

# shoulder exercises

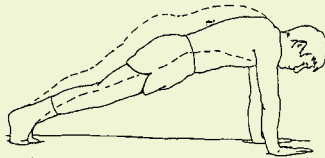
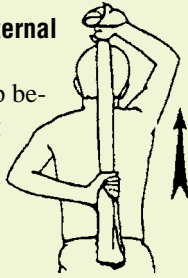
## Posterior Capsule Stretch

Gently pull on elbow with opposite hand until a stretch is felt in the shoulder. Hold 5 seconds. Repeat 3 times.



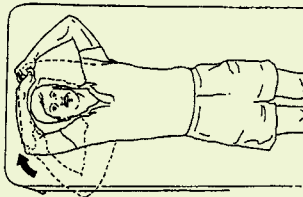
## Towel Stretch for Internal Rotation

Pull involved arm up behind back by pulling towel upward with uninvolved arm. Hold 5 seconds. Repeat 3 times.



## Push-Up Position Press-Up

In push-up position, press shoulders up. Then sag down to start position. Repeat 5 times. Do 3 sessions per day.



## Supine Abduction

Lie on back with involved arm on the surface as high toward the ear as possible with palm up. Slide arm along surface toward the ear. Use stick or opposite hand to help pull. Hold for a 5 count. Relax and repeat 3 times.

## Sitting Press-Up

Sitting on chair with palms flat on seat. Push down lifting feet and hips off chair. Hold 5 seconds. Repeat 3 reps.



## Scaption

Place hanging arm halfway between hip and navel. Raise arm above head, elbow straight, thumb pointing up. Hold for a 5 count. Relax and repeat 3 times.



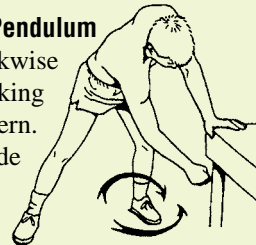
## Tricep Extension

Support elbow with opposite hand and raise arm overhead. Straighten elbow over head, hold and relax. May be done lying down. Hold for a 5 count. Relax and repeat 3 times. Start with a light weight.



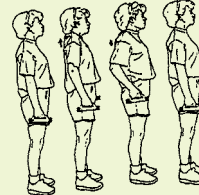
## Range of Motion Exercises: Pendulum

Let arm move in a circle clockwise then counterclockwise by rocking body weight in a circular pattern. Next, let arm swing side to side and front to back.



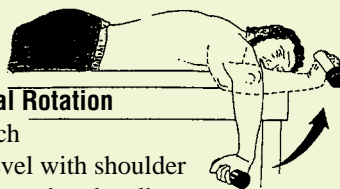
## Shoulder Shrugs

Stand with arms by your side and a light weight in your hands. Lift shoulders straight up toward ears for a 5 count. Then pull shoulders back pinching shoulder blades together for a 5 count. Relax and repeat 3 times.



## Prone External Rotation

Lie on stomach with elbow level with shoulder and arm supported at the elbow. Lift hand up into external rotation level with the table. Hold for a 5 count. Relax and repeat 3 times.



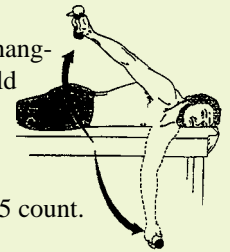
## External Rotation (sidelying)

Raise arm toward ceiling. Keep elbow bent at side. Hold for a 5 count. Relax and repeat 3 times.



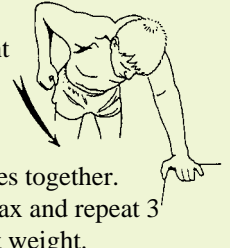
## Prone Extension

Lie on stomach with arm hanging off table. Thumb should be pointed out as far as possible. With a light weight in hand, lift arm into extension. Hold for a 5 count. Relax and repeat 3 times.



## Bent Row

Supporting body weight with hand on table, reach out in front of you. Pull arm back pinching shoulder blades together. Hold for a 5 count. Relax and repeat 3 times. Start with a light weight.



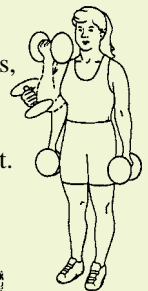
## Standing Flexion

Raise arm out in front of body and lift toward ceiling. Keep elbow straight and thumb up. Hold for a 5 count. Relax and repeat 3 times. Start with a light weight.



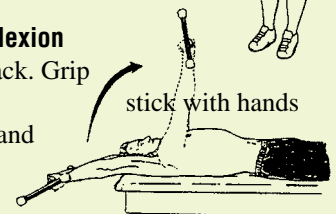
## Biceps Curl

Keeping arms close to sides, curl one arm to shoulder and back to straight arm position. Hold for a 5 count. Relax and repeat 3 times.



