



Shoulder Stiffness/Frozen Shoulder/Adhesive Capsulitis

Exercises:
10 seconds
10 times
1 time per day

DESCRIPTION

Loss of motion in the shoulder may occur for many reasons. In many situations, the stiffness is related to tightness of the soft tissues—the muscles, tendons, and the capsule around the joint. Normally, these tissues are flexible and allow the shoulder to maintain its usually large range of motion. When these tissues become thickened or scarred, they lose their resilience and suppleness. Sometimes the stiffness develops after an injury, after surgery, or for no apparent reason at all. Stiffness of the shoulder alters the normal shoulder mechanics. With supple soft tissues, the shoulder functions like a ball rotating within the center of a socket. When the soft tissues around the shoulder are stiff and less compliant, the soft tissues do not allow the ball to rotate. As a result, a compensatory gliding of the ball causes stretching of the capsule and pinching of other soft tissues, such as the rotator cuff; thus such stiffness is painful.

COMMON SIGNS AND SYMPTOMS

- Pain in the shoulder at rest or with motion
- Stiffness and loss of motion of the shoulder
- Loss of function and pain when moving the shoulder, such as reaching overhead or behind your back
- Uncommonly, numbness or paralysis in the upper arm from pinching, stretching, or pressure on the nerves
- Crepitation (crackling) or grinding with shoulder motion

CAUSES

- Shoulder stiffness is idiopathic, meaning the cause is often unknown.
- Stiffness may occur after major or minor injury, and pain may limit any desire to move the shoulder.
- Surgery of the shoulder may result in stiffness.

FACTORS THAT INCREASE RISK

- Diabetes
- Trauma
- Surgery of the shoulder
- Previous shoulder dislocation, sprain, or fracture
- Repeated shoulder injury of any kind

PREVENTIVE MEASURES

- Attempt to move your shoulder after an injury, if allowed by your physician, to limit the stiffness in the joint.
- Warm up and stretch before practice and competition.

- Strengthen your shoulder muscles.
- For contact sports, wear protective shoulder pads.

EXPECTED OUTCOME

Shoulder stiffness that occurs without injury or surgery typically progresses through three phases: a *freezing phase*, with painful loss of motion; a *frozen phase*, with stiffness and pain at the end ranges of motion; and a *thawing phase*, in which motion is slowly regained. These phases may occur over time, ranging anywhere from 3 to 36 months. Recovery may be hastened with appropriate treatment, but it is very likely you will not regain 100% of your previous range of motion.

POSSIBLE COMPLICATIONS

- Permanent stiffness and loss of motion
- Prolonged healing or recurrent stiffness
- Rotator cuff injury, including tears
- Risks of surgery, including infection, bleeding, injury to nerves, inability to regain all your motion, further loss of motion, and fracture of the shoulder

GENERAL TREATMENT CONSIDERATIONS

Most stiff shoulders are treated effectively with a simple rehabilitation program to slowly regain range of motion. These exercises may be done at home or with a physical therapist, and they are usually very effective at safely regaining motion. Although months of these specific exercises may be required, persistence almost always pays off, such that surgery may be avoided. Medications and ice are recommended to reduce discomfort and allow you to do the exercises. Use of a sling is discouraged, as this may result in even more stiffness, but your physician may recommend an injection of cortisone in your shoulder to help relieve pain. If the exercises do not restore motion, your physician may recommend an injection of fluid into your joint to stretch it. Another option commonly offered is *manipulation under anesthesia* (MUA). With this procedure, you are put to sleep in an operating room with anesthesia, and a doctor moves your shoulder to break up the scar tissue and other tissues that may be limiting your motion. Your surgeon may also recommend arthroscopic surgery to cut the tissues that are limiting your motion. After MUA or arthroscopy, you will need to undergo physical therapy to maintain the motion gained from the surgery.

MEDICATION

- Nonsteroidal antiinflammatory medications, such as aspirin and ibuprofen (do not take if surgery is planned within 7 days), or other over-the-counter pain relievers, such as acetaminophen, are often recommended. Take these as directed, and call your doctor if any bleeding, stomach upset, or allergic reaction occurs.
- Stronger pain relievers may be prescribed. Use these only as directed, and take only as much as you need.
- Cortisone may be injected into your shoulder joint or near the rotator cuff to reduce the inflammation and pain to allow you do to the exercises; however, the number of cortisone injections you can have is limited, as they may weaken or damage muscles and tendons.
- General anesthesia and muscle relaxers may be used for MUA or surgery.

COLD THERAPY

Apply cold for 20 minutes every 2 to 3 hours to reduce pain and inflammation after injury or after activity that aggravates your symptoms. Use ice packs or an ice massage.

WHEN TO CALL YOUR DOCTOR

- Pain, tenderness, or swelling worsens despite treatment.
- You experience pain, numbness, or coldness in your arm.
- A blue, gray, or dusky color appears in your fingernails.
- New, unexplained symptoms develop. Drugs used in treatment may produce side effects.

