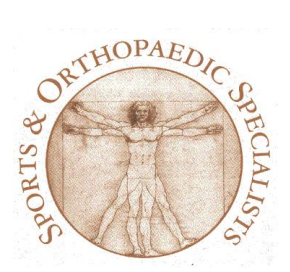
Hold ___ seconds / minutes.

Do ___ sessions per week.



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UPPER TRAPEZIUS STRETCH

Stand tall and reach _____ hand toward floor.

Tip head to the _____ (ear to shoulder).

Hold _____ repetitions for _____ seconds
on right and left.

Do _____ sessions per week.



LEVATOR SCAPULA STRETCH

Stand tall and reach _____ hand toward floor.

Tip head to the _____.

Then look downward pointing your chin
toward your armpit.

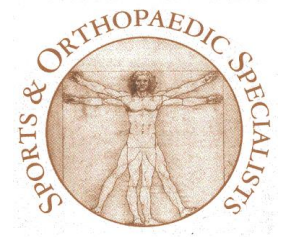
Hold _____ repetitions for _____ seconds
on right and left.

Do _____ sessions per week



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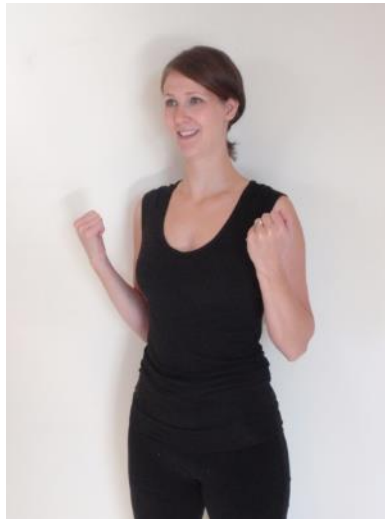
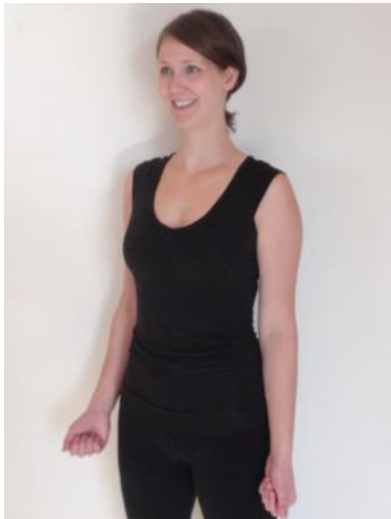


ELBOW FLEXION-EXTENSION

Stand with **tall posture** with your back against a wall.

Complete a biceps curl by bending and straightening the elbows.

Complete _____ sets of _____. Do _____ sessions per week.



SUPINATION-PRONATION

Elbow at side bent 90 degrees.

Turn palm up then down.

Complete _____ sets of _____. Do _____ sessions per week.