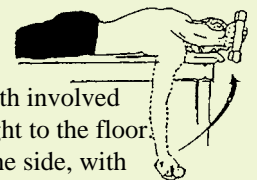
## Supine Flexion

Lie on back. Grip stick with hands together and elbows straight and take both arms over head as far as possible. Hold for a 5 count. Relax and repeat 3 times.



## Prone Horizontal Abduction

Lie on stomach with involved arm hanging straight to the floor. Raise arm out to the side, with thumb up and hand at eye level. Hold for a 5 count. Relax and repeat 3 times with a light weight.



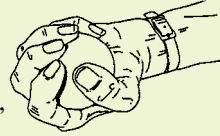
# wrist & elbow exercises



**Deep Friction Massage**  
Deep transverse friction across area of elbow that is sore. Perform 2 times.

## Grip

Grip apparatus, putty, small rubber ball, etc. Use as much as possible, all day long.



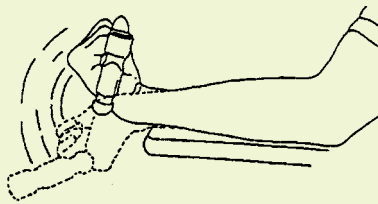
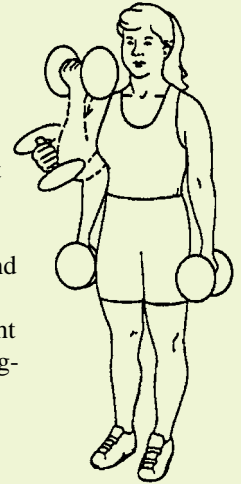
## Stretch Extensors

Straighten elbow completely. With palm facing down, grasp the back of the hand and pull wrist down as far as possible. Hold for a 5 count. Relax and repeat 3 times.



## Biceps Curl

Keeping arms close to sides, curl one arm to shoulder and back to straight arm position. Hold for a 5 count. Relax and repeat 3 times. Start with a light weight and progress.



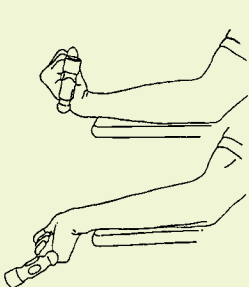
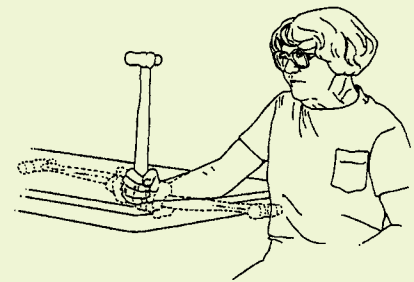
## Eccentric Exercise

The elbow and wrist exercises can be performed more aggressively by dropping the weight quickly and “snatching” it upward quickly. This can be done for flexion and extension. Hold for a 5 count. Relax and repeat 3 times.



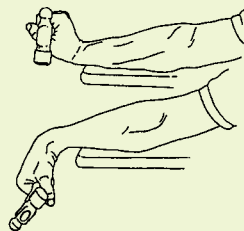
## Stretch Flexors

Straighten elbow completely. With palm facing up, grasp the middle of the hand and thumb. Pull wrist down as far as possible. Hold for a 5 count. Relax and repeat 3 times.



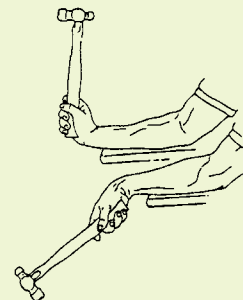
## Curls

The forearm should be supported on a table with hand off edge; palm should face upward. Using a light weight, lower the hand as far as possible and then curl it up as high as possible. Hold for a 5 count. Relax and repeat 3 times.



## Reverse Curls

The forearm should be supported on a table with hand off the edge; palm should face downward. Using a light weight, lower the hand as far as possible, then curl wrist up as high as possible. Hold for a 5 count. Relax and repeat 3 times.



## Neutral Wrist Curls

The forearm should be supported on table with wrist in neutral position and hand off table. Using a light weight held in a hammering position, lower wrist into ulnar deviation as far as possible. Then bring into radial deviation as far as possible. Turn wrist over and lift into ulnar deviation and lower into radial deviation. Hold for a 5 count. Relax and repeat 3 times.

## Rotation Exercise

With elbow bent and resting on table, hold a light weight in your hand in a hammering position. Move hand from palm up to palm down position holding for a 5 count. Relax and repeat 3 times.