RANGE OF MOTION AND STRETCHING EXERCISES

Shoulder Stiffness/Frozen Shoulder/Adhesive Capsulitis

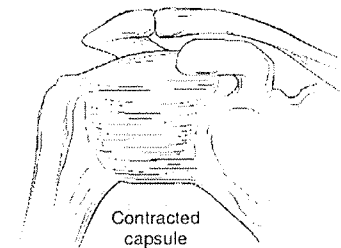
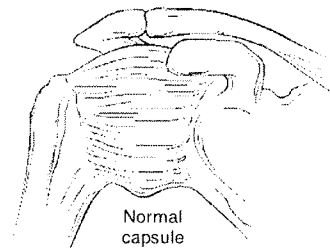
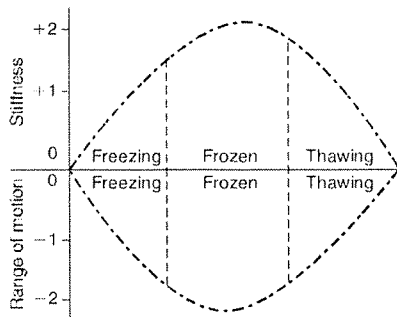
Shoulder stiffness can be broken down into three phases: 1) *freezing*, 2) *frozen*, and 3) *thawing*. Stiffness and motion vary according to the diagram. As stiffness increases, range of motion decreases, and vice versa.

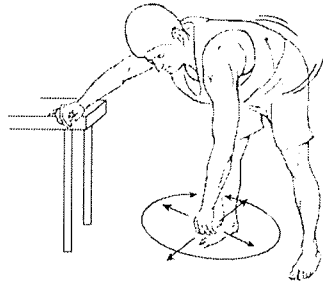
Phase I: Freezing

These are some of the *initial* exercises you may use to start your rehabilitation program, until you see your physician, physical therapist, or athletic trainer again, or until your symptoms resolve. During the freezing phase, no matter

what you do, you will tend to lose motion, and your shoulder will become more painful. Therefore the goal for the exercises prescribed for you in phase I is to minimize your loss of range of motion and strength and minimize any associated pain and inflammation. Please remember:

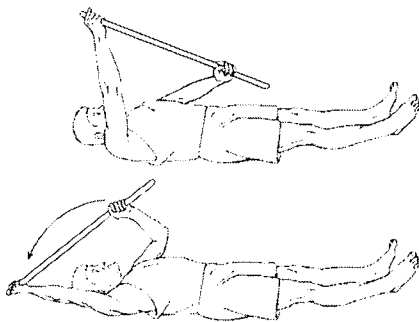
- Flexible tissue is more tolerant of the stresses placed on it.
- A *gentle* stretching sensation should be felt, and it should not provoke or increase your pain.





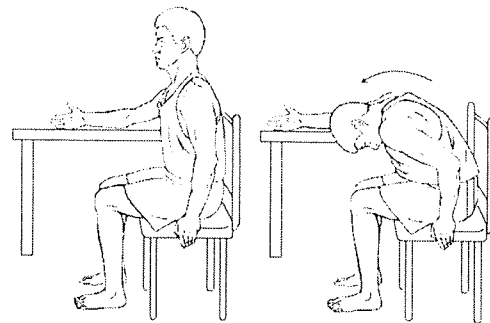
RANGE OF MOTION • Shoulder Pendulum

1. Lean forward at the waist, letting your weak arm hang freely. Support yourself by placing your opposite hand on a chair, table, or counter as shown.
2. Sway your *whole body* slowly, forward and back. This will cause your arm to move. Let your arm hang freely, and do not tense it up.
3. Repeat the above, swaying side to side and moving in circular patterns, clockwise and counterclockwise.
4. Do ___ repetitions in each direction.
5. Repeat this exercise ___ times, ___ times per day.



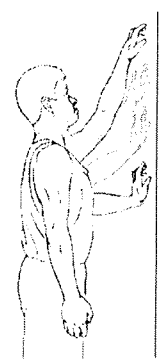
RANGE OF MOTION • Shoulder Flexion, Single Arm

1. Lie on your back and grasp the bottom of a stick, handle of an umbrella, or blade of a golf club in the hand of your weak arm as shown.
2. Using the stick, raise your arm overhead as shown, until you feel a gentle stretch. Lead with your thumb in a "thumbs up" position.
3. Hold each repetition for ___ seconds, and slowly return to the starting position.
4. Repeat this exercise ___ times, ___ times per day.



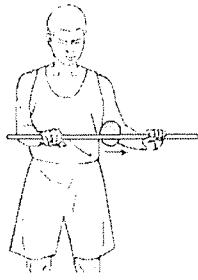
RANGE OF MOTION • Shoulder Flexion

1. Sit in a chair with your weak arm on a table as shown.
2. Lean forward slowly, sliding your arm forward on the table, until you feel a gentle stretch.
3. Hold this stretch for ___ seconds, and return to the starting position.
4. Repeat this exercise ___ times, ___ times per day.



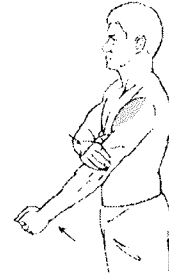
RANGE OF MOTION • Shoulder Flexion

1. Stand near a wall as shown, and *slowly* "walk" your fingers up the wall, until you feel a gentle stretch.
2. Hold each repetition for ___ seconds, and slowly return to the starting position.
3. Repeat this exercise ___ times, ___ times per day.



