DELAWARE ORTHOPAEDIC SPECIALISTS

Shoulder Strengthening Program

Perform all exercises in a slow, controlled fashion on a daily basis. It should take a 2 second count out and a 4 second count to return. You should start with 1 set of 12 -15 reps and progress to 3 sets as your shoulder tolerates. Use pain as your guide; if it hurts while performing the exercise, it is usually too much weight or improper form.

Shoulder Shrugs with Backward Retraction
Raise shoulders upward towards ears, and then roll backwards and around as far as you can. Motion simulates a drawing of a backwards "D" and should be performed in a slow controlled manner. Then return back to starting position. Perform 15 times.



Shoulder Extension
Stand facing door with injured arm straight and slightly in front of you. Hold tubing in your hand with some tension. Pull band back as far as you can while keeping arm straight. Return slowly. Exercise should be performed slowly and controlled. Perform 10 times and repeat for a total of 2 sets.

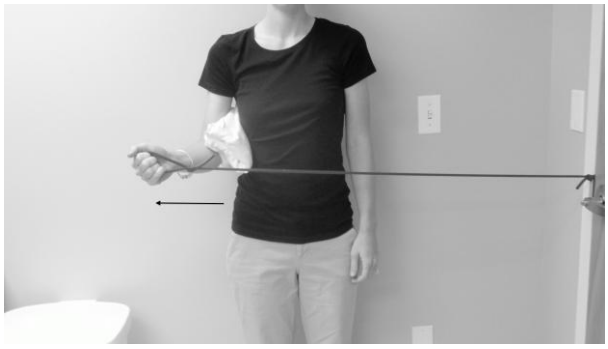


Shoulder Flexion
Stand facing door with injured arm at your side and tubing in hand. Pull arm forward in front of you, keeping straight the entire time. Slowly return to the starting position. Exercise should be performed slowly and controlled. Perform 10 times and repeat for a total of 2 sets.



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External Rotation
Stand sideways with injured shoulder farthest from the door and elbow against folded towel at your side as shown. Pull handle away from the good arm while keeping elbow in position. Return Slowly. Perform 10 times and repeat for a total of 2 sets.



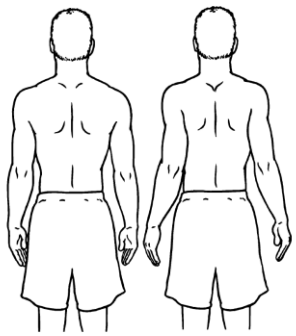
Internal Rotation
Stand sideways with injured shoulder closest to the door and elbow against folded towel at your side as shown. Pull handle towards your body while keeping elbow in position. Return slowly. Perform 10 times and repeat for a total of 2 sets.



No Money
Standing with your arms to the side and elbows bent at 90 degrees. Palms should be facing up. Rotate outward from the body as shown. Perform 10 times and repeat for a total of 2 sets.



Scapular Retraction
Start with shoulders in a relaxed position. Then squeeze shoulder blades together using the muscles in the middle of the back. (As if you were trying to pinch a pencil between shoulder blades). Hold 3-5 seconds and relax. Repeat 10 times.



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Prone Horizontal Extension: Lie face down on table or bed with injured arm hanging straight down towards floor. Use a small 1 or 2 lb weight for extra resistance (small soup can). Raise your arm backwards to parallel with your body. Hold for 2 seconds and slowly lower your arm back to the starting position. Keep your arm straight the entire time.





Prone Horizontal Abduction: Lie face down on table or bed with arm hanging straight down towards floor. Use a small 1 or 2 lb weight for extra resistance (small soup can). Raise your arm out to the side bringing it parallel to the floor. DO NOT raise your arm past your body/table height. Hold for 2 seconds and slowly lower your arm back to the starting position. Keep your arm straight the entire time.



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Standing Horizontal Flies
Standing with hands straight out in front of you (hold tubing in hands if using resistance.) Palms should be point to ground. Move hands directly outward so that hands end up straight out to the side. DO NOT bring arms behind your back. Return back to starting position slowly. Should take 2 second count out and 4 second count to return. Can add weight as tolerated. Repeat 10 times.

*Make sure not to shrug shoulders when performing

