



SEATTLE SPINE & SPORTS MEDICINE

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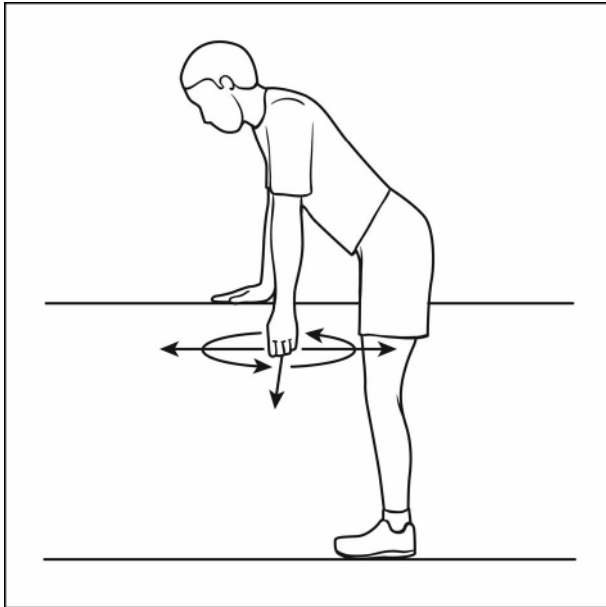
HOME EXERCISE PROGRAM FOR SHOULDER CONDITIONING

For the exercises that use a stick, you may use a yardstick or stick of similar size. The exercises should never be performed at a level that causes pain. If the exercises cause pain, call your doctor.

Stretching and Strengthening Exercises for the Shoulder

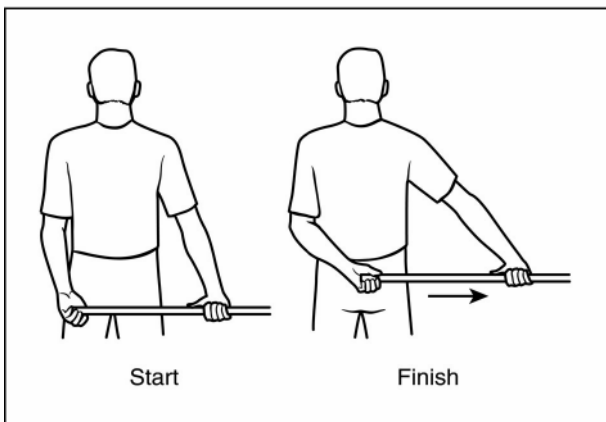
| Exercise | Muscle Group | Number of Repetitions/Sets | Number of Days per Week | Number of Weeks |
|--------------------------------|---|---|-------------------------|-----------------|
| Stretching | | | | |
| Pendulum | General | 10 repetitions/2 sets, progressing to 15 repetitions/3 sets | 5to6 | 2to3 |
| Passive internal rotation | Subscapularis Pectoralis major and minor | 4sets | 5to6 | 6to8 |
| Passive external rotation | Infraspinatus Teres minor | 4sets | 5to6 | 6to8 |
| Cross-over arm stretch | Posterior deltoid | 4 sets | 5 to 6 | 6 to 8 |
| Strengthening | | | | |
| External rotation | Infraspinatus Teres minor | 8 repetitions/3 sets, progressing to 12 repetitions/3 sets | 3 | 8 |
| Standing row | Middle trapezius Rhomboid | 8 repetitions/3 sets, progressing to 12 repetitions/3 sets | 3 | 8 |
| Internal rotation | Pectoralis major and minor Subscapularis | 8 repetitions/3 sets, progressing to 12 repetitions/3 sets | 3 | 8 |
| Bent-over horizontal abduction | Middle and lower trapezius | 8 repetitions/3 sets, progressing to 12 repetitions/3 sets | 3 | 8 |
| Elbow flexion | Biceps | 8 repetitions/3 sets, progressing to 12 repetitions/3 sets | 3 | 8 |
| Elbow extension | Triceps | 8 repetitions/3 sets, progressing to 12 repetitions/3 sets | 3 | 8 |

