SHOULDER STRENGTHENING

PEP PADS
PROGRESSIVE EXERCISE PRESCRIPTION PADS

INDICATIONS:
The following exercises are to be used to complement your therapy treatment.
Exercise is effective for:
1. improving strength and endurance.
2. decreasing swelling.
3. improving mobility and flexibility.

Do each exercise rhythmically.

PRECAUTIONS:
Discontinue any exercise if there is increase in pain, temperature or swelling in the exercised joint.

EXERCISE FREQUENCY:

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REPETITIONS OF EACH:

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NOTES:

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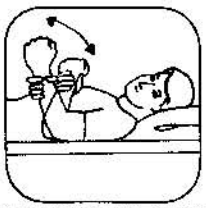
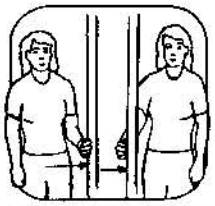
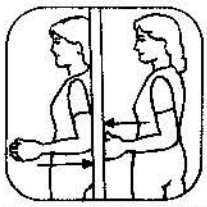


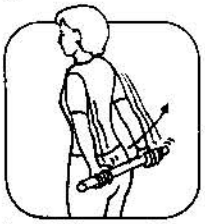
☐**1. EXTERNAL/INTERNAL ROTATION — LYING:** Flex elbow to right angle & hold close to body. Grasp wrist of injured arm with good hand.
1) Move injured arm away from body against resistance of good hand. 2) Bring injured arm inward against resistance of good hand. Hold each for count of 5.



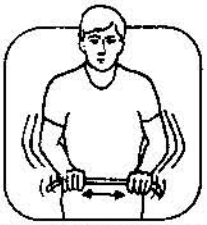
☐**2. EXTERNAL/INTERNAL ROTATION — STANDING:** Flex elbow to right angle and hold close to body.
1) Push hand outward against door jamb. 2) Pull hand inward against door jamb.
Hold each for a count of 5. Relax. Repeat.



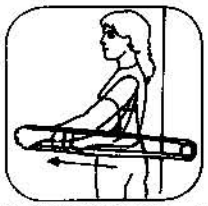
☐**3. ISOMETRIC DELTOID:** Flex elbow to right angle & hold close to body. Press elbow backwards against wall. Move elbow out to the side. Push fist forward. Hold each for count of 5. Relax. Repeat.



☐**4. HYPEREXTENSION:** Grasp cane behind back with both hands. Extend away from you as far as possible. Hold for count of 2. Relax. Repeat.

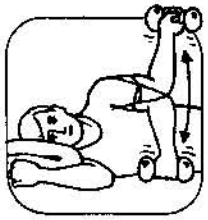


☐**5. EXTERNAL ROTATION:** Flex elbows to right angle at sides. Stretch theraband by pulling hands apart equally. Hold for count of 2. Release slowly. Repeat.

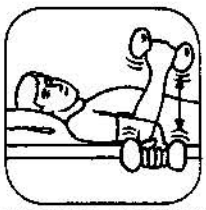


☐**6. FLEXION:** Hook theraband loop over door knob. Push forward until elbow is straight. Hold for count of 2. Release slowly. Repeat.

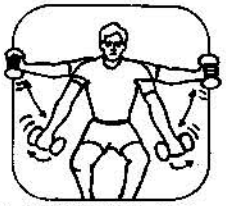
☐**7. EXTENSION:** Hook theraband loop over door knob. Pull back until elbow is straight. Hold for count of 2. Release. Slowly. Repeat.



☐**8. EXTERNAL ROTATION:** Keep elbow close to side, weighted hand on table. Slowly raise the weight until hand points towards the ceiling. Hold for count of 2. Lower slowly. Repeat.

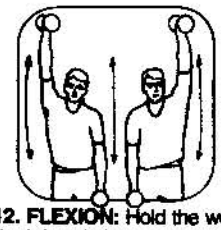


☐**9. INTERNAL ROTATION:** Keep elbow close to side, weighted hand out away from you. Pull hand in towards chest. Lower slowly. Repeat.



☐**10. ABDUCTION:** Hold weights at your sides. Slowly bring arms up, rolling arms outward as you go up. Lower slowly. Repeat.

☐**11. SUPRASPINATUS:** Start by holding weight in front of thighs. Keep arms rolled inward. Bring arms up & out from there to shoulder height. Move in a plane 45° in front of your sides. Lower slowly. Repeat.



☐**12. FLEXION:** Hold the weight on the injured side. Begin in front of thigh. Lead with thumb & raise weight overhead. Lower slowly. Repeat.

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