

The following are rehabilitation exercises that can help limit the risk for shoulder injuries. It is not an all-inclusive list, nor does it actually prevent an injury from occurring. Performing these exercises preventatively can also help you recover from injury more quickly.

The following exercises can be used for: muscle strains, Biceps Long Head Tendonitis, Rotator Cuff Impingement/Tendonitis, Labral Pathologies, and Acromioclavicular Joint Sprain.

Choose 4-5 exercises to complete each week and follow the instructions.

REVERSE PENDULUMS

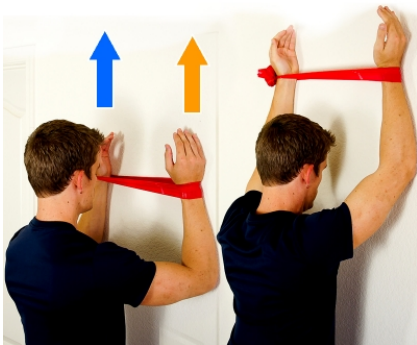


Lying on your back, straighten your arm towards the ceiling. Next, move your arm in small circles in a clock-wise motion. After a few seconds, reverse the direction to a counter-clockwise motion. Change directions every few seconds.

Progression: increase weight and/or speed

Duration 30 Seconds
 Complete 5 Sets
 Perform 3 Time(s) a Week

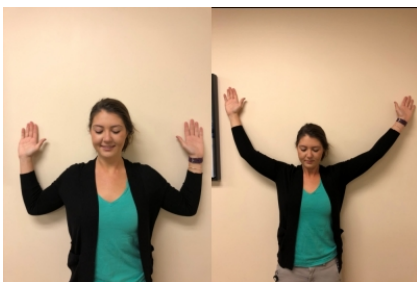
SERRATUS WALL SLIDE - ELASTIC BAND



Place an elastic band around your arms at the level of your wrists as shown. Next, place your forearms and hands along a wall so that your elbows are bent and your arms point towards the ceiling. Then, protract (round) your shoulder blades forward and then slide your arms up the wall as shown.

Return to the original position and repeat.

Repeat 10 Times
 Complete 3 Sets
 Perform 3 Time(s) a Week



W's on the Wall

With back against the wall, place arms against wall, palms facing out in a "W" position. Perform shoulder blade squeeze, chin tuck, and pelvic tilt to maintain neutral spine. Slowly slide arms up the wall trying to keep arms and back in contact with the wall the entire time with out letting the shoulders hike up or the ribs flare out. Move through a pain free range, then slowly slide back down.

Repeat 10 Times
 Complete 3 Sets
 Perform 3 Time(s) a Week



WALL DRIBBLE ARCS

Stand facing a wall and hold your arm with elbow straight. Hold a small medicine ball and bounce it on the wall while moving your arm in a large arc across the wall as shown.

Duration 60 Seconds
Complete 3 Sets
Perform 3 Time(s) a Week

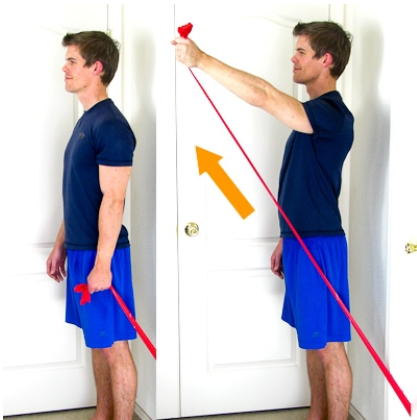


WALL PUSH UP - MEDICINE BALL

Place a medicine ball on a wall and perform push ups while holding the ball with both hands as shown.

Progression:
1. knee push ups
2. floor push ups

Repeat 10 Times
Complete 3 Sets
Perform 3 Time(s) a Week



ELASTIC BAND SHOULDER FLEXION

While holding an elastic band at your side, draw up your arm up in front of you keeping your elbow straight. You should feel tension as you pull, if not, take another step away.

Unlike the photo, do not come above your shoulder level. With control, return your arm back to starting position.