STRETCHING EXERCISES



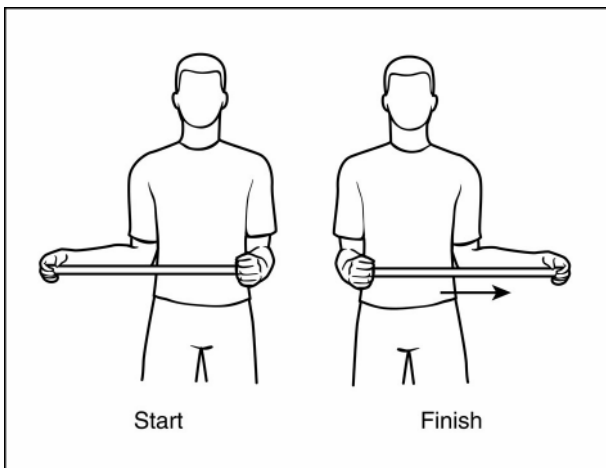
PENDULUM

Lean forward, supporting the body with one arm and relaxing the muscles of the other arm so that it hangs freely. Gently move the arm in forward-and-back, side-to-side, and circular motions. Repeat on the other side.



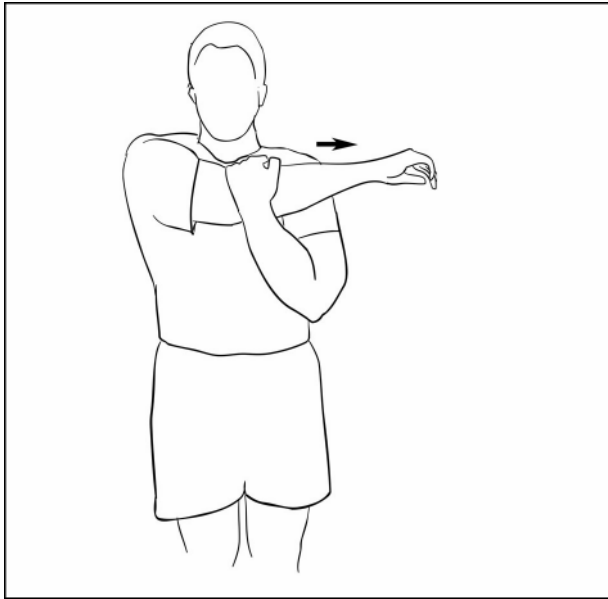
PASSIVE INTERNAL ROTATION

Behind your back, grasp the stick with one hand and lightly grasp the other end of the stick with the other hand. Pull the stick horizontally as shown so that the arm is passively stretched to the point of feeling a pull without pain. Hold for 30 seconds and then relax for 30 seconds. Repeat on the other side.



PASSIVE EXTERNAL ROTATION

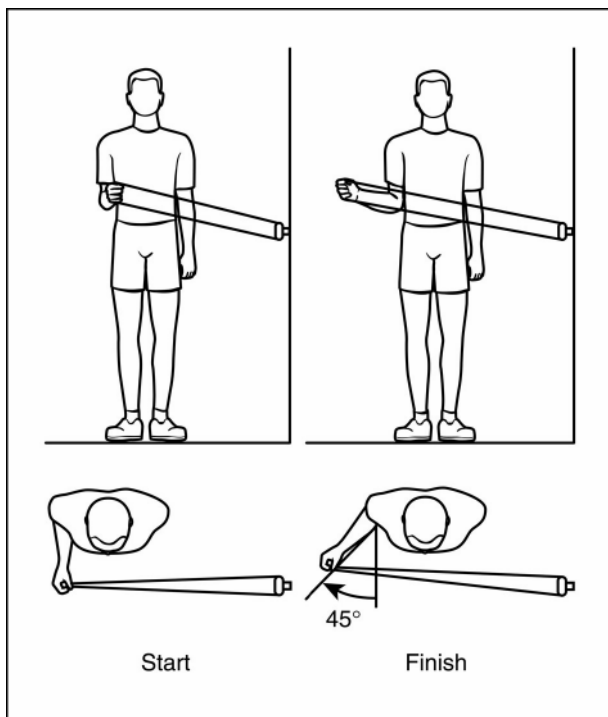
Grasp the stick with one hand and cup the other end of the stick with the other hand. Push the stick horizontally as shown, keeping the elbow against the side of the body so that the arm is passively stretched to the point of feeling a pull without pain. Hold for 30 seconds and then relax for 30 seconds. Repeat on the other side.



