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ORTHOPEDIC SPORTS MEDICINE · TRI-CITY ORTHOPEDICS

HOME EXERCISE PROGRAM · SHAYNEKELLYORTHODOTCOM

Shoulder Home Exercise Program

RANGE OF MOTION



Pendulums **At least 5 minutes, 3 times a day**

Holding the side of a table with the good arm, bend over at the waist, and let your affected arm hang straight down. Swing it back and forth like a pendulum, then in circles that start small and gradually grow larger.



Passive Internal/External Rotation **At least 25 repetitions, 3 times a day**

While lying down, hold a cane or broom in both hands with elbow bent at 90 degrees. Slowly rotate cane back and forth, pausing 5 seconds at the end of each motion.



Wand Exercises (Passive Forward

Elevation) **25 repetitions, 3 times a day (any combination)**

While lying down, hold a cane or broom handle in both hands with elbows straight. Raise cane over your head, or as high as you can. If pain free, attempt same exercise while sitting upright in a chair. These exercises are designed to increase your shoulder passive forward elevation — using any combination, do at least 25 repetitions 3 times a day.



Opposite Arm Assisted Forward Flexion

Counts toward the 25 repetitions, 3 times a day

While lying down or sitting in a chair, use non-injured arm to assist the injured arm with forward flexion.



Wall Slides / Wall Walks **Counts toward the 25 repetitions, 3 times a day**

Place injured arm against the wall with elbow straight. Use fingers to climb or 'walk' the wall while moving your body forward.



Towel Stretching **Repeat 10-15 times, 3 times a day**

Behind your back hold one end of the towel with your good arm at shoulder level as shown. Hold the other end with the injured arm. Raise the towel with your good arm as high as you can without pain. Hold 5 seconds, slowly lower, relax.



Pulley Exercises **Repeat 10-15 times, 3 times a day**

Attach a pulley over a door or onto a hook overhead. Hold one end of the rope with each hand. Pull down with the good arm, allow the injured arm to rise. Hold 5 seconds, then slowly allow injured arm to lower.

ADVANCED SHOULDER STRETCHING

Each exercise stretches a different portion of the shoulder. Do them SLOWLY, allowing gravity and the weight to gradually elongate the tissues. Hold the final position for a count of 10. Use of a 2 to 5 pound weight is all that is needed.



Anterior Shoulder Stretch at 90 Degrees

Hold for a count of 10

Lie down with shoulder over the edge, elbow bent at 90 degrees and palm up. Concentrate on relaxing the shoulder muscles. Allow the weight to gently pull your arm downward.



Anterior Shoulder Stretch at 135 Degrees

Hold for a count of 10

The arm is raised another 45 degrees and the elbow is held straight.



Posterior Shoulder Stretch — 'Sleeper'

Stretch' At least 25 repetitions, 3 times a day

Lie down on your side with affected side down. Keep injured elbow bent to 90 degrees. Use non-injured arm to rotate injured arm slowly towards the table. Pause, hold for 5 seconds at the end of each motion.

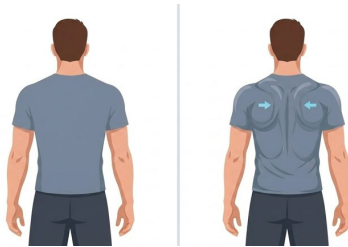


Overhead Shoulder Stretch Hold for a count of 10

Position the arm so it reaches directly overhead. Your head should remain supported while the shoulder is over the table edge. Relax, let the weight do the work.

SCAPULAR STABILIZATION / STRENGTHENING

Repeat each exercise 20 times per set, 1-2 sets per session, 2-3 sessions per day.



Standing Scapular Retraction 20 per set, 1-2 sets/session, 2-3 sessions/day

With arms at sides, pinch shoulder blades together. Hold 5 seconds.



Standing Scapular Retraction in

Abduction 20 per set, 1-2 sets/session, 2-3 sessions/day

With arms elevated and elbow bent to 90 degrees, pinch shoulder blades together and press arms back. Hold 5 seconds.



Scapular Isometrics 20 per set, 1-2 sets/session, 2-3 sessions/day

While standing against the wall or seated in a chair, push arms against wall or chair while keeping elbows bent to 90 degrees. Hold for 10 seconds.



Prone Scapular Retraction in Abduction

20 per set, 1-2 sets/session, 2-3 sessions/day

Lie prone with arms straight out from sides and elbow bent to 90 degrees. Pinch shoulder blades together and raise arms a few inches from the table. Hold for 3-5 seconds.



Stabilized Forward Elevation 20 per set, 1-2

sets/session, 2-3 sessions/day

While lying supine or standing against the wall, slowly elevate both arms forward above horizontal. Slowly return to resting position. Focus on posture, core stability, and symmetric movement.

THERA-BANDS



Forward Flexion (Band) Complete a set of 10

Begin with arm straight, at your side. While keeping good posture, lift arm forward and up to horizontal. Hold for 5 seconds. Lower to starting position slowly.



Internal Rotation (Band) Complete a set of 10

Begin with elbow bent to 90 degrees, at your side. While keeping good posture, pull hand inwards across your stomach. Keep your elbow bent. Hold for 5 seconds. Return slowly.



External Rotation (Band) Complete a set of 10

Begin with elbow bent to 90 degrees, at your side. While keeping good posture, pull hand outwards. Keep your elbow bent. Hold for 5 seconds. Return slowly.



Abduction (Band) **Complete a set of 10**

Begin with arm straight, at your side. While keeping good posture, lift arm out to your side and up to horizontal. Hold for 5 seconds. Lower to starting position slowly.

Educational information, not medical advice. This is not a substitute for the specific instructions Dr. Kelly and your physical therapist give you. Follow your own care team's directions. In an emergency, call 911.