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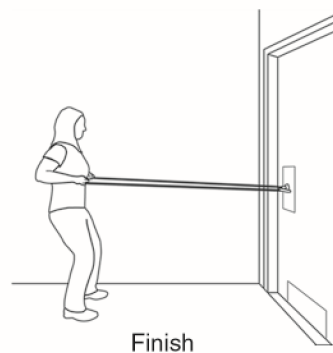
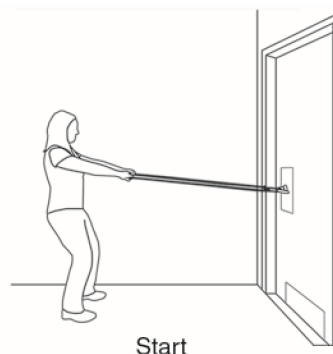
Exercise	Muscle Group	Number of Repetitions/Sets	Number of Days per Week
Strengthening			
External rotation	Infraspinatus Teres minor	8 repetitions/3 sets, progressing to 12 repetitions/3 sets	3
Standing row	Middle trapezius Rhomboid	8 repetitions/3 sets, progressing to 12 repetitions/3 sets	3
Internal rotation	Pectoralis major and minor Subscapularis	8 repetitions/3 sets, progressing to 12 repetitions/3 sets	3
Bent-over horizontal abduction	Middle and lower trapezius	8 repetitions/3 sets, progressing to 12 repetitions/3 sets	3
Elbow flexion	Biceps	8 repetitions/3 sets, progressing to 12 repetitions/3 sets	3
Elbow extension	Triceps	8 repetitions/3 sets, progressing to 12 repetitions/3 sets	3
External rotation with arm abducted 90°	Infraspinatus Teres minor	8 repetitions/3 sets, progressing to 12 repetitions/3 sets	3
Stretching			
Pendulum	General	10 repetitions/2 sets, progressing to 15 repetitions/3 sets	5 to 6
Passive external rotation	Infraspinatus Teres minor	4 sets	5 to 6
Passive internal rotation	Subscapularis Pectoralis major and minor	4 sets	5 to 6
Horizontal adduction stretch	Posterior deltoid	4 sets	5 to 6
Sleeper stretch	Posterior deltoid	5 repetitions, 2 to 3 times per day, continuing for 3 to 4 weeks	5 to 6

Home Exercise Program for Shoulder Conditioning

- Perform 10 minutes of general warm-up activity such as using an arm bike or elliptical before doing these exercises.
- When performing the stretching exercises, stretch slowly to the limit of motion, taking care to avoid pain. If you experience pain with the exercises, call your doctor.
- For the exercises that use a stick, you may use a yardstick or stick of similar size.
- The following exercise program is introductory only, and progression of this program will vary based on your specific injury, symptoms, and baseline level of fitness. For further progression of this routine, your physician may recommend evaluation and treatment by a physical therapist or other exercise professional.

Standing Row

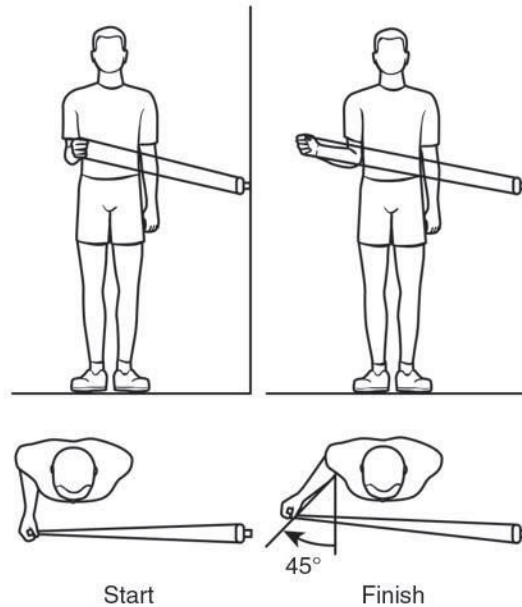
- Make a 3-foot-long loop with the elastic band and tie the ends together.
- Attach the loop to a doorknob or other stable object.
- Standing while facing the wall, hold the loop with both hands as shown in the start position.
- Keeping your arms close to your sides, slowly pull straight back and squeeze your shoulder blades together.
- Slowly return to the start position.
- Perform 3 sets of 8 repetitions, progressing to 3 sets of 12 repetitions, 3 days per week.
- Repeat on the other side.