CROSS-OVER ARM STRETCH

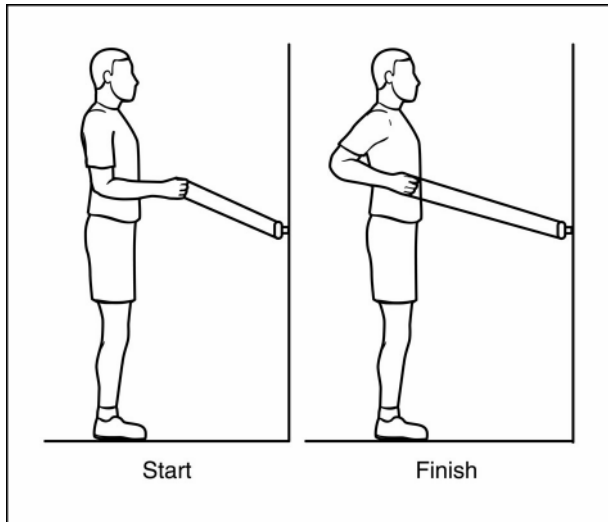
Gently pull the elbow of one arm across the chest as far as possible without feeling pain. Hold the stretch for 30 seconds and then relax for 30 seconds. Repeat on the other side.

STRENGTHENING EXERCISES



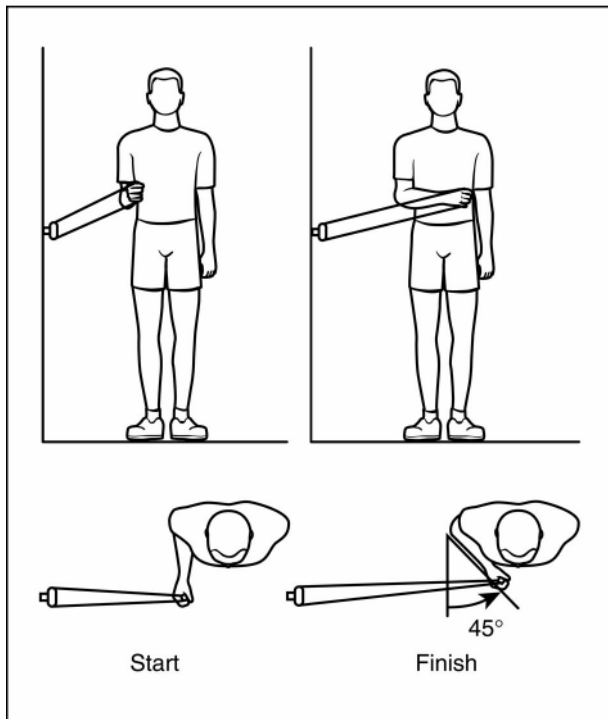
EXTERNAL ROTATION

Make a 3-foot-long loop with the elastic band and tie the ends together. Attach the loop to a doorknob or other stable object. Standing with your side to the wall, hold the loop as shown in the Start position. Keeping your elbow close to your side, rotate the arm outward slowly and then slowly return to the Start position. Repeat on the other side.



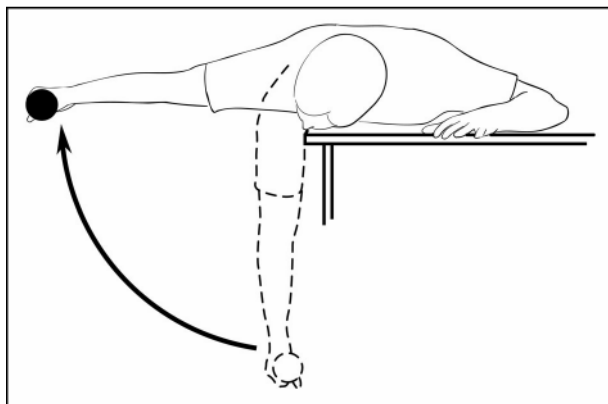
STANDING ROW

Make a 3-foot-long loop with the elastic band and tie the ends together. Attach the loop to a doorknob or other stable object. Standing facing the wall, hold the loop as shown in the Start position. Keeping your arm close to your side, slowly pull the arm straight back and then slowly return to the Start position. Repeat on the other side.