**RANGE OF MOTION • Shoulder
External Rotation**

1. Lie on your back or stand with your weak arm at your side and your elbow bent to 90 degrees. Hold a stick, umbrella handle, or golf club in your hand as shown.
2. Using the stick, rotate your hand and forearm away from your body as shown. *Make sure you keep your upper arm and elbow close to your side.*
3. Hold each repetition for ____ seconds, and slowly return to the starting position.
4. Repeat this exercise ____ times, ____ times per day.



STRENGTH • Shoulder Flexion, Isometric

1. Stand and raise your weak arm straight out in front of you as shown.
2. Place your other hand on top of your arm, and push down as hard as you can without having any pain and without moving your arm.
3. Hold this position for ____ seconds. Relax.
4. Repeat this exercise ____ times, ____ times per day.

STRENGTHENING EXERCISES
Shoulder Stiffness/Frozen Shoulder/
Adhesive Capsulitis

Phase I: Freezing

These are some of the *initial* exercises you may use to start your rehabilitation program, until you see your physician, physical therapist, or athletic trainer again, or until your symptoms resolve. The goal for these exercises is to allow you to maintain as much strength as possible without increasing your pain. *Do not stop using your arm*, rather use it to the greatest extent possible while not increasing your pain. Please remember:

- Strong muscles with good endurance tolerate stress better.
- Do the exercises as *initially* prescribed by your physician, physical therapist, or athletic trainer. Progress slowly with each exercise under their guidance, gradually increasing the number of repetitions and weight used.



**STRENGTH • Shoulder Abduction,
Isometric**

1. Stand and raise your weak arm slightly away from your body as shown.
2. Place your other hand on top of your arm, and push down as hard as you can without having any pain and without moving your arm.
3. Hold this position for ____ seconds. Relax.
4. Repeat this exercise ____ times, ____ times per day.



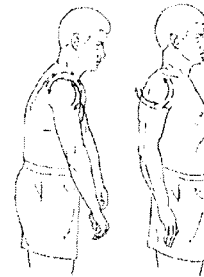
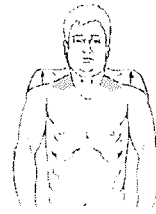
STRENGTH • Shoulder External Rotation, Isometric

1. Bend the elbow of your weak arm to 90 degrees, holding your arm slightly in front of you as shown.
2. Place your opposite hand over your wrist as shown.
3. Try to rotate your arm outward, away from your body, as if it were a gate swinging open. Resist this motion with the hand over your wrist. Do not let any motion occur.
4. Hold this position for ____ seconds. Relax.
5. Repeat this exercise ____ times, ____ times per day.



STRENGTH • Shoulder Internal Rotation, Isometric

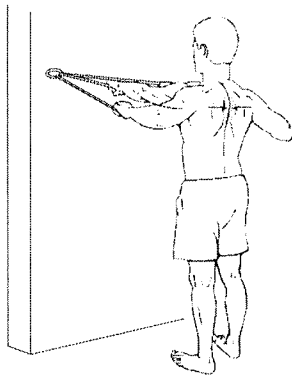
1. Bend the elbow of your weak arm to 90 degrees, holding your arm slightly in front of you as shown.
2. Place your opposite hand on the inside of your wrist as shown.
3. Try to rotate your arm inward, toward your body, as if it were a gate swinging closed. Resist this motion with the hand on the inside of your wrist. Do not let any motion occur.
4. Hold this position for ____ seconds. Relax.
5. Repeat this exercise ____ times, ____ times per day.



STRENGTH • Scapula Elevation, Shrugs

1. Stand in a good, erect posture with your arms at your sides.
2. Gently shrug your shoulders up and back toward your ears.
3. Hold this position for ____ seconds, and *slowly* return to the starting position.
4. Repeat this exercise ____ times, ____ times per day.

You may perform this exercise with a ____ pound weight in each hand. Avoid standing in a slouched position with poor posture by using this technique intermittently throughout the day.



STRENGTH • Scapula Retraction

1. Anchor a rubber band/tubing to a stable, fixed object.
2. Hold one end of the band/tubing in each hand, with your arms straight out in front of you.
3. Squeeze your shoulder blades together, and pull your arms back as shown. Your hands should be level with your shoulders when you finish. Do not let your elbows go behind your body.
4. Hold this position for ____ seconds, and *slowly* return to the starting position.
5. Repeat this exercise ____ times, ____ times per day.

RANGE OF MOTION AND STRETCHING EXERCISES

Shoulder Stiffness/Frozen Shoulder/
Adhesive Capsulitis

Phase II: Frozen Phase

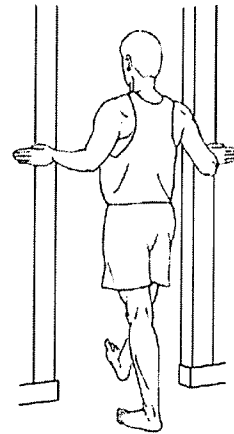
These are some of the *initial* exercises you may use to start your rehabilitation program, until you see your physician, physical therapist, or athletic trainer again, or until your symptoms resolve. These exercises can be added to those you worked on in phase I. During this frozen phase, you will probably experience more stiffness than pain; however, no matter what, your motion will not improve significantly. Therefore the goal for these exercises is to maintain your level of function and to continue to use and strengthen your arm to the greatest degree possible until the thawing phase occurs. The better your motion and strength when the thawing phase occurs, the easier your progression back to the fullest recovery possible. Most of the exercises from phase I are carried over and can be done with greater vigor, to maximize your motion. A few additional exercises are added. Please remember:

- Flexible tissue is more tolerant of the stresses placed on it.
- A *gentle* stretching sensation should be felt. It should not provoke or increase your pain.



