

SHOULDER STRETCHING

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.

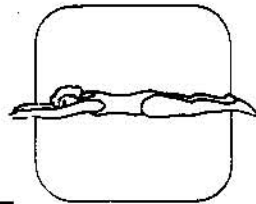
PRECAUTIONS:

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

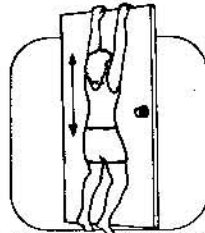
EXERCISE FREQUENCY:

REPETITIONS OF EACH:

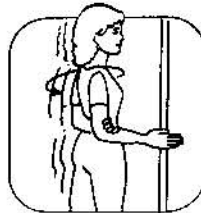
NOTES:



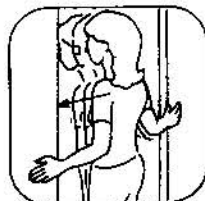
1. LYING FLEXION: Lie on your stomach with your arms stretched out overhead.



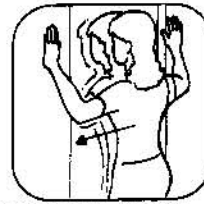
2. STANDING FLEXION: Face an open door. Assist injured arm up. Hook fingers on top of the door. Bend knees slightly to stretch. Use a stool if necessary.



3. UNILATERAL EXTERNAL ROTATION: Stand in a doorway. Flex elbow to right angle & hold close to body. Place palm on door jamb. Slowly turn body away from arm. Hold for 5 seconds. Relax. Repeat.



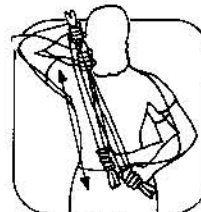
4. BILATERAL EXTERNAL ROTATION: Stand in a doorway. Flex both elbows to right angles, keeping them at your sides. Lean forward and stretch. Hold for count of 5. Relax. Repeat.



5. HIGH EXTERNAL ROTATION: Stand in doorway, elbows at shoulder level, hands on door jamb. Lean forward and stretch. Hold for 5 seconds. Relax. Repeat.



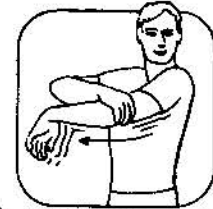
6. INTERNAL ROTATION: Grasp wrist of injured arm with your good arm behind back. Lift your hands up. Hold the stretch for a count of 5. Relax. Repeat.



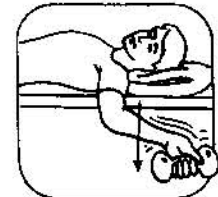
7. TOWEL STRETCH: Grasp towel behind back with your good hand at the top. Move towel up. Hold stretch for a count of 5. Relax. Repeat.



8. INFERIOR CAPSULE STRETCH: Bring involved arm up and behind head. Grasp elbow with good hand & stretch for a count of 5. Relax. Repeat.



9. POSTERIOR CUFF STRETCH: Bring injured arm across body. Turn head over that shoulder. Pull & stretch with good hand for a count of 5. Relax. Repeat.



10. EXTERNAL ROTATION STRETCH WITH WEIGHT: Lay on back with injured shoulder just off table's edge & elbow bent to right angle. Allow the weight in hand to gently pull arm down, as shown, for count of 30. Relax. Repeat.



11. RETRACTION STRETCH WITH WEIGHT: Lay as shown with injured shoulder just off table's edge and arm out straight. Allow weight in hand to gently pull your arm down, into position shown, for a count of 30. Relax. Repeat.



12. FLEXION STRETCH WITH WEIGHT: Holding weight in hand, bring arm up as far overhead as possible. Allow gentle stretch for count of 30. Relax. Repeat.