



SHOULDER CARE

To keep your shoulder healthy and allowing you to stay active.

Below is our home shoulder exercise program which lists the best exercises that can be done 1-2 times per week, as an addition to any exercise routine, to keep you shoulder strong and pain-free. Each exercise should consist of 10-15 repetitions and 1 -2 sets should be completed. These exercises generally require you to obtain a set of TheraBand's (resistance bands), which are large rubber bands of varying resistances, or a set of light weights. If you do not have weights, soup cans or water bottles can work just as well.

Note: Stop any exercise that causes pain and focus only on those that do not cause pain during or afterwards. Some light muscle soreness lasting no more than 1 day is acceptable.

- **External rotation** — With your elbow bent and your arm at your side, rolled up towel under your arm & side of your body, rotate your arm outward against the resistance of a TheraBand. Slowly return to the start position and repeat. Keep your elbow at your side and your shoulders square. “Squeeze” your shoulder blades together while you rotate out. If you do not have a band, you can also perform this exercise by laying on your side as shown and rotating your arm up.



OR

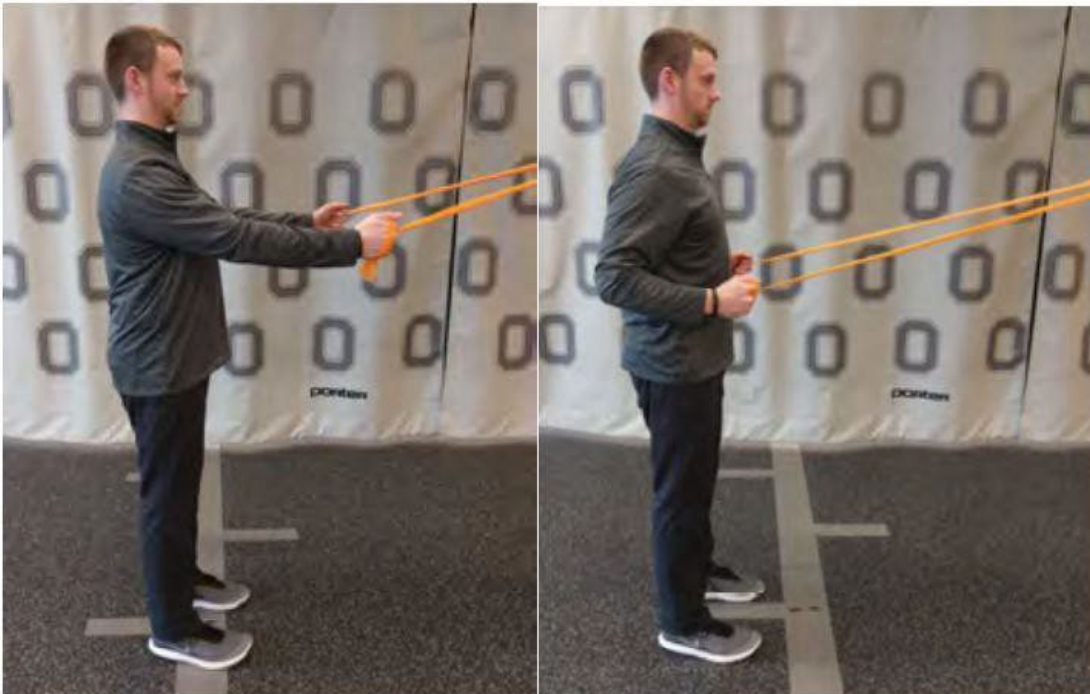




- **Internal rotation** — With your elbow bent and your arm at your side, with a towel roll between your arm and your side, rotate your arm across your body against the resistance of a TheraBand. Slowly return to the start position and repeat. Keep your elbow at your side.

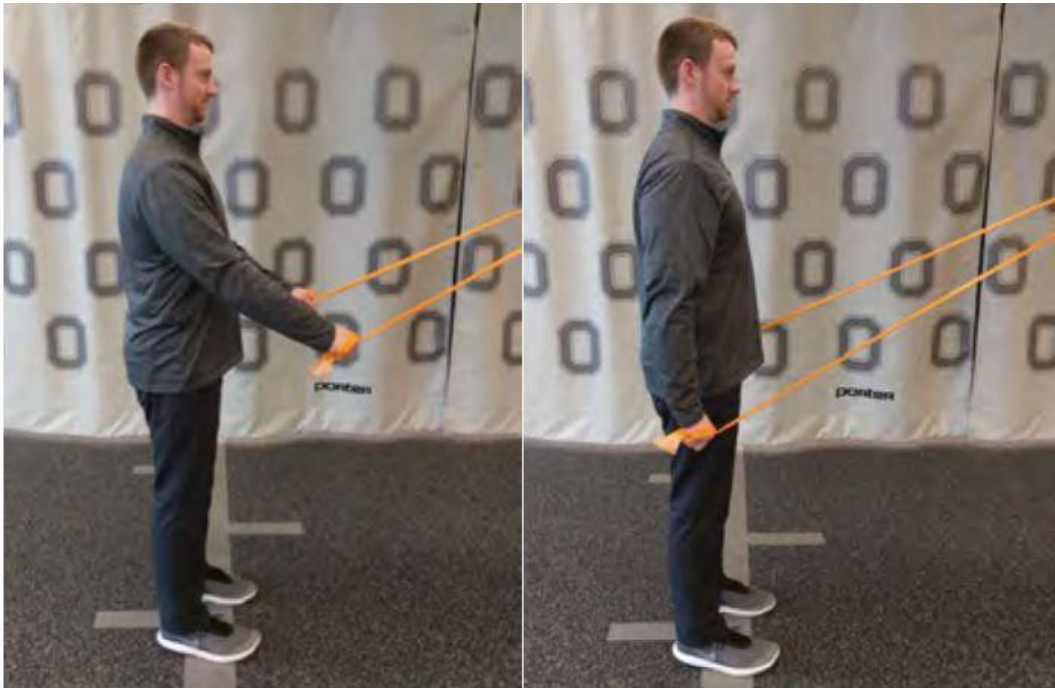


- **Shoulder Blade Rows** — Stand facing a door with the TheraBand attached to the doorknob. Start with your elbows bent and your upper arms at your side. Keep your upper arm close to your side and pull back until your hand is level with your body. Then slowly return to the start position. “Squeeze” your shoulder blades together when your arms are extended back and as you pull.





- **Shoulder Extensions** — Tie a knot in the end of your TheraBand then put it over the top of a door and close it. While keeping your elbows straight, pull the bands from chest height to the side seams of your pants. Slowly return to start position.



- **Shoulder Blade Retraction** — During these exercises, focus upon pulling the shoulder blades together. Start by squeezing the shoulder blades together to get used to the muscles that contract to bring your shoulder into this position. Recreate this sensation during the exercise. Lie on your stomach with your arm hanging towards the floor. Raise your arm to your side until it is parallel to the floor. You can also perform this exercise on an exercise ball to work your core. Repeat with the arms in a “W” position, and in a “T” position.



- **Retraction with Row**



- **“T” Position**



- **“W” Position**



- **Corner Stretch** — Start with your hand on a door frame and slowly walk forward. You should feel a stretch across the front of your chest.



- **Wall Slides** — start with your back on the wall, trying to keep your low back flat. Keep your arms positions on the wall as best as you can. Slide your arms up and over your head as high as possible without causing pain. If you are not able to keep the entire arm on the wall, try starting with just your fists on the wall.





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- Virtual library of shoulder and elbow materials
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- Continue to update shoulder and elbow curriculum
- Special projects such as Maintenance of Certification
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