Progression: cable machine and increase weight

Repeat 10 Times
Hold 1 Second
Complete 3 Sets
Perform 3 Time(s) a Week



ELASTIC BAND SHOULDER ABDUCTION

While holding an elastic band at your side, draw up your arm to the side keeping your elbow straight. You should feel tension as you pull, if not, take another step away.

Unlike the photo, do not come above your shoulder level. With control, return your arm back to starting position.

Progression: cable machine and increase weight

Repeat 10 Times
Hold 1 Second
Complete 3 Sets
Perform 3 Time(s) a Week



ELASTIC BAND SHOULDER EXTENSION

While holding an elastic band in front of you with your elbows straight, pull the band down and back towards your side. You should feel tension as you pull, if not, take another step away.

With control, return your arm back to starting position.

Progression: cable machine and increase weight

Repeat 10 Times
Hold 1 Second
Complete 3 Sets
Perform 3 Time(s) a Week



ELASTIC BAND SHOULDER ADDUCTION

While holding an elastic band away from your side, pull the band towards your side. You should feel tension as you pull, if not, take another step away. Keep your elbow straight.

With control, return your arm back to starting position.

Progression: cable machine and increase weight

Repeat 10 Times
Hold 1 Second
Complete 3 Sets
Perform 3 Time(s) a Week



ELASTIC BAND SHOULDER EXTERNAL ROTATION

While holding an elastic band at your side with your elbow bent, start with your hand near your stomach and then pull the band away. You should feel tension as you pull, if not, take another step away. Keep your elbow at your side the entire time.

With control, return your arm back to starting position.

Progression: cable machine and increase weight

Repeat 1 Time
Hold 1 Second
Complete 1 Set
Perform 1 Time(s) a Day



ELASTIC BAND SHOULDER INTERNAL ROTATION

While holding an elastic band at your side with your elbow bent, start with your hand away from your stomach, then pull the band towards your stomach. You should feel tension as you pull, if not, take another step away. Keep your elbow near your side the entire time.

With control, return your arm back to starting position.

Progression: cable machine and increase weight

Repeat 10 Times
Hold 1 Second
Complete 3 Sets
Perform 3 Time(s) a Week



FREE WEIGHT - EMPTY CAN

While holding a weight with the top of your fist pointed downward, bring up your arm up from your side. Keep your elbow straight for this exercise.

Progression: increase weight

Repeat 10 Times
Hold 1 Second
Complete 3 Sets
Perform 3 Time(s) a Week



EXERCISE BALL - PRONE Y - THUMBS UP

Lie face down over an exercise ball with your elbows straight and arms out in front of your body as shown. The shoulder should be approximately 120 degrees abducted.

Slowly raise your arms upward and return to original position. Your thumbs should be pointed upwards the entire time.

Progression: add dumbbells

Repeat 10 Times
Hold 1 Second
Complete 3 Sets
Perform 3 Time(s) a Week



EXERCISE BALL - PRONE T - THUMBS UP

Lie face down over an exercise ball with your elbows straight. Slowly raise your arms upward and return to original position. Your thumbs should be pointed upwards the entire time.

Progression: add dumbbells

Repeat 10 Times
Hold 1 Second
Complete 3 Sets
Perform 3 Time(s) a Week



EXERCISE BALL - PRONE EXTENSION

Lie face down over an exercise ball with your elbows straight and along the side of your body as shown. Next, slowly raise your arms upward along your side and then return to original position.

Progression: add dumbbells

Repeat 10 Times
Hold 1 Second
Complete 3 Sets
Perform 3 Time(s) a Week



EXERCISE BALL - PRONE W

Lie face down over an exercise ball with your elbows bent. Slowly raise your arms upward as you retract your shoulder blades and then return to original position. Your palms should be directed downward the entire time.

Progression: add dumbbells

Repeat 10 Times
Hold 1 Second
Complete 3 Sets
Perform 3 Time(s) a Week



BOSU PLANK ROCK

While in a plank position on your toes and holding an inverted Bosu Ball as shown, tilt the Bosu side-to-side as you shift your body weight.

Repeat 10 Times
Complete 3 Sets
Perform 3 Time(s) a Week