RANGE OF MOTION • Shoulder Elevation

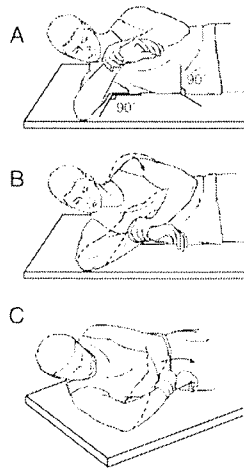
1. Stand as shown, using your stronger arm to help support the arm of the shoulder that has had surgery. Your hand should be in a “thumbs up” position.
2. Keeping your elbow straight, start to raise your hand overhead as shown. Use your nonoperated arm as much as needed, being careful not to hike your shoulder.
3. Lower your arm back down to its starting position. As your motion improves, you will be able to lift your hand higher, requiring less assistance from your stronger arm.
4. Repeat this exercise ____ times, ____ times per day.



RANGE OF MOTION • Shoulder External Rotation

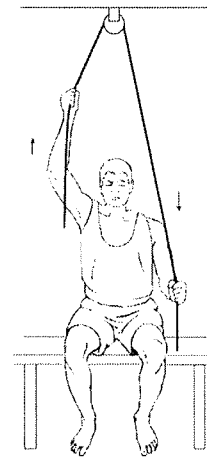
1. Stand in front of a door frame as shown. Your arms should be at your sides, your elbows should be bent to 90 degrees, and your hands should be touching the sides of the doorway as shown.
2. *Slowly* step through the doorway with one foot. Use this stepping motion to obtain a stretch in the front of your shoulder and chest. *Do not lean through the doorway.*
3. Hold each repetition for ____ seconds, and return to the starting position.
4. Repeat this exercise ____ times, ____ times per day.

1048 SHOULDER STIFFNESS/FROZEN SHOULDER/ADHESIVE CAPSULITIS



RANGE OF MOTION • Shoulder Internal Rotation

1. Lie on your side as shown. To stretch your left arm, lie on your left side; to stretch your right arm, lie on your right side.
2. Roll your body slightly over toward your arm. Your shoulder should be at a 90 degree angle to your body, and your elbow should be bent to 90 degrees.
3. Gently push your palm toward the surface on which you are lying, keeping your elbow at a 90 degree angle. You should feel a gentle stretch in the back and side of your shoulder.
4. Repeat this exercise ____ times, ____ times per day.



RANGE OF MOTION • Shoulder Pulleys

The pulley needed for this exercise may be purchased, or it can be made out of parts from your local hardware store. It should be set up in a manner similar to that shown in the diagram.

1. Sit with your back or side to the pulley. Use your stronger arm to pull up the arm on your weak side. You should strive for a mild stretching sensation.
2. Hold this position for ____ seconds, and repeat this motion ____ times.
3. Turn your chair 90 degrees and repeat the motion above. Continue to do this until you have faced all four directions for this exercise.
4. Repeat this exercise ____ times, ____ times per day.

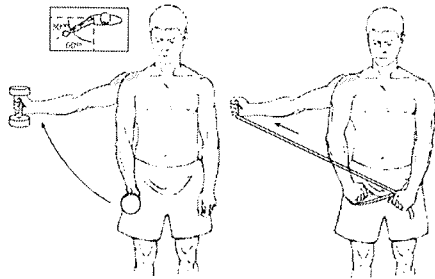
STRENGTHENING EXERCISES

Shoulder Stiffness/Frozen Shoulder/
Adhesive Capsulitis

Phase II: Frozen Phase

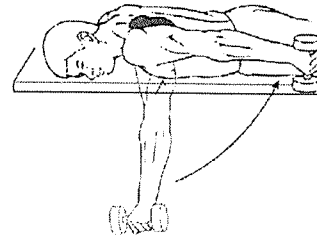
These are some of the *initial* exercises you may use to start this phase of your rehabilitation program, until you see your physician, physical therapist, or athletic trainer again, or until your symptoms resolve. The goal for these exercises is to allow you to begin to regain as much strength as possible in your available range of motion without increasing pain. *Do not stop using your arm*; continue to use it to the greatest extent possible while not increasing your pain. Most of the exercises from phase I should be carried over and can be done with greater vigor, to maximize your motion. A few additional exercises are added. Please remember:

- Strong muscles with good endurance tolerate stress better.
- Do the exercises as *initially* prescribed by your physician, physical therapist, or athletic trainer. Progress slowly with each exercise under their guidance, gradually increasing the number of repetitions and weight used.



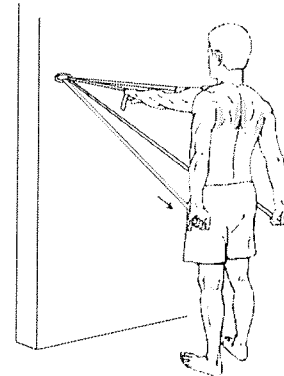
STRENGTH • Shoulder Scaption

1. Hold a ____ pound weight in the hand of your weak arm. Your arm should be at your side and slightly forward (about 30 degrees; see the small diagram). This exercise may also be done with a rubber band/tubing as shown.
2. With your hand in a “thumbs up” position, *slowly* raise your arm through your *pain-free* range of motion. If this is painful, stop and discuss this with your physician, physical therapist, or athletic trainer. Do not allow your shoulder to shrug while doing this exercise.
3. Hold this position for ____ seconds, and *slowly* return to the starting position.
4. Repeat this exercise ____ times, ____ times per day.



