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Shoulder Rehabilitation Exercises

Isometric Shoulder External Rotation

- Stand in doorway with your elbows bent at 90 degrees and the back of your wrist pressing against the door frame. Press your hand outward into the door frame.
- Hold position for 5 seconds.
- Do sets of 10.



Isometric shoulder external rotation

Isometric Shoulder Internal Rotation

- Stand in doorway with elbow flexed at 90 degree and the front of your wrist pressing the door frame.
- Press your palm into the door frame and hold for 5 seconds
- Do 3 sets of 10



Wand Exercise (Flexion)

- Stand upright and hold a stick in both hands, palms facing downward.
- Stretch arms over your head, keeping your elbows straight.
- Hold for 5 seconds and return to starting position.
- Repeat 10 times.



Wand exercise: Flexion

Wand Exercise (Extension)

- Standing upright, hold a stick in both hands behind your back. Move the stick away from your back.
- Hold the end position x5 seconds.
- Repeat 10 times.



Wand exercise: Extension

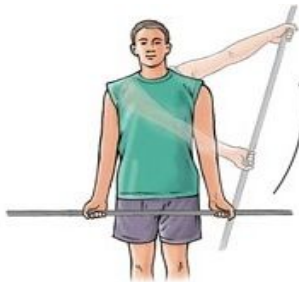
Wand Exercise: External Rotation

- Lie on your back and hold a stick in both hands, palms up. Your upper arms should be resting on the floor, with elbows at your sides and bent at 90 degrees.
- Using one arm, push your other arm out away from your body while keeping the elbow of the arm being pushed at your side.
- Hold stretch x5 seconds.
- Repeat 10 times



Wand Exercise: Shoulder Abduction and Adduction

- Stand upright and hold a stick with both hands, palms facing away from your body.
- Rest the stick on your thighs.
- While keeping your elbows straight, use one arm to push your other arm out the side and up as high as possible. Hold x5 seconds.
- Repeat 10 times.



Wand exercise: Shoulder abduction and adduction

Resisted Shoulder External Rotation

- Stand Sideways next to a door. Rest the hand farthest from the door across your stomach. Using band or tubing that is connected to the door at waist level.
- Keep the at your side, move your arm outward away from your waist. Make sure to keep elbow bent at 90 degrees and your forearm parallel to the floor.
- Repeat 10 times.
- Build up to 3 sets of 10.



Resisted shoulder external rotation

Resisted Shoulder internal Rotation

- Hold tubing connected to door frame at waist level, keeping your elbow at 90 degrees, rotate your arm inward across your body. Make sure forearm stays parallel to the floor.
- Do 3 sets of 10.



Resisted shoulder internal rotation

Scaption

- Stand with arms at sides and elbows straight. Slowly raise your arms to eye level. Thumbs should be pointed toward the ceiling. Arms should be about 30 degrees wider than shoulder midline. Hold position for 3 seconds, then lower arms slowly.
- Do 3 sets of 10.
- You can add light weights to make the exercise more difficult as the exercise gets easier.



Scaption

Side-Lying External Rotation

- Lie on Side with your top arm at your side and elbow bent to 90 degrees. Keeping the elbow against your side, raise the forearm and hold for 3 seconds. Slowly lower your forearm.
- Do 3 sets of 10.
- You may gradually add or increase weight as long as there is no pain.

