

SHOULDER:

Strengthening Exercises

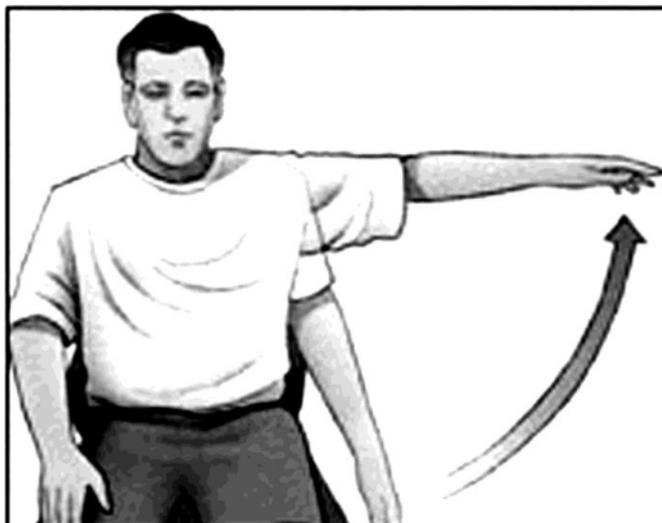
This handout illustrates some **strengthening exercises** for the shoulder. They should be performed within your comfort zone unless otherwise instructed. Similar to your stretching program, the strengthening exercises should not cause significant pain. Fatigue and some soreness after the workout are acceptable, but if you have significant pain with these exercises, another period of rest and possibly a different course of treatment should be considered.

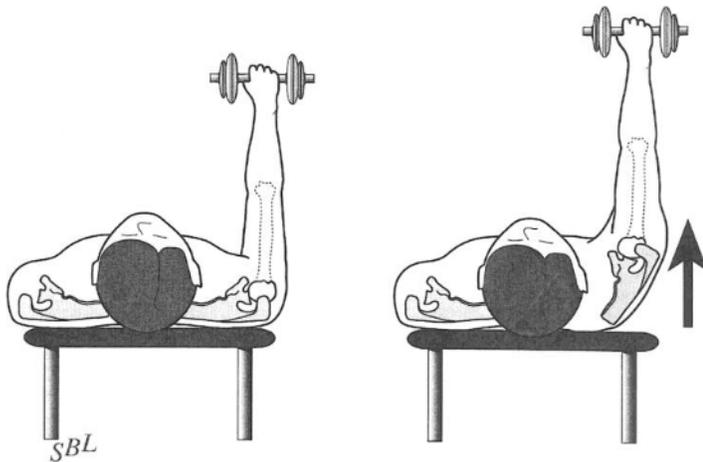
This handout and these exercises are only a general template and should be supplemented by the physical therapy program prescribed by your doctor. If at any time you are uncertain about what to do, or you have new or increasing pain, please consult your physician or physical therapist.

Scapular Stabilization Exercises

The scapula (aka “shoulder blade”) is the origin of the shoulder joint. When the shoulder is injured, the muscles that control your scapula and some of your normal shoulder motion can malfunction. As a result, strengthening the muscles around the scapula is essential for rehabilitating your shoulder.

Start by doing a simple **shoulder abduction** (hold your arm out to the side) while watching your shoulder in a mirror. Concentrate on watching your shoulder as you move and try to keep your scapula pressed down. This may feel like less shoulder motion than before, but this is the normal way that the shoulder works.





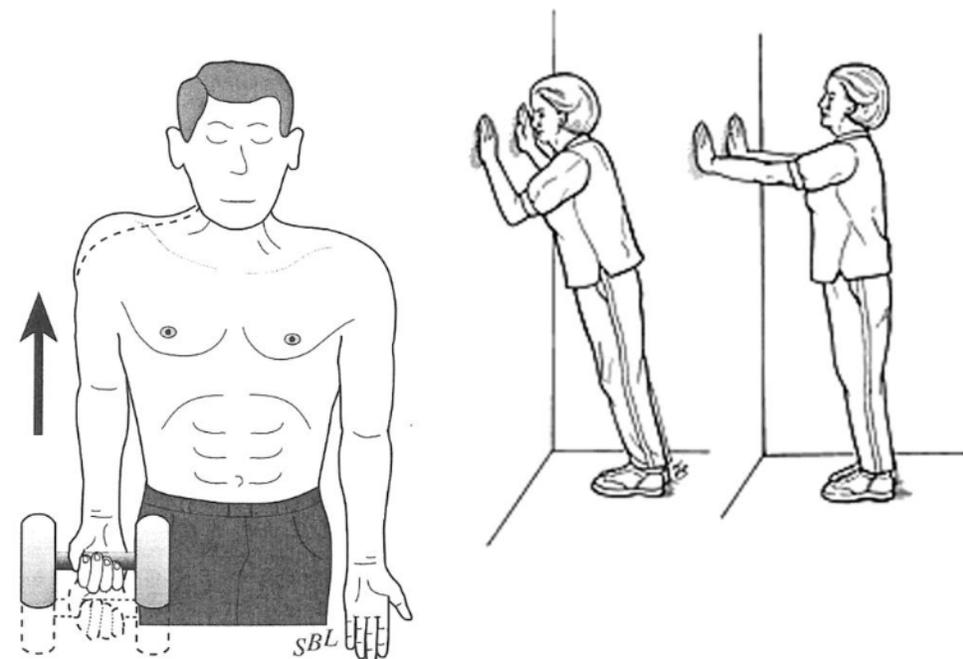
Scapular Protraction

Lie on your back and, while holding a small dumb-bell in front of you, push the shoulder forward while keeping your arm as still as possible.