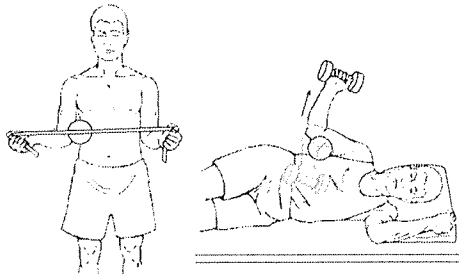
STRENGTH • Shoulder Extension

1. Lie on your stomach on a bed with your weak arm off the edge of the bed.
2. Holding a ____ pound weight in your hand, *slowly* raise your arm up and backward toward the ceiling.
3. Hold this position for ____ seconds, and *slowly* return to the starting position.
4. Repeat this exercise ____ times, ____ times per day.



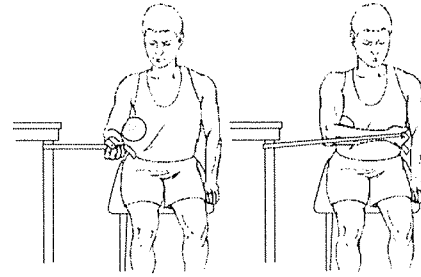
STRENGTH • Shoulder Extension

1. Anchor a rubber band/tubing around a stable object, such as a stair post, or around the knob of a closed door.
2. Stand holding the rubber band/tubing in front of you with your arms extended as shown.
3. Squeeze your shoulder blades together, and pull your arms down and back as shown. *Do not pull your arms past the midline of your body.*
4. Hold this position for ____ seconds, and *slowly* return to the starting position.
5. Repeat this exercise ____ times, ____ times per day.



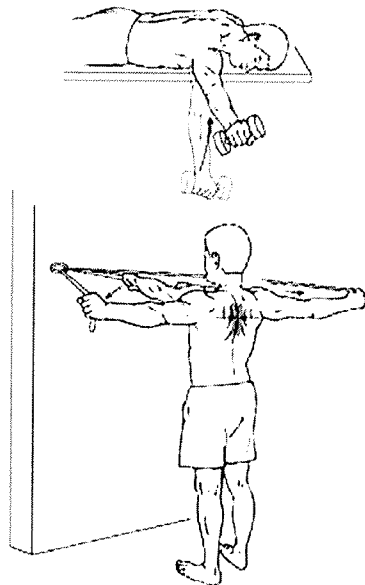
STRENGTH • Shoulder External Rotation

1. Lie on your side with your weak arm up and your elbow bent to 90 degrees, or stand with your arms at your sides with your elbows bent to 90 degrees as shown. Place a small rubber ball (4 to 6 inches in diameter) or a rolled-up towel between your elbow and your side as shown.
2. Hold a ____ pound weight in your hand, and turn your arm up toward the ceiling, keeping your elbow bent as shown. If using a rubber band/tubing, turn your arms out from your sides, keeping your elbows bent.
3. Do this *slowly*, and maintain control through your *pain-free* range of motion only. If this is painful, stop and discuss this with your physician, physical therapist, or athletic trainer.
4. Hold this position for ____ seconds, and *slowly* return to the starting position.
5. Repeat this exercise ____ times, ____ times per day.



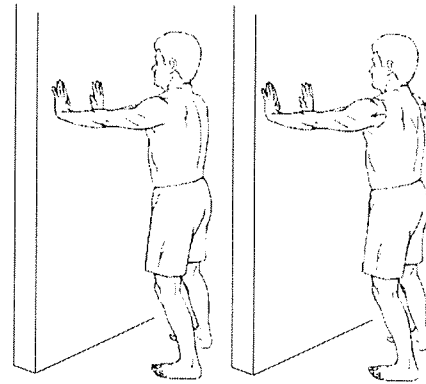
STRENGTH • Shoulder Internal Rotation

1. Anchor a rubber band/tubing to a heavy object as shown.
2. Place a small ball (4 to 6 inches in diameter) or a rolled-up towel between your elbow and your side as shown, and bend your elbow to 90 degrees. Squeeze the ball/towel gently to your side with your elbow.
3. Rotate your arm in toward your body and across your chest and stomach. Do not let the ball/towel move away from your side.
4. Hold this position for ____ seconds, and *slowly* return to the starting position.
5. Repeat this exercise ____ times, ____ times per day.



