



HOWARD HEAD SPORTS MEDICINE

A service of Vail Health Hospital

Shoulder Rehabilitation Program



US
SKI &
SNOWBOARD



USA
CLIMBING

OFFICIAL MEDICAL PROVIDER



Notes:

SHOULDER EXERCISE PACKET

FREQUENTLY ASKED QUESTIONS



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FAQ:

When I come back for follow-up visits, should I schedule at Howard Head too?

If you have traveled here for surgery, we recommend you follow up with us when you see your surgeon as well. Follow-up appointments typically take place at 2 weeks (to check incisions), 6 weeks (to check progress) and 12 weeks (to determine release to sport, fitness and hobby). At 2 weeks we will review your program and provide treatment. At 6 weeks, we recommend at least 2 visits to reassess your shoulder, update your rehabilitation and establish goals. At 12 weeks, we recommend at least 2 visits. At this time, we will thoroughly reassess your shoulder and determine criteria for returning to sports, fitness and hobbies.

These recommendations vary based on your procedure. Complex procedures, returning to high demand sports and a history of several procedures are examples of cases where we would like to spend more time with you.

I don't have a physical therapist in my home town. Do you have a recommendation?

We have a database of therapists we have worked with around the country. Please ask the front desk for a printout of therapists in your area.

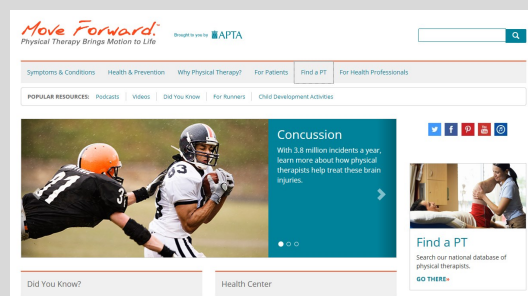
The *American Physical Therapy Association (APTA)* maintains an informative webpage with a list of therapists

(www.moveforwardpt.com). Click on the "Find a PT" link. It

will bring you to a page where you can enter your zip code and a specific practice. We recommend choosing

"musculoskeletal". After entering a security code, you will

see a list of therapists. We recommend therapists with the clinical specialty of SCS (sports certified specialist) or OCS (orthopedic certified specialist).



I had daily PT in Vail. Do I continue that where I am going?

Some procedures require daily PT initially. However, when you return home, you and your therapist should discuss your plan of care to determine the necessary frequency of weekly visits. Daily visits may not be necessary.

Can I work-out after my surgery?

Yes! Unless your doctor has restricted you from specific exercises (i.e. heart condition), we encourage daily fitness according to the *American College of Sports Medicine (ACSM)* daily exercise guidelines (www.acsm.org). Your exercise program should be modified to exclude your surgical shoulder. If you are in a sling, continue to wear it when you exercise! Exercise such as running, which jars the shoulder, and any early resistive training, are restricted until you have been cleared by Dr. Millett and our shoulder team.



The following recommendations are found on the ACSM website. They are the general guidelines for adults.

- **Cardio:** 150 minutes of cardio per week
 - 30-60 minutes 5 days/week - or -
 - 20-60 minutes of *vigorous* intensity 3 times/week)
- **Resistance:** 2-3 days per week for each muscle group
 - 2-4 sets per muscle group
 - 8-12 repetitions for *strength and power*
 - 10-15 repetitions if you are starting out
 - 15-20 repetitions for *endurance*
- **Flexibility:** 2-3 times per week per muscle group
 - 10-30 second holds, light to moderate intensity
 - 2-4 repetitions per stretch
- **Neuromuscular exercises:** these exercises involve motor function, such as coordination, balance, stability and agility
 - 20-30 minutes per day
 - These exercises may be combined with your strength routine.

SHOULDER EXERCISE PACKET

POST-SURGICAL HELPFUL HINTS AND INFORMATION

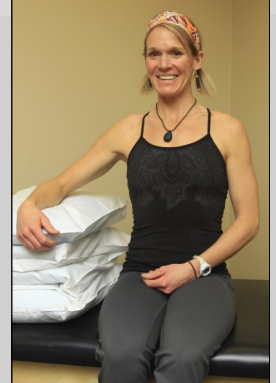


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SLING

- The sling should be used at all times unless specified.
- Place your arm on a table or on pillows for support so you can put your arm in the sling. This will minimize muscle activity.



SLEEPING AND RESTING

- It may feel more comfortable to sleep in a reclined position initially.
- Use pillows to create support under your elbow
- You may use a pillow under arm for more comfort. If you have an abduction block, you may use a pillow instead.
- You may sleep on your opposite side with pillows under your arm for comfort.
- If you are resting (not sleeping), you may be out of the sling with pillows under the arm for support.



DEEP VEIN THROMBOSIS (DVT) PREVENTION

A DVT is a **blood clot**. The TED hose (white socks) that were given to you help prevent blood clots. We also recommend that you walk daily to reduce your risk of a blood clot.

COMPUTER - You can type on your computer if you use your wrist only. Active shoulder motion may not be allowed initially based on your type of surgical procedure

SHOULDER EXERCISE PACKET

INITIAL SHOULDER POST-OP EXERCISES



**HOWARD HEAD
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CERVICAL RANGE OF MOTION

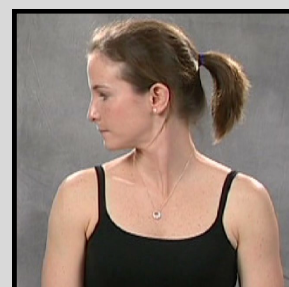
The following exercises are advised to prevent neck soreness with the use of the sling.

- Perform sitting down if currently taking pain medication
- Perform 20 repetitions each direction and repeat 3 times per day



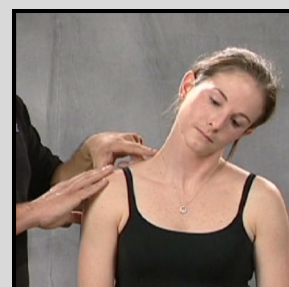
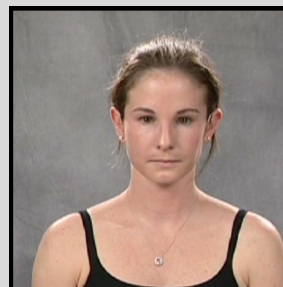
ROTATION

Rotate your head from right to left



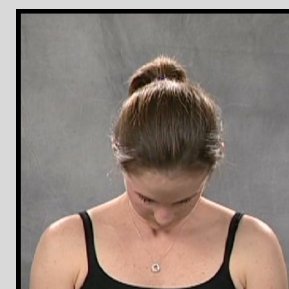
LATERAL FLEXION

Tilt your head from side to side



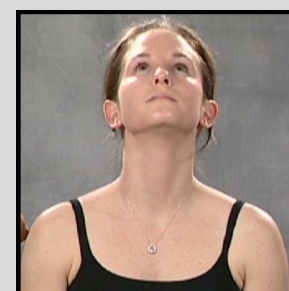
FLEXION

Bend your head forward.