You can also do this against a wall, like a wall push-up. Do not bend your elbows, but instead move your scapula forward and back.

Wall Push-ups

Place your palms flat on the wall, shoulder-width apart. Bend your elbows and slowly lower yourself toward the wall. Pause, then slowly push yourself back until your arms are straight. *(Be careful not to round or arch your back while doing this.)*



Shoulder Shrugs

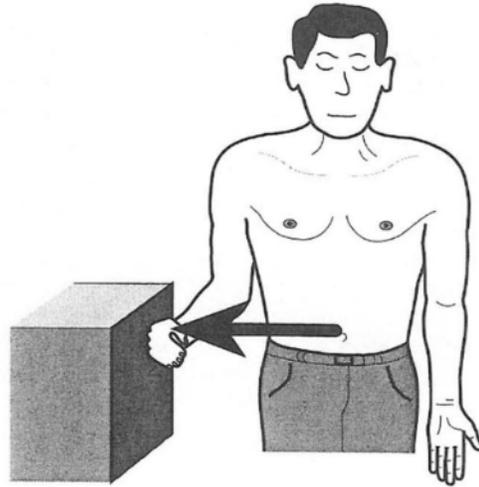
Holding a light dumb-bell at your side, shrug your shoulder upwards to elevate the weight.

Infraspinatus Strengthening (Posterior Rotator Cuff)

Three exercises are shown:

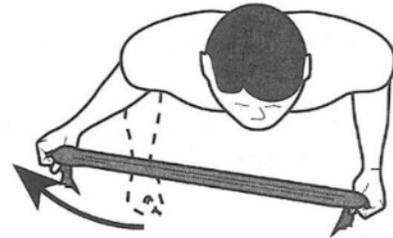
A: Isometric contraction. Stand with the involved side of your body against a wall. Bend your elbow to 90° and push your arm into the wall. Your arm should not move. Hold for 5 seconds, then relax. (*This is very low stress and well-tolerated in the injured or post-op shoulder*).

A



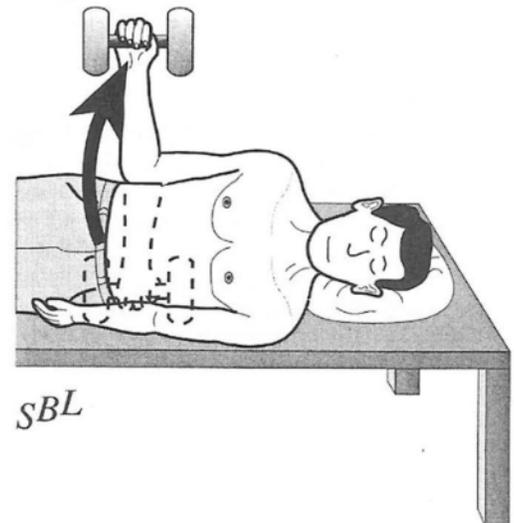
B: Tubing Pulls. Externally rotate your arm while holding your rubber band or stretch tubing in the other arm. The band generates resistance for your infraspinatus muscle.

B



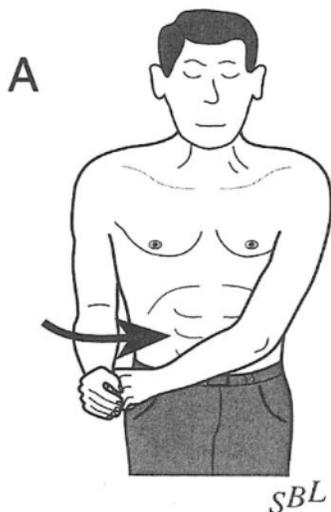
C: Dumbbell. Lie on your other side. Keep your elbow bent at 90° and at your side. Rotate your hand away from your body (against gravity), then slowly lower back down.

C

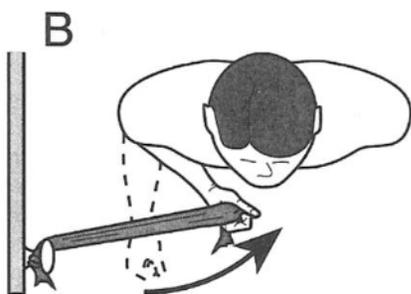


Subscapularis Strengthening (Anterior Rotator Cuff)

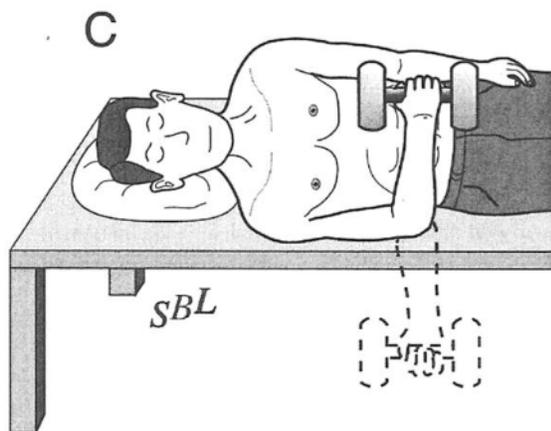
Three exercises are shown:



A: Isometric contraction. Stand at the corner of a wall or door frame. Place your arm against the wall, around the corner. Keep your elbow bent to 90°. Push your arm into the wall and hold for 5 seconds, then relax. Your arm should not move. (*This is very low stress and well-tolerated in the injured or post-op shoulder*)



B: Tubing Pulls. Tie your rubber band or stretch tubing to a doorknob or table. Rotate your arm toward your body. The tubing generates resistance for your subscapularis muscle.



C: Dumbbell. Lie on the same side and keep your elbow bent to 90°. Raise your hand up against gravity towards your stomach. Slowly lower your hand down.