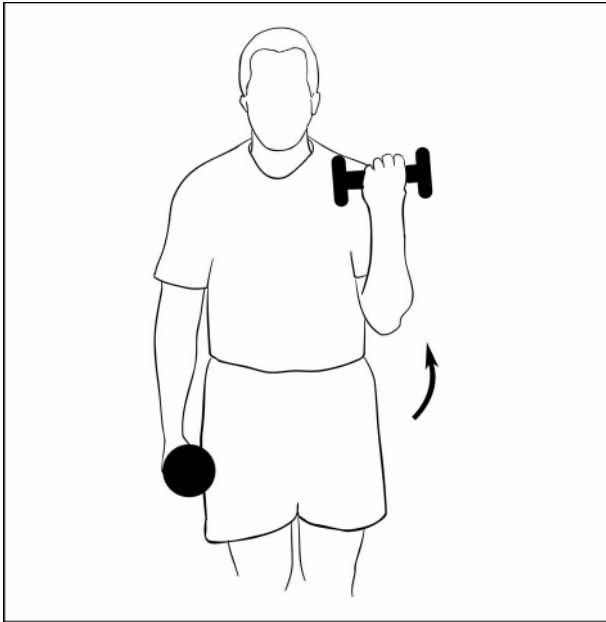
INTERNAL ROTATION

Make a 3-foot-long loop with the elastic band and tie the ends together. Attach the loop to a doorknob or other stable object. Standing with your side to the wall, hold the loop as shown in the Start position. Keeping your elbow close to your side, rotate the arm across your body slowly and then slowly return to the Start position. Repeat on the other side.



BENT-OVER HORIZONTAL ABDUCTION

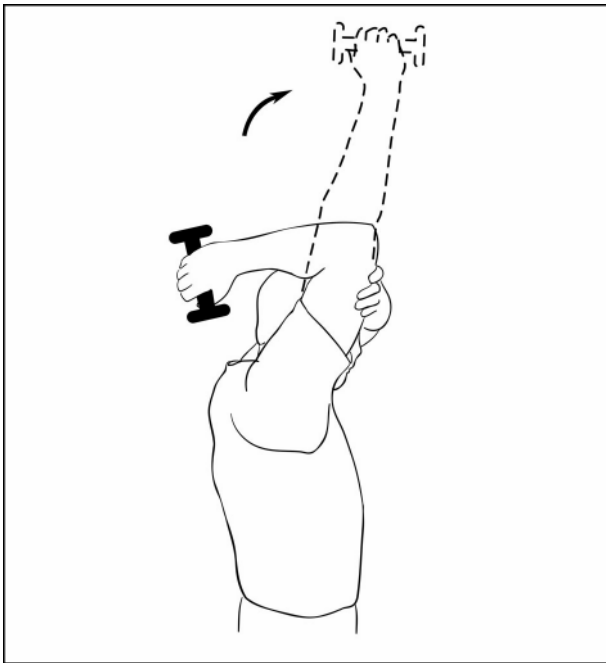
Stand next to a table. Bend at the waist with your side supported on the table and the other arm hanging straight down and holding a light weight (up to 5 pounds). Keeping the arm straight, slowly raise the hand up to eye level and then slowly lower it back to the starting position. Repeat on the other side.



ELBOW FLEXION

Stand with your weight evenly distributed over both feet. Holding a light weight (up to

5 pounds) and keeping the arm close to the side, slowly bend the elbow up toward the shoulder as shown; hold for 5 seconds, slowly return to the starting position, and then relax. Repeat on the other side.



ELBOW EXTENSION

Stand with your weight evenly distributed over both feet. Holding a light weight (up to

5 pounds), raise your arm with the elbow bent and with your opposite hand supporting your elbow. Slowly straighten the elbow overhead, hold for 5 seconds, and then slowly lower the arm to the starting position. Repeat on the other side.