EXTENSION

Bend your head backward



SHOULDER EXERCISE PACKET

INITIAL SHOULDER POST-OP EXERCISES



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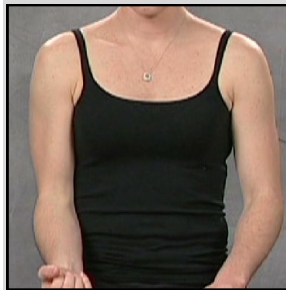
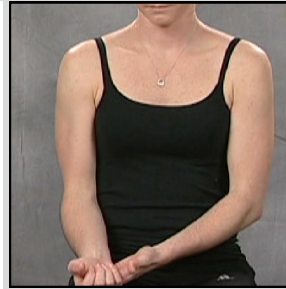
HAND, WRIST AND ELBOW RANGE OF MOTION



ELBOW FLEXION AND EXTENSION

Bend and straighten your elbow with (top) or without (below) the assistance of your other hand.

Frequency: 2 sets x 20 reps, 3 times per day



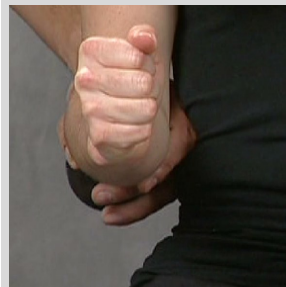
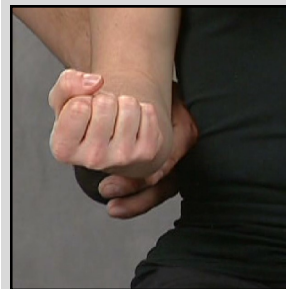
WRIST AND HAND ROM

These exercises are used to prevent wrist and hand stiffness and blood clots.

To perform these exercises:

- bend and straighten your wrist
- turn it back and forth as if you are turning a doorknob
- open your hand and spread your fingers.

Frequency: 2 sets x 20 reps, 3 times per day



SHOULDER EXERCISE PACKET

INITIAL SHOULDER POST-OP EXERCISES



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BALL SQUEEZE

Squeeze a ball or rolled up cloth to pump the muscles in your forearm.

Frequency: 20 reps, hourly while awake

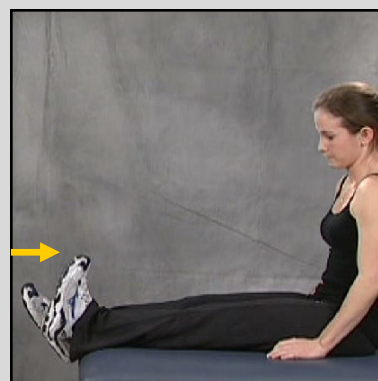


ANKLE PUMPS

Move your foot up and down as if you are pumping a gas pedal.

This exercise is important for preventing blood clots after surgery. Daily walking is also highly recommended.

Frequency: 20 reps hourly when awake



SHOULDER EXERCISE PACKET

PHASE I: PROM & MUSCLE INITIATION



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SHOULDER BLADE SQUEEZE

Squeeze your shoulder blades together and then release.

Frequency_____

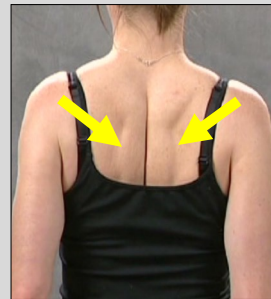


TABLE BOW and STOOL EXTERNAL ROTATION

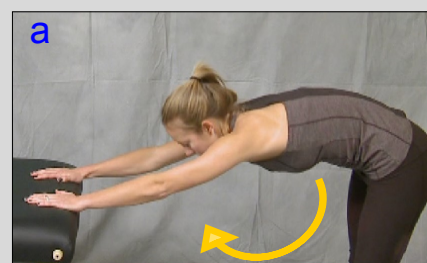
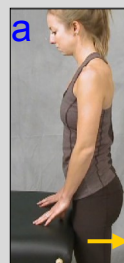
The purpose of these exercises are to improve *passive* shoulder mobility.

Keeping your hands on the table take a step back and bow at your waist and hips. (a).

Turn your torso away from your arm. (b)
- this exercise is not in the video

ROM limitation_____

Frequency_____



PENDULUMS

Bend at your waist and sway your arm in a circle using your torso (not your shoulder muscles).

Frequency_____



SHOULDER EXERCISE PACKET



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PHASE I: PROM & MUSCLE INITIATION

PARTNER ASSISTED PASSIVE RANGE OF MOTION

- Lie on your back with a pillow or towel roll placed under your elbow and upper arm.
- Have your partner stand beside you and support your elbow and forearm.
- Stay relaxed as your partner moves your arm.
- Be sure to maintain any ROM limitations that have been prescribed.
- Perform after demonstration from your Physical Therapist.

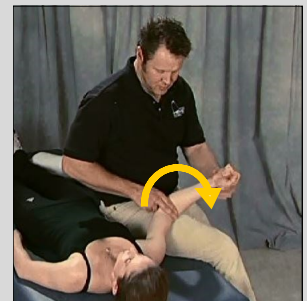
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INTERNAL/EXTERNAL ROTATION

- With towel supported under elbow (above)
- -or- seated with arm rested on leg (below)

ROM limitation _____

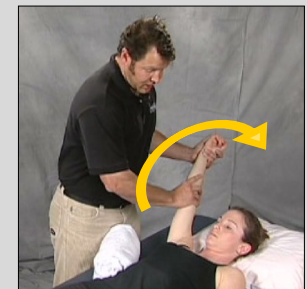
Frequency _____

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FORWARD ELEVATION & SCAPTION

ROM limitation _____

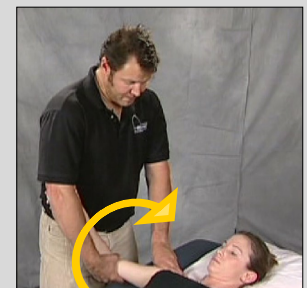
Frequency _____

☐

ABDUCTION

ROM limitation _____

Frequency _____



SHOULDER EXERCISE PACKET

PHASE I: PROM & MUSCLE INITIATION



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TABLE SLIDE EXERCISES

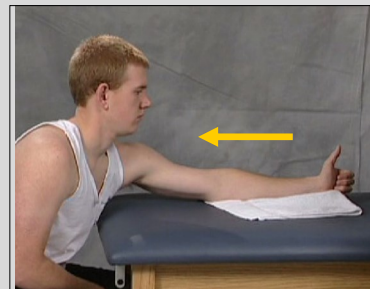
- Sit at a table and place your involved arm on a towel or pillowcase.
- With your thumb pointing up, slide your hand forward on the table.

