



### Rehabilitation Exercises for Shoulder Injuries

Begin these exercises when your pain has decreased about 25% from the time when your injury was most painful.

**Pendulum Exercise:** Lean over with your uninjured arm supported on a table or chair. Relax the arm on the injured side, letting it hang straight down. Slowly move the injured arm in a small circle in a clock-wise direction. Repeat 20 times. Reverse the direction and slowly move the injured arm in a counter-clock-wise direction. Repeat 20 times. Next, slowly swing the injured arm from side to side. Repeat 20 times. Do 3 sets in each direction.



**Wall Walk:** Stand with your injured shoulder about 2 feet away from a wall. Raise your arm to shoulder level and gently “walk” your fingers up the wall as high as you comfortably can. Hold for 10 seconds then walk your fingers back down. Repeat 5 times.



**Back Scratcher:** Stand straight, placing the back of the hand on the injured side flat against your lower back. Throw one end of a towel over your uninjured shoulder. Grab it behind your back with your injured hand. Pull down gently on the towel with your uninjured arm. Let your injured arm slide up your back as high as is comfortable. You’ll feel a stretch in your injured shoulder. Hold each stretch for 30 seconds. Do sets.



### **Pretzel Twists:**

- A. Reach the injured arm over your uninjured shoulder, keeping your arm level. Use the back of your uninjured hand to gently press your injured arm toward your shoulder. Hold for 15 seconds. Do 3 sets.



- B. Reach behind your head with your uninjured arm, holding a towel. Grasp the towel behind your back with your injured arm. Gently pull up with your uninjured hand. Hold for 15 seconds. Do 3 sets.



- C. Place your hands together behind your body. Gently use your uninjured hand to lift your injured arm up and back. Hold for 15 seconds. Do 3 sets.



**Supraspinatus Exercise:** Standing with your arms at your sides and your thumbs pointed toward the floor, lean your trunk forward slightly. Lift your arms up and out from your sides, keeping your elbows straight. Lift your hands only to shoulder level. Hold 5 seconds. Repeat 10 times. Do 3 sets.



**Scapular Range of Motion:** Shrug your shoulders up. Then squeeze your shoulder blade together. Then relax your shoulder blades down. Hold each position for 5 seconds. Repeat 10 times. Do 3 sets.



**Isometrics:**

- A. External Rotation: Standing in a doorway with your elbow bent 90 degrees and the back of your hand (on the injured side) pressing against the door frame, attempt to press your hand outward into the door frame. Hold for 5 seconds. Repeat 10 times.



- B. Internal Rotation: Standing in a doorway with your elbow bent 90 degrees and the front of your hand (on the injured side) pressing against the door frame, attempt to press your palm in the door frame. Hold for 5 seconds. Repeat 10 times.



- C. Abduction: With your injured side towards the wall and your elbow bent at a 90 degree angle, press the side of your arm into the wall as if attempting to lift it. Hold for 5 seconds. Repeat 10 times.



**Side Raise:** Stand with your arms at your side. Hold a small weight in each hand. Keeping your elbows straight and thumbs pointed down, lift your arms upward. \*Don't lift your wrists higher than shoulder level. Slowly lower your arms to the starting position. Repeat 15 times.



**Wall Pushup:** With feet and hands shoulder-width apart, place your palms on the wall, standing about an arm's length away. Keeping your knees straight and heels on the floor, bend your elbows and lean forward as far as you comfortably can. Your elbows should be pointing down. Then push away from the wall to the starting position. Repeat 15 times.



**Internal Rotation:** With knees bent, lie on a firm surface. Grasp a small weight in the hand on the injured side. Bend that arm to a 90 degree angle, resting your elbow and forearm, palm up, on a pillow. Keeping your elbow next to your side, raise your forearm toward your stomach. Slowly return your forearm to the pillow. Repeat 15 times.



**External Rotation:** Lie on your side with your head supported by a pillow or your uninjured arm. Place a small rolled-up towel under the elbow on your injured side. Grasp a small weight with the hand on your injured side and bend that arm to a right angle, resting your forearm against your stomach. Keeping your elbow against the towel, slowly lift the weight until your forearm is higher than your elbow. Return to the start position. Repeat 15 times.



### Resistance Thera-band Exercises:

- A. Internal Rotation: Tie one end of the band to a door knob and hold the other in your hand on the injured side. Keeping your elbow at your side, rotate your arm inward across your body. \*Make sure to keep your forearm parallel to the floor. Repeat 10 times, do 2 sets.



- B. External Rotation: Tie one end of the band to a door knob and hold the other in your hand on the injured side. Stand sideways with your injured side toward the door and no more than 8-10 inches away. Slowly bring your arm next to your body holding onto the band for resistance. Repeat 10 times, do 2 sets.



- C. Flexion: Tie one end of the band to a door knob and hold the other in your hand on the injured side. Facing away from the door, keep your elbow straight and pull your arm forward. Repeat 10 times, do 2 sets.



- D. Extension: Tie one end of the band to a door knob and hold the other in your hand on the injured side. Stand facing the door and pull your arm straight back. \*Make sure you keep your elbow straight. Repeat 10 times, do 2 sets.



**Wand Exercises:** If you do not have a stick to use for this exercise, hold the thera-band in both hands and pull outwards to create some resistance.

- A. Shoulder Flexion: Stand upright and hold a stick in both hands, palms down. Stretch your arms by lifting them over your head, keeping your elbows straight. Hold for 5 seconds and return to the starting position. Repeat 10 times.



- B. Shoulder Abduction: Stand upright and hold a stick with both hands, palms down. Rest the stick or band against the front of your thighs. While keeping your elbows straight, use your uninjured arm to push your injured arm out to the side and up as high as possible. Hold for 5 seconds. Relax and return to the starting position. Repeat 10 times.



- C. Shoulder Extension: Stand upright and hold a stick in both hands behind your back. Move the stick away from your back. Hold the end position for 5 seconds. Relax and return to the starting position. Repeat 10 times.



- D. Internal Rotation: Stand upright holding a stick with both hands behind your back. Place the hand on your uninjured side behind your head grasping the stick, and the hand on your injured side behind your back at your waist. Move the stick up and down your back by bending your elbows. Hold the bent position for 5 seconds and then return to the starting position. Repeat 10 times.



- E. External Rotation: Lie on your back and hold a stick in both hands, palms up. Your upper arms should be resting on the floor with your elbows at your sides and bent 90 degrees. Using your uninjured arm, push your injured arm out away from your body while keeping the elbow of the injured arm at your side. Hold the position for 5 seconds and then return to the starting position. Repeat 10 times.

