

Supine Shoulder Flexion with Dowel

reps: 10 sets: 2 hold: 10 sec Weekly: 5x Daily: 2x



Step 1



Step 2

Setup

- Begin lying on your back with your knees bent and both hands holding a dowel rod.

Movement

- Keeping your elbows straight, lift your arms straight up overhead as far as is comfortably possible.

Tip

- Make sure to keep your shoulders in contact with the floor and do not let your back arch during the exercise.

Supine Shoulder External Internal Rotation AAROM with Dowel

reps: 10 sets: 2 hold: 10 sec Weekly: 5x Daily: 2x



Step 1



Step 2

Setup

- Begin lying on your back holding a dowel in both hands and one arm out to your side with your elbow bent 90 degrees.

Movement

- Using your other arm, slowly rotate the dowel and your arm downward, then return to the starting position and repeat.

Tip

- Make sure to keep your elbow bent throughout the movement. Try not to arch your back as you move your arm.

Sleeper Stretch

reps: 10 sets: 2 hold: 10 sec Weekly: 5x Daily: 2x



Step 1



Step 2

Setup

- Begin by lying on your side with your bottom arm bent upward at a 90 degree angle.

Movement

- With your other arm, apply a gentle downward pressure until you feel a stretch in your shoulder.

Tip

- Make sure not to let your body roll forward or backward during the exercise.

Shoulder External Rotation Reactive Isometrics

reps: 10 sets: 3 hold: 2 sec Weekly: 5x Daily: 2x



Step 1



Step 2

Setup

- Begin standing upright with your elbow bent at a 90-degree angle and a towel roll tucked under your upper arm, holding a resistance band that is anchored out to your side across your body.

Movement

- Slowly step to the side, away from the band, without letting your arm change position. Step back to the starting position and repeat.

Tip

- Make sure to keep your hips and shoulders facing forward and do not shrug your shoulders during the exercise.

Standing Shoulder Internal Rotation with Anchored Resistance

reps: 10 sets: 3 hold: 2 sec Weekly: 5x Daily: 2x



Step 1



Step 2

Clinician Notes:

Maintain control at all times. Do not let arm "snap."

Setup

- Begin in a standing upright position with one arm bent at a 90 degree angle with your fist facing forward.

Movement

- Rotate your forearm across your body so your fist is facing the opposite direction, then return to the start and repeat.

Tip

- Make sure to keep your elbow tucked in at your side and maintain good posture during the exercise.

Standing Single Arm Shoulder Abduction with Dumbbell - Palm Down

reps: 10 sets: 3 hold: 2 sec Weekly: 5x Daily: 2x



Step 1



Step 2

Setup

- Begin in a standing upright position with your arms resting at your sides, holding a dumbbell in one hand.

Movement

- Keeping your elbow straight, raise your arm directly out to your side with your palm facing down, then lower it back down and repeat.

Tip

- Make sure to keep your back straight and do not shrug your shoulder during the exercise.

Sidelying Shoulder External Rotation

reps: 10 sets: 3 hold: 5 sec Weekly: 5x Daily: 2x



Step 1



Step 2

Setup

- Begin lying on your side with a towel roll between your arm and side, and your elbow bent to 90 degrees.

Movement

- Slowly rotate your forearm upward. Pause briefly, then return to the starting position and repeat.

Tip

- Make sure to keep your elbow bent and tucked in at your side as you lift your forearm. Avoid shrugging your shoulders.

Prone Shoulder Horizontal Abduction

reps: 10 sets: 3 hold: 5 sec Weekly: 5x Daily: 2x



Step 1



Step 2

Setup

- Begin lying on your front with your arm hanging off the edge of a table or bed.

Movement

- Keeping your elbow straight and thumb pointing up, raise your arm out to your side at a 90 degree angle. Slowly lower your arm back down, then repeat the movement.

Tip

- Make sure not to arch your back as you lift your arm. Keep your thumb up throughout the exercise.

Prone Shoulder Row

reps: 10 sets: 3 hold: 5 sec Weekly: 5x Daily: 2x



Step 1



Step 2

Setup

- Begin lying on your front with one arm hanging off the edge of a bed or table.

Movement

- Pull your arm up, allowing your elbow to bend and keeping it tucked toward your body. Return to the starting position and repeat.

Tip

- Avoid shrugging your shoulders during this exercise. Think of squeezing your shoulder blades together as you pull your arm up.