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FORWARD ELEVATION

ROM limitation _____

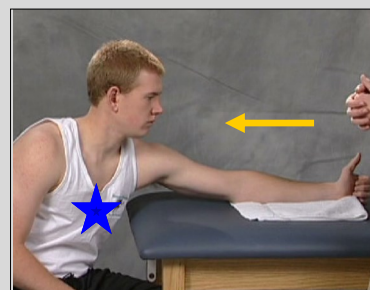
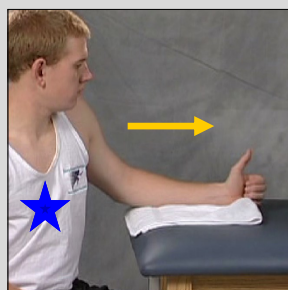
Frequency _____

☐

ABDUCTION (torso sideways) ★

ROM limitation _____

Frequency _____

☐

INTERNAL/EXTERNAL ROTATION

ROM limitation _____

Frequency _____



SHOULDER EXERCISE PACKET

PHASE I: PROM & MUSCLE INITIATION

PHYSIOBALL RANGE OF MOTION EXERCISES

- Place an exercise ball at waist height on a table or counter top.
- Lift your involved arm onto the ball using your other arm.
- Use your other arm to assist to decrease muscle activity.

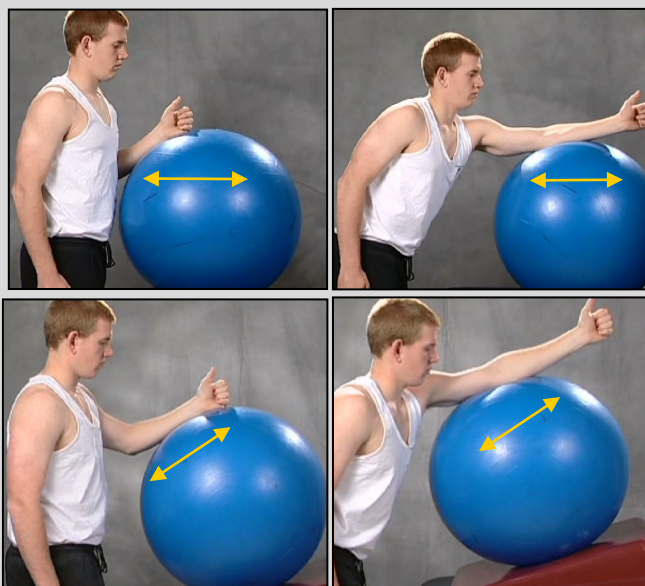


FORWARD ELEVATION

- Performed on flat surface (above)
- Performed on incline to increase amount of flexion (below)

ROM limitation _____

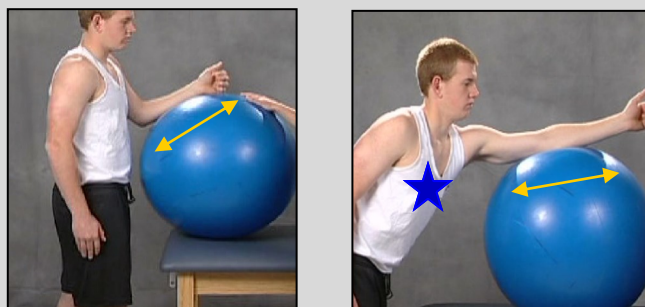
Frequency _____



ABDUCTION - torso sideways ★

ROM limitation _____

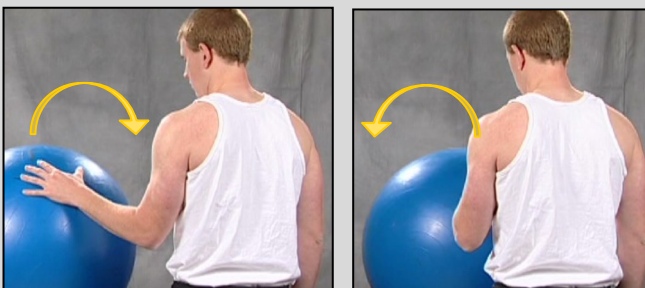
Frequency _____



INTERNAL/EXTERNAL ROTATION

ROM limitation _____

Frequency _____



SHOULDER EXERCISE PACKET

PHASE I: PROM & MUSCLE INITIATION



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ACTIVE ASSISTED RANGE OF MOTION

Active assisted means that you may use your uninvolved arm to assist with motion.

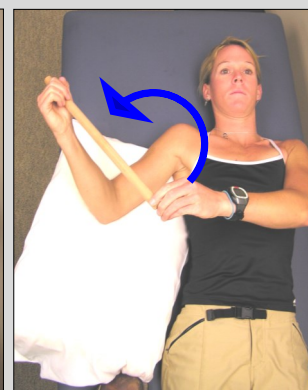
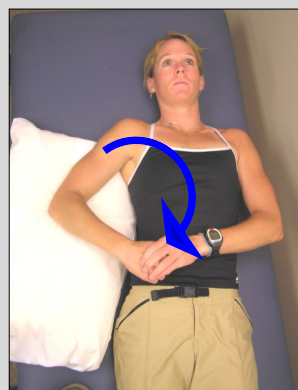


INTERNAL/EXTERNAL ROTATION CANE EXERCISE

- Lie on your back with a pillow placed under your involved arm.
- Keep your elbow bent to 90°.
- Use a stick to rotate your shoulder outward

ROM limitations _____

Frequency _____

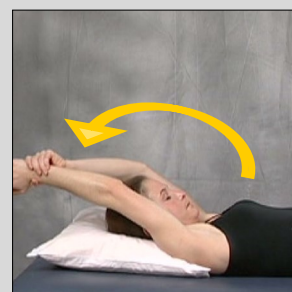
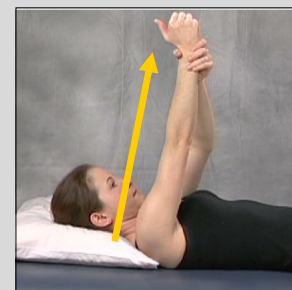


FORWARD ELEVATION

- While lying on your back, raise your involved arm up with the assistance of your other arm.