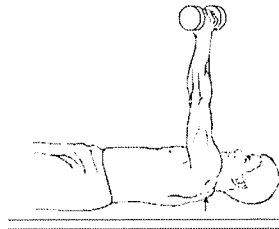
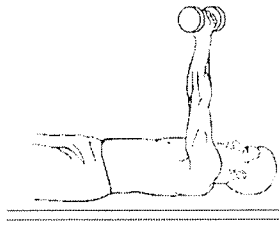
STRENGTH • Shoulder Horizontal Abduction

1. *If using a weight:* Lie on your stomach on a bed with your weak arm over the edge of the bed, holding a ___ pound weight in your hand as shown.
2. Raise your arm up *slowly* so that it is level with the edge of the bed. Keep your elbow straight.
3. Hold this position for ___ seconds, and *slowly* return to the starting position.
4. Repeat this exercise ___ times, ___ times per day.
1. *If using a rubber band/tubing:* Anchor the rubber band/tubing to a solid object.
2. Hold one end of the band/tubing in each hand as shown, with your arms straight out in front of you.
3. Spread your arms apart, pulling straight backward, keeping them parallel to the floor.
4. Hold the position for ___ seconds, then *slowly* return to the starting position.
5. Repeat this exercise ___ times, ___ times per day.



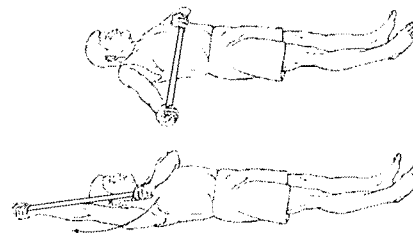
STRENGTH • Scapula Protraction

1. Stand with your hands against a wall as shown. The farther away from the wall you stand the harder the exercise.
2. Keeping your elbows straight, push with your hands, raising the back of your shoulders away from the wall as shown in the drawing.
3. Hold this position for ___ seconds, and *slowly* return to the starting position.
4. Repeat this exercise ___ times, ___ times per day.



STRENGTH • Scapula Protraction

1. Hold a ____ pound weight in your hand, and lie on your back with your weak arm straight up in the air as shown.
2. Push your hand up toward the ceiling, keeping your elbow straight and raising your shoulder off the floor.
3. Hold this position for ____ seconds, and *slowly* return to the starting position.
4. Repeat this exercise ____ times, ____ times per day.



RANGE OF MOTION • Shoulder Abduction, Single Arm

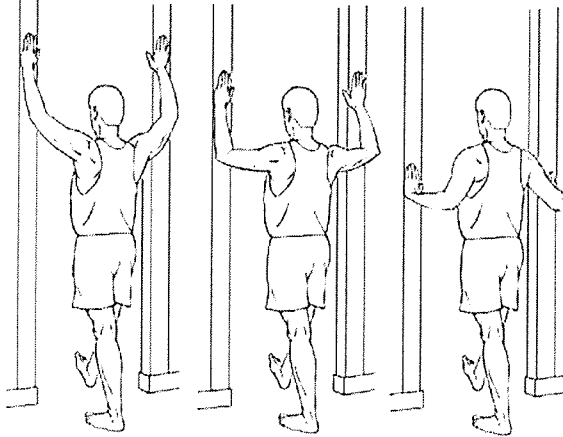
1. Lie on your back holding a stick, umbrella handle, or golf club in your hand as shown. Your hand should be in the “thumbs up” position.
2. Using the stick, *slowly* push your arm away from your side and as far overhead as you can without pain. Push until you feel a gentle stretch.
3. Hold each repetition for ____ seconds, and slowly return to the starting position.
4. Repeat this exercise ____ times, ____ times per day.

RANGE OF MOTION AND STRETCHING EXERCISES
Shoulder Stiffness/Frozen Shoulder/
Adhesive Capsulitis

Phase III: Thawing Phase

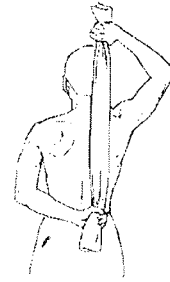
These are some of the *initial* exercises you may use to start this phase of your rehabilitation program, until you see your physician, physical therapist, or athletic trainer again, or until your symptoms resolve. During this thawing phase, you will begin to regain the motion you lost, and you should experience less stiffness. The goal for these exercises is to regain as much function and strength in your arm as you can. Most of the exercises from phase II can be carried over and can be done with greater vigor, to maximize your motion. A few additional exercises are added. Please remember:

- Flexible tissue is more tolerant of the stresses placed on it.
- A *gentle* stretching sensation should be felt. It should neither provoke nor increase your pain.



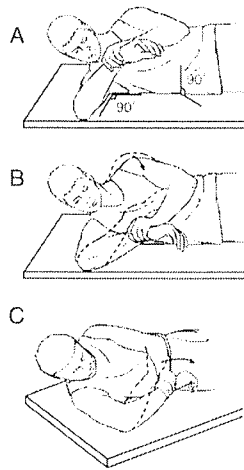
**RANGE OF MOTION • External Rotation/
Abduction**

1. Stand in front of a door frame as shown. Your hands and forearms may be placed on the door frame in any of the positions shown. *Your physician, physical therapist, or athletic trainer will instruct you regarding which position(s) to use.* This exercise may be done with both arms at the same time or with only one arm.
2. *Slowly* step through the doorway with one foot. Use this stepping motion to obtain a stretch in the front of your shoulder and chest. *Do not lean through the doorway.*
3. Hold each repetition for ____ seconds, and return to the starting position.
4. Repeat this exercise ____ times, ____ times per day.



**RANGE OF MOTION • Shoulder Internal
Rotation**

1. Place the hand of your weak arm behind your back.
2. Drape a towel over your opposite shoulder, and grasp it with the hand that is behind your back.
3. Use the towel to *slowly* pull your hand farther up your back, until you feel a *gentle* stretch.
4. Hold each repetition for ____ seconds, and *slowly* return to the starting position.
5. Repeat this exercise ____ times, ____ times per day.