Strengthening Exercises

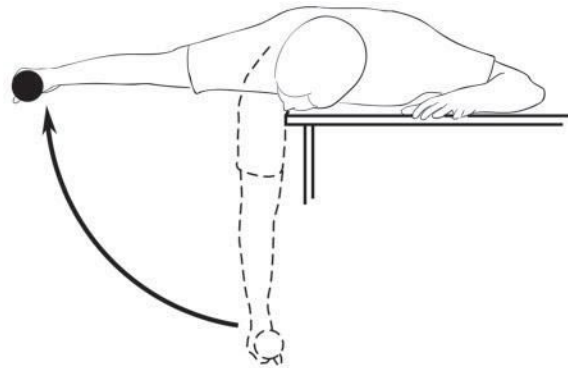
External Rotation

- Make a 3-foot-long loop with the elastic band and tie the ends together. Attach the loop to a doorknob or other stable object.
- Standing with your side to the wall, hold the loop, as shown in the start position.
- Keeping your elbow close to your side, rotate the arm outward slowly and then slowly return to the start position.
- Perform 3 sets of 8 repetitions, progressing to 3 sets of 12 repetitions, 3 days per week.
- Repeat on the other side.



Bent-Over Horizontal Abduction

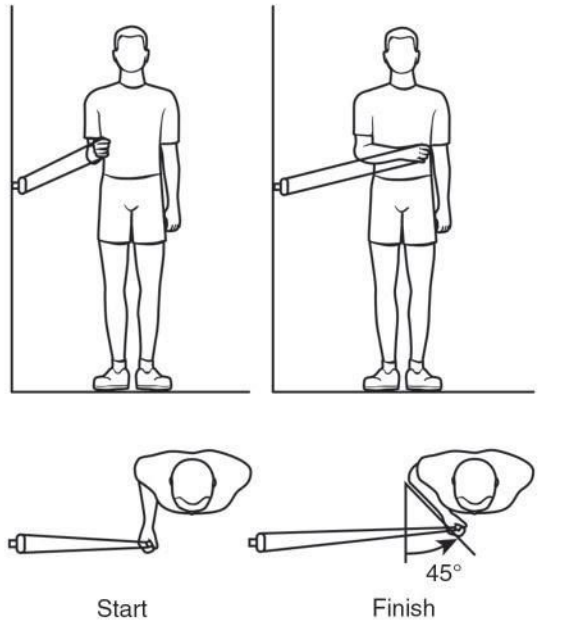
- Stand next to a table.
- Bend at the waist with your side supported on the table and the other arm hanging straight down and holding a light weight (up to 5 pounds).
- Keeping the arm straight, slowly raise the hand up to eye level and then slowly lower it back to the start position.
- Perform 3 sets of 8 repetitions, progressing to 3 sets of 12 repetitions, 3 days per week.
- Repeat on the other side.



Overview of the Shoulder

Internal Rotation

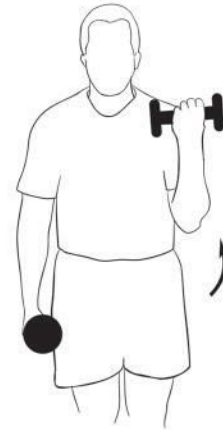
- Make a 3-foot-long loop with the elastic band and tie the ends together. Attach the loop to a doorknob or other stable object.
- Standing with your side to the wall, hold the loop as shown in the start position.
- Keeping your elbow close to your side, rotate the arm across your body slowly, and slowly return to the start position.
- Perform 3 sets of 8 repetitions, progressing to 3 sets of 12 repetitions, 3 days per week.
- Repeat on the other side.



Overview of the Shoulder

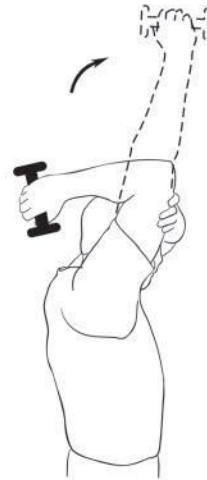
Elbow Flexion

- Stand with your body weight evenly distributed over both feet.
- Holding a light weight (up to 5 pounds) and keeping the arm close to the side, slowly bend the elbow up toward the shoulder as shown; hold for 2 seconds, slowly return to the starting position, and then relax.
- Perform 3 sets of 8 repetitions, progressing to 3 sets of 12 repetitions, 3 days per week.
- Repeat on the other side.



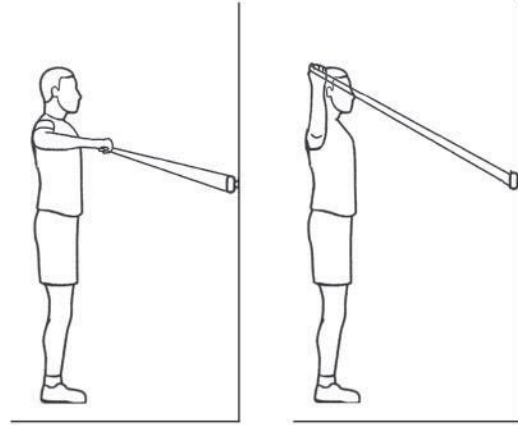
Elbow Extension

- Stand with your body weight evenly distributed over both feet.
- Holding a light weight (up to 5 pounds), raise your arm with the elbow bent and with your opposite hand supporting your elbow. Slowly straighten the elbow overhead, hold for 2 seconds, and then slowly lower the arm to the starting position.
- Perform 3 sets of 8 repetitions, progressing to 3 sets of 12 repetitions, 3 days per week.
- Repeat on the other side.