ROM limitations _____

Frequency _____



SHOULDER EXERCISE PACKET

PHASE 2: AROM & ENDURANCE PHASE



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ISOMETRICS

- Activate your muscles without moving your arm
- Begin with 25% muscle force and progress to 100% muscle force as directed by your PT
- Follow the arrows on each picture

☐

EXTERNAL ROTATION

Frequency _____

☐

INTERNAL ROTATION

Frequency _____

☐

FORWARD FLEXION (PUNCH)

Frequency _____

☐

ROW (EXTENSION)

Frequency _____

☐

ABDUCTION

Frequency _____



SHOULDER EXERCISE PACKET

PHASE 2: AROM & ENDURANCE PHASE



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ACTIVE RANGE OF MOTION

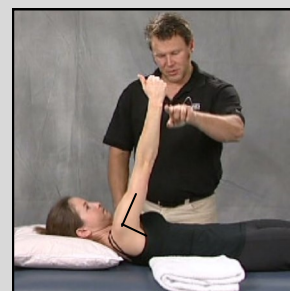
- Active Range of Motion means that you control the movement with your own muscles and without assistance



BENCH PRESS SERIES (aka lawn chair progression)

- Lie on your back
- Raise your arm up toward the ceiling
- Use a bolster, pillows or a recliner chair to raise your torso up. This increases the shoulder flexion angle.

Frequency _____



MODIFIED MILITARY PRESS

- Raise your arm above your head while keeping the elbow visible.

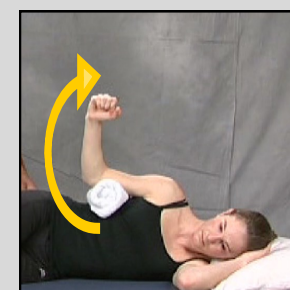
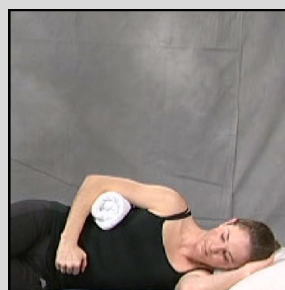
Frequency _____



SIDELYING EXTERNAL ROTATION

- Lie on your side with a towel roll under your arm.
- Rotate your arm outward.

Frequency _____



SHOULDER EXERCISE PACKET

PHASE 2: AROM & ENDURANCE PHASE



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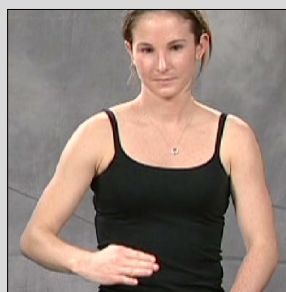
ACTIVE RANGE OF MOTION



SALUTE

Bring your involved hand to your forehead as if you are saluting.

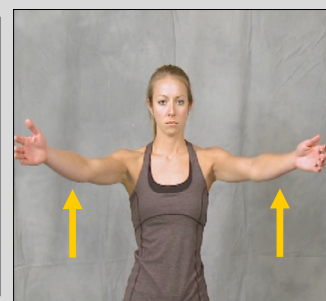
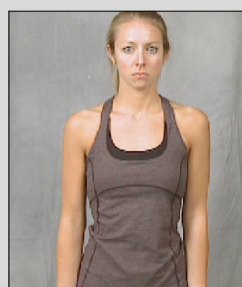
Frequency _____



FULL CAN

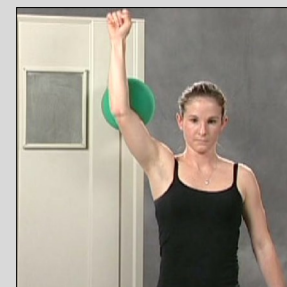
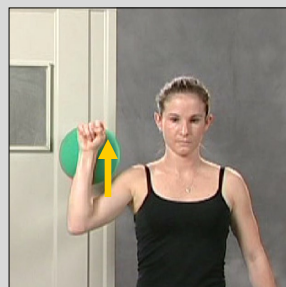
Raise your arms up to shoulder level while keeping your thumbs up. Avoid hiking your shoulder to your ear (shrugging motion)

Frequency _____



BALL ROLL FOR FORWARD ELEVATION

Frequency _____



PRONE SHOULDER BLADE SQUEEZE

Lie on your stomach

Pull your shoulder blades down and back, as if you are lifting your shoulders off the table.

Frequency _____



SHOULDER EXERCISE PACKET

PHASE 2: AROM & ENDURANCE PHASE



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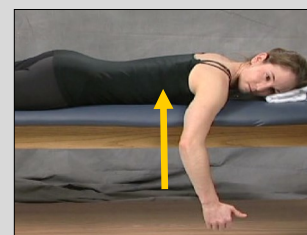
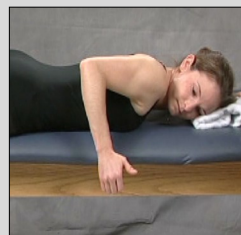
ACTIVE RANGE OF MOTION — PRONE ROW PROGRESSION



ROW

- Squeeze shoulder blades down & back
- Relax upper trap muscles (avoid shrug motion)
- Bring elbow down and back

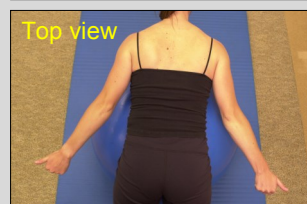
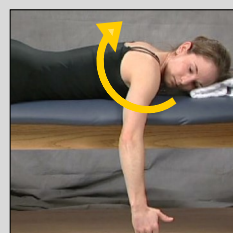
Frequency _____



I's - EXTENSION + EXTERNAL ROTATION

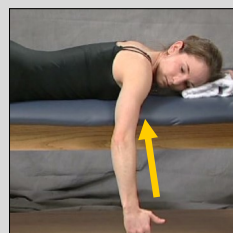
- aka "hitch hiker"
- thumb up to start, move with elbow straight and finish with thumb out

Frequency _____



ROW WITH ABDUCTION

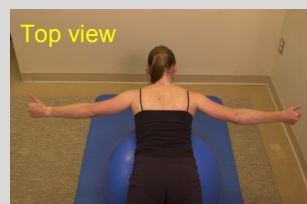
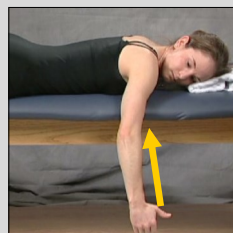
Frequency _____



T's - HORIZONTAL ABDUCTION

- Begin with thumb up position. End with thumb outward

Frequency _____



SHOULDER EXERCISE PACKET

PHASE 2: AROM & ENDURANCE PHASE



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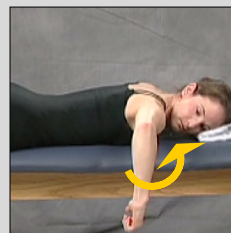
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ACTIVE RANGE OF MOTION



EXTERNAL ROTATION AT 90° ABDUCTION

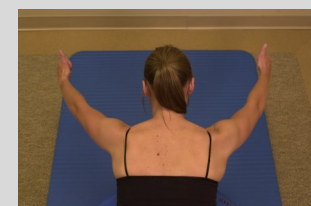
Frequency _____



Y's (not in video)

- Bring your arms into a "Y" position

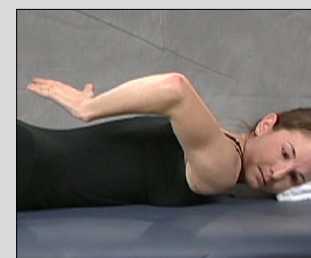
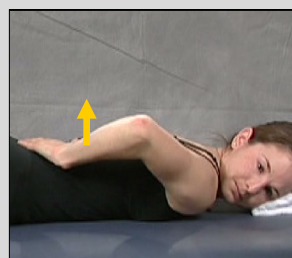
Frequency _____



PRONE LIFT OFF

- Lie your hand on the table or on your back with your palm up.
- Lift your hand off the table or your back without straightening your elbow

Frequency _____



OPEN CHAIN PROPRIOCEPTION

Lie on your back and raise your arm straight up.