RANGE OF MOTION • Shoulder Internal Rotation

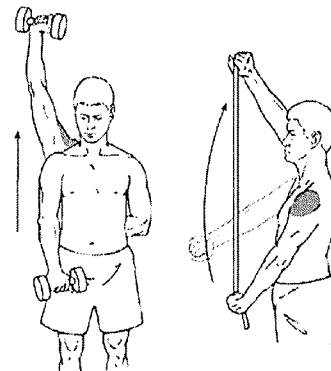
1. Lie as shown on the side that had surgery. To stretch your left arm, lie on your left side; to stretch your right arm, lie on your right side. Your shoulder should be at a 90 degree angle to your body, and your elbow should be bent 90 degrees.
2. Roll your body slightly over toward your arm, and gently push the palm of your other hand against the surface on which you are lying, keeping your elbow at a 90 degree angle.
3. You should feel a *gentle* stretch in the back and side of your shoulder. Hold this stretch for ____ seconds, and *slowly* return to the starting position.
4. Repeat this exercise ____ times, ____ times per day.

STRENGTHENING EXERCISES Shoulder Stiffness/Frozen Shoulder/ Adhesive Capsulitis

Phase III: Thawing Phase

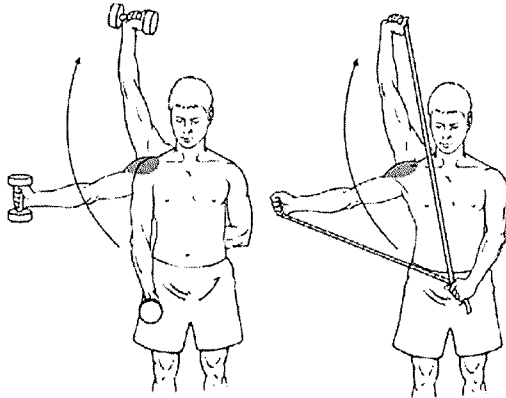
These are some of the *initial* exercises you may use to start this phase of your rehabilitation program, until you see your physician, physical therapist, or athletic trainer again, or until your symptoms resolve. The goal for the exercises in phase III is to allow you to begin to regain as much strength as possible to allow you to return to your prior level of function. You are also encouraged to continue to use your arm to the greatest extent possible while not increasing your pain. Most of the exercises from phase II can be carried over and can be done with greater vigor, to maximize your motion. A few additional exercises are added. Please remember:

- Strong muscles with good endurance tolerate stress better.
- Do the exercises as *initially* prescribed by your physician, physical therapist, or athletic trainer.
- Progress *slowly* with each exercise, gradually increasing the number of repetitions and weight used under the guidance of your physician, physical therapist, or athletic trainer.



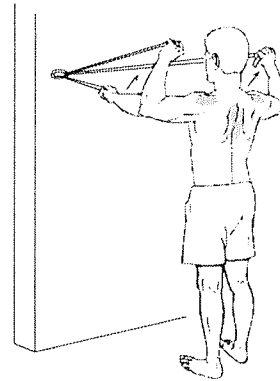
STRENGTH • Shoulder Extension

1. Stand holding a ____ pound weight in the hand of your weak arm, or hold a rubber band/tubing as shown.
2. *Slowly* raise your arm overhead as far as you can in your *pain-free* range of motion. Do not allow your shoulder to shrug while doing this exercise. Keep your hand in a "thumbs up" position.
3. Hold this position for ____ seconds, and *slowly* return to the starting position.
4. Repeat this exercise ____ times, ____ times per day.



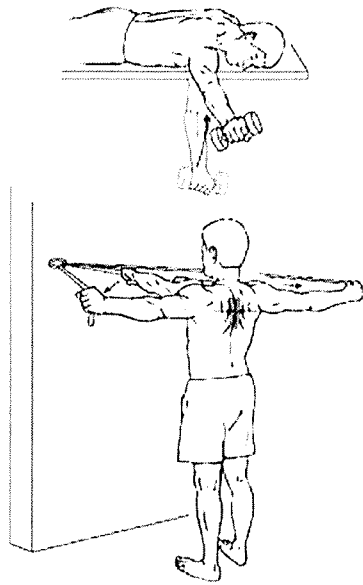
STRENGTH • Shoulder Abduction

1. Stand holding a ____ pound weight in the hand of your weak arm. Your palm should be facing your body as shown, or hold a rubber band/tubing as shown.
2. *Slowly* raise your arm up to the side and as far overhead as you can in your *pain-free* range of motion. If this is painful, stop and discuss this with your physician, physical therapist, or athletic trainer. *You should not progress above shoulder height unless instructed to do so by your physician, physical therapist, or athletic trainer.* If you are cleared to go above shoulder height, as you raise your arm, turn your palm toward the ceiling.
3. *Slowly* return to the starting position.
4. Repeat this exercise ____ times, ____ times per day.