External Rotation With the Arm Abducted 90°

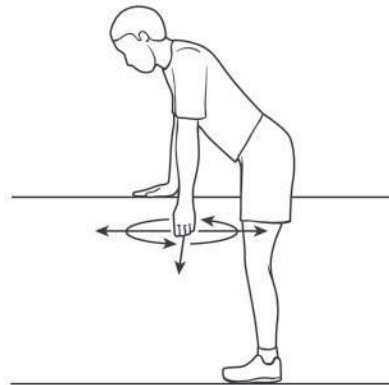
- Make a 3-foot-long loop with the elastic band and tie the ends together. Attach the loop to a doorknob or other stable object.
- Standing facing the wall, hold the loop as shown in the start position, with the arm held straight out from the shoulder and the elbow bent 90°.
- Keeping the shoulder and elbow level, slowly rotate the hand up from the elbow, and then slowly return to the start position.
- Perform 3 sets of 8 repetitions, progressing to 3 sets of 12 repetitions, 3 days per week.



Stretching Exercises

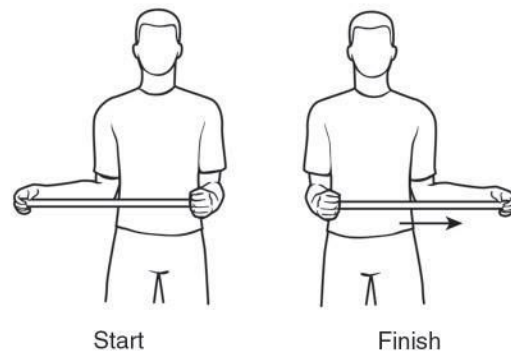
Pendulum

- Lean forward, supporting the body with one arm and relaxing the muscles of the other arm so that it hangs freely.
- Gently move the arm in forward-and-back, side-to-side, and circular motions.
- Perform 2 sets of 10 repetitions, progressing to 3 sets of 15 repetitions, 5 to 6 days per week.
- Repeat on the other side.

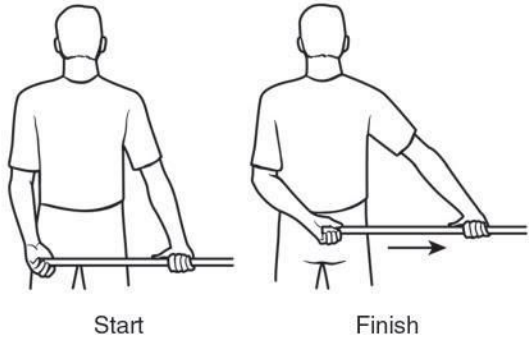




Passive External Rotation

- Grasp the stick with one hand and cup the other end of the stick with the other hand.
- Push the stick horizontally as shown, keeping the elbow against the side of the body so that the arm is passively stretched to the point of feeling a pull without pain.
- Hold for 30 seconds and then relax for 30 seconds.
- Perform 4 sets, 5 to 6 days per week.
- Repeat on the other side.



Overview of the Shoulder

<p>Passive Internal Rotation</p> <ul style="list-style-type: none"> • Behind your back, grasp the stick with one hand and lightly grasp the other end of the stick with the other hand. • Pull the stick horizontally as shown so that the arm is passively stretched to the point of feeling a pull without pain. • Hold for 30 seconds and then relax for 30 seconds. • Perform 4 sets, 5 to 6 days per week. • Repeat on the other side. 	 <p style="text-align: center;">Start Finish</p>
<p>Horizontal Adduction Stretch</p> <ul style="list-style-type: none"> • Gently pull the elbow of one arm across the chest as far as possible without feeling pain. • Hold the stretch for 30 seconds and then relax for 30 seconds. • Perform 4 sets, 5 to 6 days per week. • Repeat on the other side. 	
<p>Sleeper Stretch</p> <ul style="list-style-type: none"> • Lie on your side on a firm, flat surface with the affected shoulder under you and the arm positioned as shown, keeping your back perpendicular to the surface. • With the unaffected arm, push the other wrist down, toward the surface. Stop when you feel a stretching sensation in the back of the affected shoulder. • Hold this position for 30 seconds, then relax the arm for 30 seconds. • Perform 5 repetitions, 2 to 3 times per day, 5 to 6 days per week, continuing for 3 to 4 weeks. 	 <p style="text-align: center;">Sleeper position</p> <p style="text-align: center;">Start Finish</p>