Draw circles or alphabet in the air.

A partner may lightly push your arm in different directions as an option.

Frequency _____



SHOULDER EXERCISE PACKET

TERMINAL STRETCHES - NOT PHASE SPECIFIC



**HOWARD HEAD
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STRETCHES

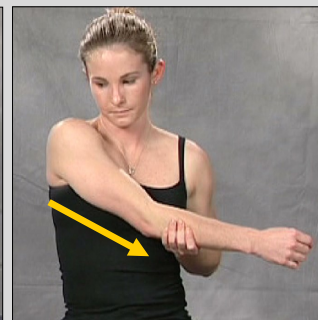
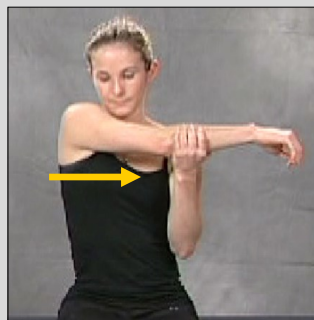
- The following are stretches intended to increase flexibility
- Hold each stretch for 30-60 seconds
- These are not recommended in cases of severe shoulder instability.

☐

CROSS ARM STRETCH

- Pull your arm across your body
- Avoid pain or pinch on the front of the shoulder (right picture)

Frequency _____

☐

SLEEPER STRETCH

- Use a towel under your elbow for increased stretch

Frequency _____



SLEEPER STRETCH AGAINST WALL

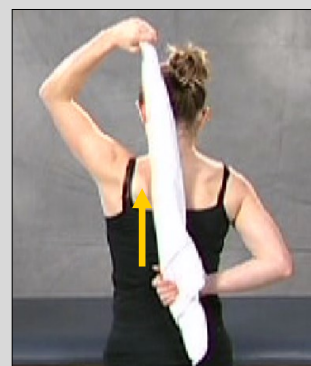
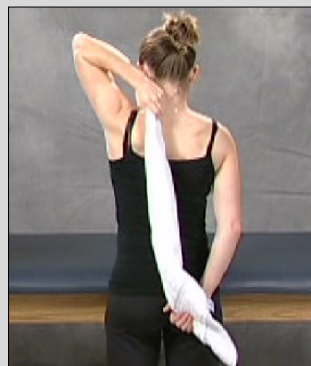
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Frequency _____

☐

TOWEL STRETCH

Frequency _____



SHOULDER EXERCISE PACKET

TERMINAL STRETCHES - NOT PHASE SPECIFIC



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STRETCHES

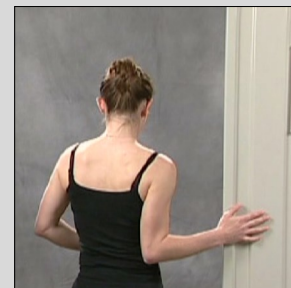
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- Hold each stretch for 30-60 seconds
- These are not recommended in cases of severe shoulder instability.

☐

EXTERNAL ROTATION

- Rotate your torso away from your hand

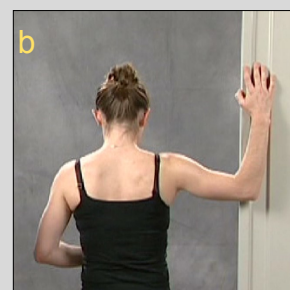
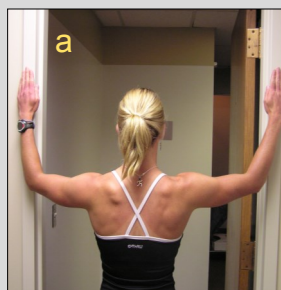
Frequency _____

☐

90/90 STRETCH

- Step forward through doorway for stretch
- Bilateral (a) or Unilateral (b)

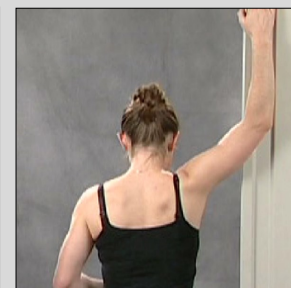
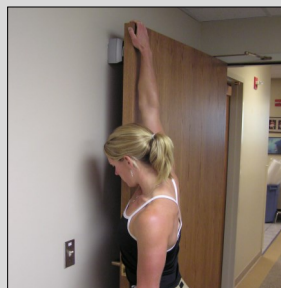
Frequency _____

☐

FORWARD ELEVATION (door hang)

- Step forward through the doorway and lower your body to increase stretch

Frequency _____



SHOULDER EXERCISE PACKET

TERMINAL STRETCHES - NOT PHASE SPECIFIC



**HOWARD HEAD
SPORTS MEDICINE**

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STRETCHES

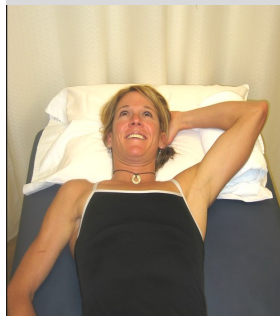
- The following are stretches intended to increase flexibility
- Hold each stretch for 30-60 seconds
- These are not recommended in cases of severe shoulder instability.



TV WATCHER STRETCH

- Use pillow under your elbow and place your hand on your head or behind your head to adjust the stretch.

Frequency _____



CORNER STRETCH (pec minor stretch)

- Step into corner while keeping your forearms against each corner.