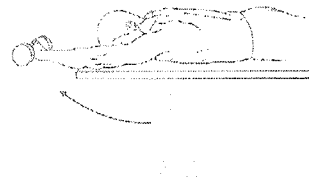
STRENGTH • Shoulder External Rotation

1. Anchor a rubber band/tubing around a stable object, such as a stair post, or around the knob of a closed door.
2. Stand holding the rubber band/tubing in front of you with your arms extended as shown.
3. Squeeze your shoulder blades together, and pull your arms back as shown, bending your elbows. Your fists should end at shoulder height and close to your body.
4. Hold this position for ____ seconds, and *slowly* return to the starting position.
5. Repeat this exercise ____ times, ____ times per day.



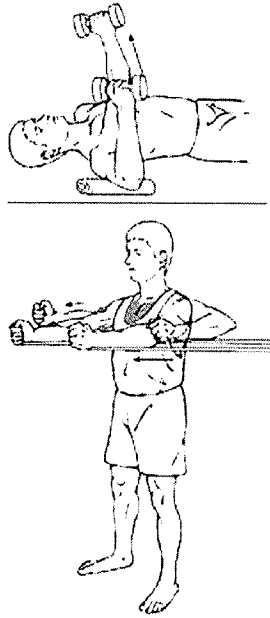
STRENGTH • Shoulder Horizontal Abduction

1. *If using a weight:* Lie on your stomach on a bed with your weak arm over the edge of the bed as shown, holding a ____ pound weight in your hand.
2. Raise your arm up *slowly* so that it is level with the edge of the bed. Keep your elbow straight.
3. Hold this position for ____ seconds, and *slowly* return to the starting position.
4. Repeat this exercise ____ times, ____ times per day.
1. *If using a rubber band/tubing:* Anchor the rubber band/tubing to a fixed object.
2. Hold one end of the band/tubing in each hand as shown, with your arms straight out in front of you.
3. Spread your arms apart, pulling straight backward, keeping both arms parallel to the floor.
4. Hold this position for ____ seconds, and *slowly* return to the starting position.
5. Repeat this exercise ____ times, ____ times per day.



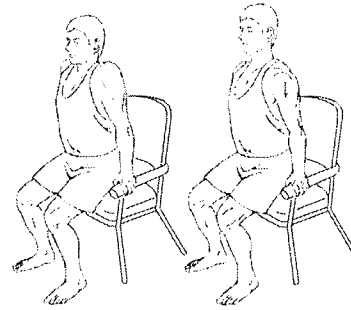
STRENGTH • Scapula Retraction/Elevation

1. Lie on a bed on your stomach with your weak arm over the edge of the bed as shown, holding a ____ pound weight in your hand.
2. Raise your arm up slowly in front of you so that it is level with the edge of the bed. Keep your elbow straight.
3. Hold this position for ____ seconds, and *slowly* return to the starting position.
4. Repeat this exercise ____ times, ____ times per day.



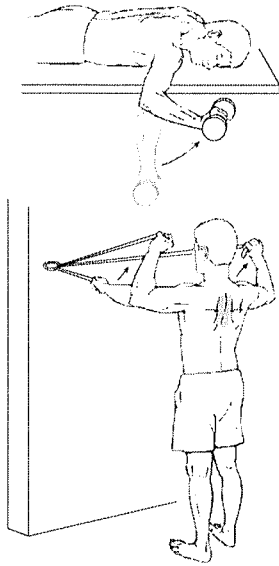
STRENGTH • Shoulder Horizontal Adduction

1. *If using a weight:* Lie on your back with your weak arm on the bed as shown, holding a ____ pound weight in your hand.
2. Raise your arm up slowly toward the ceiling, straightening your elbow.
3. Hold this position for ____ seconds, and *slowly* return to the starting position.
4. Repeat this exercise ____ times, ____ times per day.
1. *If using a rubber band/tubing:* Anchor the rubber band/tubing to a solid object.
2. Hold one end of the band/tubing in each hand as shown, with your elbows bent and in line with your body, *not* behind your body.
3. Push your arms forward, straightening your elbows. Keep your arms parallel to the floor.
4. Hold this position for ____ seconds, and *slowly* return to the starting position.
5. Repeat this exercise ____ times, ____ times per day.



STRENGTH • Shoulder Depression

1. Support yourself as shown in an armchair. Your elbows should be straight, and your feet should be flat on the floor.
2. Push your shoulders downward. *Do not bend your elbows.* Support your weight as needed by using your legs.
3. Hold this position for ____ seconds, and *slowly* return to the starting position.
4. Repeat this exercise ____ times, ____ times per day.



STRENGTH • Scapula Retraction/External Rotation

1. *If using a weight:* Lie on your stomach on a bed with your weak arm out to the side and over the edge of the bed as shown. Your elbow should be bent to 90 degrees with your upper arm supported by the bed.
2. Holding a ____ pound weight in your hand, rotate your arm up toward the ceiling, keeping your elbow bent.
3. Squeeze your shoulder blades together.
4. Hold this position for ____ seconds, and *slowly* return to the starting position.
5. Repeat this exercise ____ times, ____ times per day.

1. *If using a rubber band/tubing:* Hold one end of the band/tubing in each hand. Your elbows should be at shoulder height and bent 90 degrees.
2. Squeeze your shoulder blades together, and turn your arms up, as if someone had said, "Stick 'em up!" Your hands should be in the position shown when you finish. *Do not bring your elbows or your hands past the middle of your body.*
3. Hold this position for ____ seconds, and *slowly* return to the starting position.
4. Repeat this exercise ____ times, ____ times per day.