Frequency _____



SHOULDER EXERCISE PACKET

PHASE 3 - STRENGTH



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The following exercises are performed with a resistance band or weights



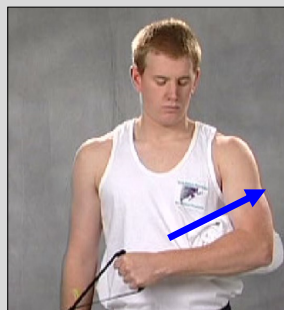
EXTERNAL ROTATION WITH CORD

- Use towel roll under your elbow and keep your elbow at 90°

Sets/ reps _____

Frequency _____

Load _____



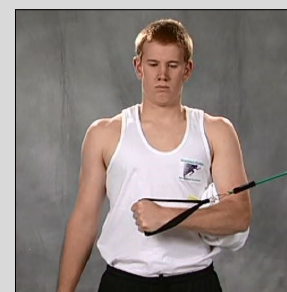
INTERNAL ROTATION WITH CORD

- Step forward through doorway for stretch

Sets/ reps _____

Frequency _____

Load _____



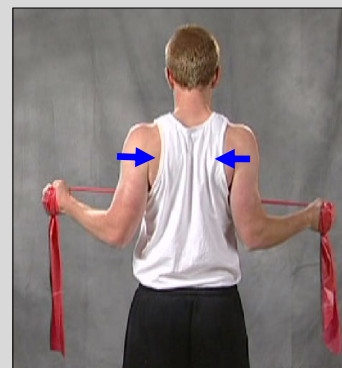
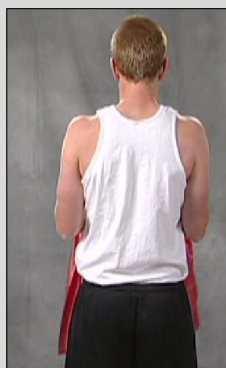
DOUBLE ARM EXTERNAL ROTATION AND SCAPULAR RETRACTION WITH BAND

- Squeeze your shoulder blades as you pull the band apart.

Sets/ reps _____

Frequency _____

Load _____



SHOULDER EXERCISE PACKET

PHASE 3 - STRENGTH



**HOWARD HEAD
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FULL CAN WITH DUMBBELL (above) WITH BAND (below)

- Raise the weight up to shoulder level while it is approximately 45° out to the side of your body

Sets/reps _____

Frequency _____

Load _____



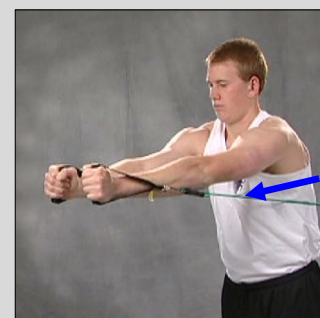
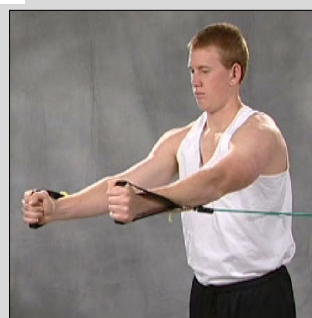
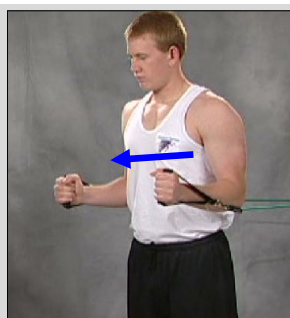
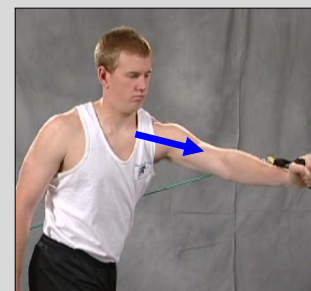
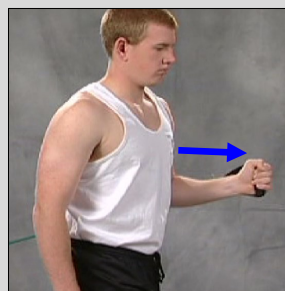
FORWARD PUNCH WITH PLUS (SINGLE AND DOUBLE ARM)

- Punch your arm(s) forward until your elbow is straight. Use your shoulder blades to reach forward more

Sets/reps _____

Frequency _____

Load _____



SHOULDER EXERCISE PACKET

PHASE 3 - STRENGTH



**HOWARD HEAD
SPORTS MEDICINE**

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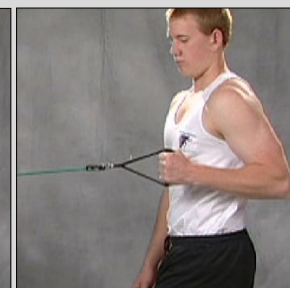
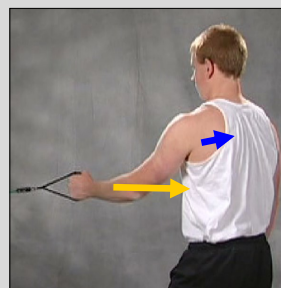
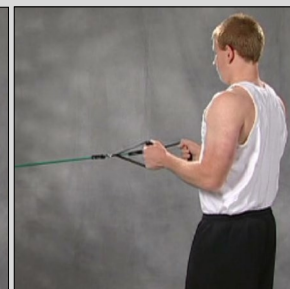
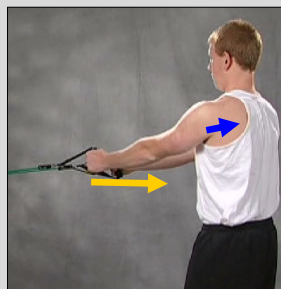
SINGLE AND DOUBLE ARM ROW

- Pull the cord back while squeezing your shoulder blades down and back

Sets/reps _____

Frequency _____

Load _____



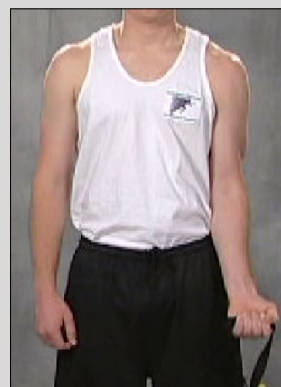
BICEP CURL WITH CORD OR DUMBBELL

- Holding a cord or weight, bend your elbow and bring your hand towards your shoulder.

Sets/reps _____

Frequency _____

Load _____



SHOULDER EXERCISE PACKET

PHASE 3 - STRENGTH



**HOWARD HEAD
SPORTS MEDICINE**

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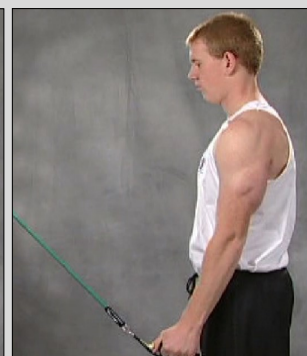
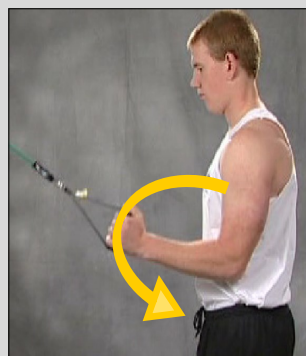
TRICEPS EXTENSION

- Straighten your elbow against the resistance of the cord

Sets/reps _____

Frequency _____

Load _____



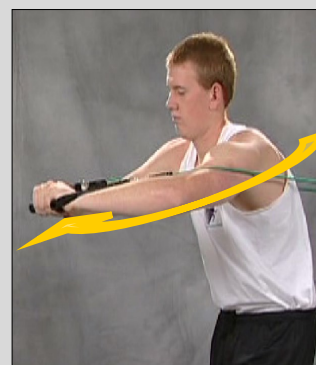
BEAR HUG (aka DYNAMIC HUG)

- Round your shoulders and cave in your chest as you push the cord forward

Sets/reps _____

Frequency _____

Load _____



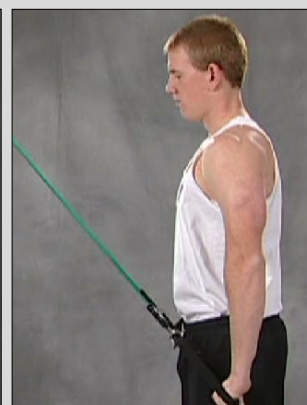
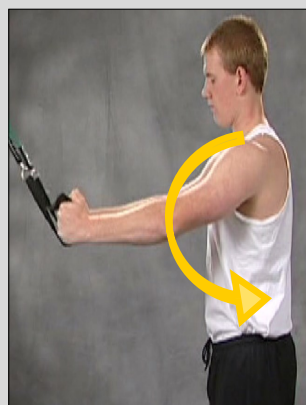
LAT PULL

- Pull the cord down to the side of your body with your elbows straight.

Sets/reps _____

Frequency _____

Load _____



SHOULDER EXERCISE PACKET

PHASE 3 - STRENGTH

The following are advanced strength and neuromuscular exercises. Depending on the activity demands of your shoulder, they may not be necessary.



EXTERNAL ROTATION AT 45° ABDUCTION

Sets/ reps _____

Frequency _____

Load _____



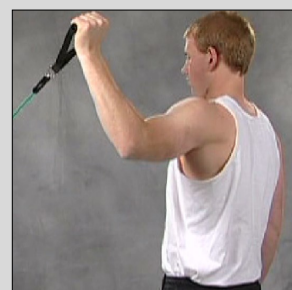
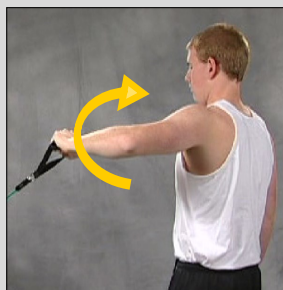
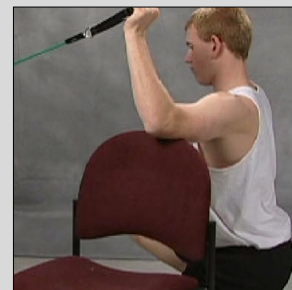
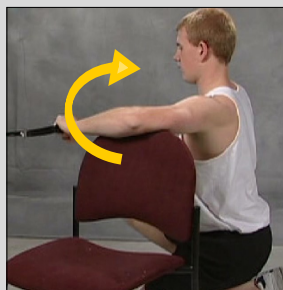
EXTERNAL ROTATION AT 90° ABDUCTION

- Supported (top pictures)
- Unsupported (bottom pictures)

Sets/ reps _____

Frequency _____

Load _____



SHOULDER EXERCISE PACKET

PHASE 3 - STRENGTH

The exercises on this page help to promote *joint stability and neuromuscular control*.

- These exercises are shown using a Flexbar (TheraBand) or a BodyBlade (pictured below)



STATUE OF LIBERTY (a)

- Shake the Flexbar or BodyBlade with a locked wrist and elbow in the 90/90 position.

Sets/reps _____

Frequency _____



CHOP (b)

- Shake the Flexbar or BodyBlade with a locked wrist and elbow while moving your arm like you are chopping.

Sets/reps _____

Frequency _____

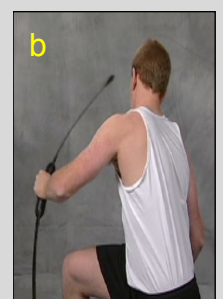
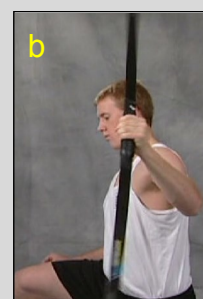
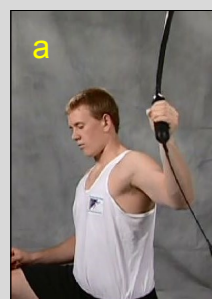
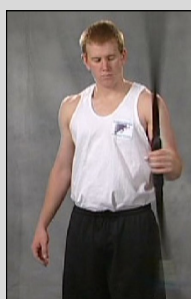
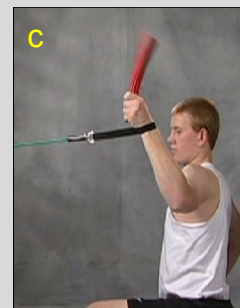


STATUE OF LIBERTY WITH CORD (c)

- You may have a partner offer resistance from different directions (right picture).

Sets/reps _____

Frequency _____



SHOULDER EXERCISE PACKET

PHASE 3 - STRENGTH

Push-Up Progression

- The following exercises are called *Closed Kinetic Chain* exercises. They promote stability by activating several muscles at the same time.
- These exercises may not be appropriate for posterior instability or posterior stabilization procedures.

☐

LEAN

- Lean side to side

Sets/ reps _____

Frequency _____

☐

TABLE PUSH-UP WITH LIGHT BODY WEIGHT

Sets/ reps _____

Frequency _____

☐

LEAN IN TABLE PLANK POSITION

Sets/ reps _____

Frequency _____

☐

TABLE PLUS

- Push your torso away from the table by rounding your shoulders

Sets/ reps _____

Frequency _____

☐

TABLE PUSH-UP

Sets/ reps _____

Frequency _____



SHOULDER EXERCISE PACKET

PHASE 3 - STRENGTH



**HOWARD HEAD
SPORTS MEDICINE**

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Push-Up Progression - *continued*

☐

PLUS ON KNEES

Sets/reps _____

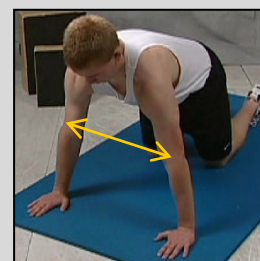
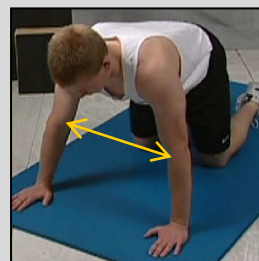
Frequency _____

☐

LEAN ON KNEES

Sets/reps _____

Frequency _____

☐

PUSH-UP WITH PLUS ON KNEES

Sets/reps _____

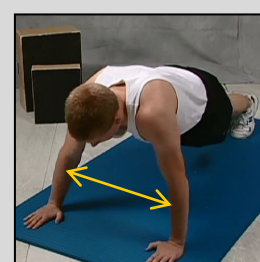
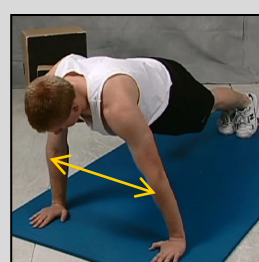
Frequency _____

☐

LEANS IN PLANK POSITION

Sets/reps _____

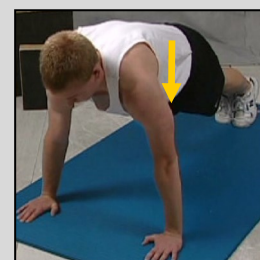
Frequency _____

☐

PLUS IN PLANK POSITION

Sets/reps _____

Frequency _____

☐

PUSH-UP WITH PLUS IN PLANK POSITION

Sets/reps _____

Frequency _____



SHOULDER EXERCISE PACKET



**HOWARD HEAD
SPORTS MEDICINE**

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PHASE 3 - STRENGTH

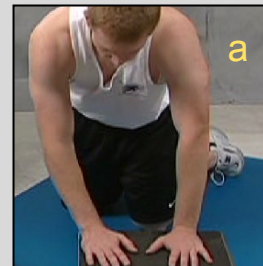
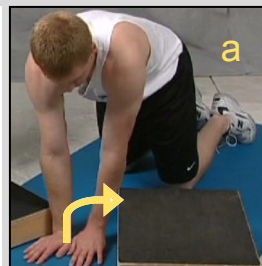
Continued upper extremity closed kinetic chain exercises



BOX STEP-UP ON KNEES (a)

Sets/ reps _____

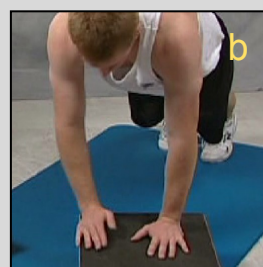
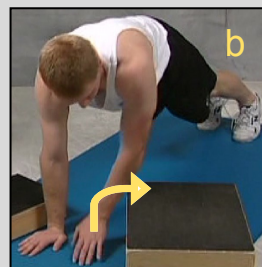
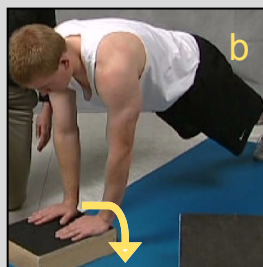
Frequency _____



BOX STEP-UPS IN PLANK POSITION (b)

Sets/ reps _____

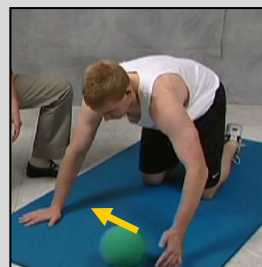
Frequency _____



CAT-BALL EXERCISE ON KNEES

Sets/ reps _____

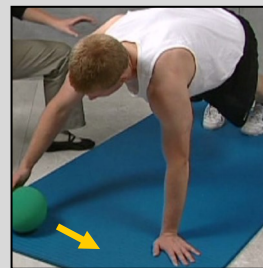
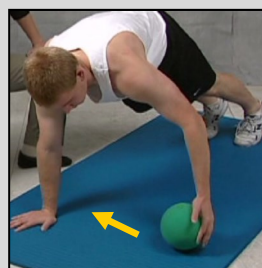
Frequency _____



CAT-BALL EXERCISE IN PLANK POSITION

Sets/ reps _____

Frequency _____



BOSU BALL LEANS ON KNEES (c)

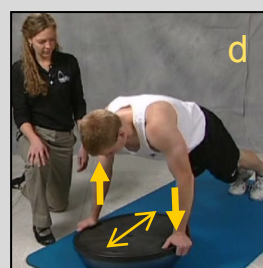
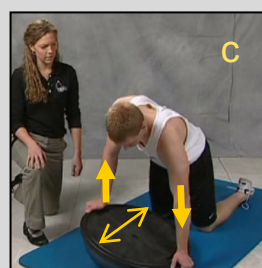


BOSU BALL LEANS IN PLANK POSITION (d)

- Lean in multiple directions

Sets/ reps _____

Frequency _____



SHOULDER EXERCISE PACKET

PHASE 4 - POWER



**HOWARD HEAD
SPORTS MEDICINE**

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Plyometric exercises

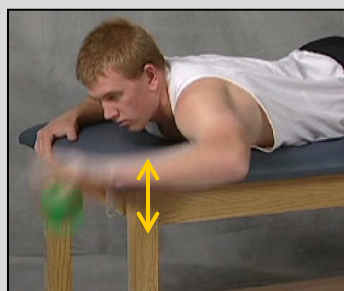
- Plyometric exercises are ballistic strengthening exercises. These exercises should be used based on the physical demands of the shoulder. They are not intended for every progression.

☐ PLYOMETRIC EXTERNAL ROTATION

- Catch and release the ball rapidly

Sets/ reps _____

Frequency _____

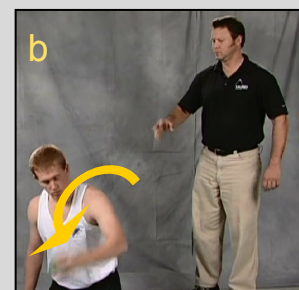


☐ DECELERATIONS

- Catch the ball and slow it down as you catch it.
- Your partner can throw the ball from behind you (a), or from a higher position (b).

Sets/ reps _____

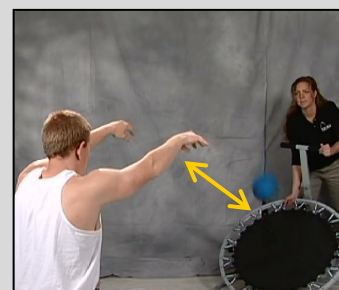
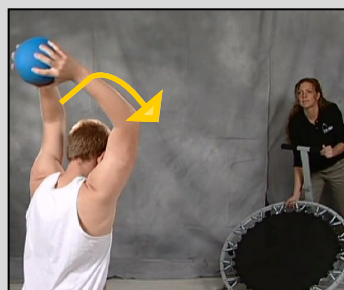
Frequency _____



☐ PLYO TRAMPOLINE BALL THROWS

Sets/ reps _____

Frequency _____



☐ PLYO TRAMPOLINE SIDE THROW

Sets/ reps _____

Frequency _____

