

AFPA



AMERICAN FITNESS PROFESSIONALS & ASSOCIATES

Rehab Exercise Handbook For The **SHOULDER**

**THIS HANDBOOK WAS DESIGNED TO IMPROVE THE
ABILITY OF INDIVIDUALS TO ENGAGE IN
SELF-DIRECTED
EXERCISE AND THERAPY
PROGRAMS!**



SHOULDER EXERCISES:

Level I: Initial Ranging

Level II: Stretching

Level III: Strengthening Exercises

EXERCISE LOG:

A complete guide to follow and record your progress, noting the number of repetitions or sets of each exercise completed. Record any additional notes you may wish to discuss with your therapist or physician.

INTRODUCTION

This book was designed to improve the ability of individuals to engage in self-directed exercise and therapy programs. Although they can be used in conjunction with a medical physician, physical therapist, personal trainer, or exercise physiologist, they are also adequate for self-study and application. The exercises are illustrated and described in visually appealing detail. They also provide a wide range of stretches and exercises that can be tailored to almost any condition, frequent or rare.

Self-care and rehabilitation are synonymous. Rehabilitation has more medical connotations, but someone does not need a medical condition to begin taking better care of themselves. Many of the conditions seen by physicians can be alleviated or substantially decreased through diligence with a home stretching or exercise program. This is becoming more important as people engage in jobs that overuse only a few muscles, for example, computer operators who maintain static positions of their neck, shoulder and arms for possibly an entire work day. Likewise, weekend warriors—whether they are doing battle on the ball field or the front lawn—frequently suffer from pain generated by strained muscles or ligaments that have been dormant the remaining six days of the week.

As with any exercise program, the input of a physician is necessary if an individual suffers from any type of chronic condition, e.g. heart disease, osteoporosis, diabetes, or chronic obstructive pulmonary disease. This is especially important if someone is just beginning a program after many years of sedentary activity. If there is any type of heart condition, you need to consult a physician before engaging in even the simplest of activities. Never underestimate the damage done by years of neglect or lack of activity.

The goal of this book, as with any approach to human health, is to promote a balance between the external environment and the internal body. Life is an interaction between mind, body and soul, that is shaped and influenced by job, family, and lifestyle. The latter has been sadly influenced to a large degree by television, time restraints, and commodities designed for a fast-paced existence. However, there is no short-cut to health. The good news is that very little time is required to maintain long term and cumulative gains. All that is needed is dedication, encouragement and the realization that everything that is done, no matter how minimal an effort, can add up to years of energy, relaxation, and improved health. I hope this book can contribute in some way to that path and outcome.

SHOULDER

STRETCHING
&
STRENGTHENING
EXERCISE
PROGRAMS

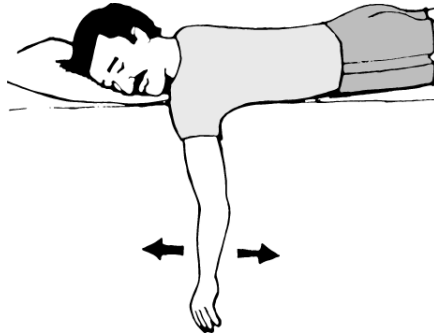
The programs are arranged in levels of intensity. A therapist will instruct you as to the intensity and frequency of each of the activities. Note any difficulties or unusual sensations you may experience for discussion with the therapist or physician. If you experience an exacerbation or flare-up of symptoms, decrease either the number of repetitions or the frequency of exercises per day until you can discuss the matter with the therapist or physician.

LEVEL I: INITIAL RANGING

This activity is usually started immediately after an injury when it is too painful to engage in more aggressive rehabilitation. The goal is simply to maintain as much range of motion as possible during the initial stages of healing, so that a frozen shoulder does not develop.

— Shoulder Exercise 1 —

Figure 1: Lie on your stomach at the edge of your bed, allowing your injured arm to hang over the side. Relax your body as much as possible, including your neck muscles, letting your shoulder blade drop into the bed. Begin by slowly and gently swinging your arm forward and backward. Let the momentum of your arm carry out most of the motion and try not to use your shoulder or neck to generate movement; it may be necessary for someone else to begin swinging your arm.



PERFORM THIS EXERCISE FOR: ___ Sets
 ___ Times per day
 ___ Days per week

EXERCISE LOG:

Record your progress in the log below, noting the number of repetitions or sets of each exercise completed. Record any additional notes you may wish to discuss with the therapist or physician.

EXERCISE - 1	DATE	DATE	DATE	DATE	DATE	DATE	DATE

Notes:

— Shoulder Exercise 2 —

Figure 2: Bring a strong, secure chair into an open area. Hold the chair with your uninjured arm and lean forward, bending at the waist and at your knees. Relax your neck and shoulder blade and let your arm drop down. Stay as relaxed as possible and use your entire body to swing your arm in a small circle, first clockwise and then counter-clockwise. Increase the circle gradually but be careful to not increase too significantly the speed of your rotation.



PERFORM THIS EXERCISE FOR: ___ Sets
 ___ Times per day
 ___ Days per week

EXERCISE LOG:

Record your progress in the log below, noting the number of repetitions or sets of each exercise completed. Record any additional notes you may wish to discuss with the therapist or physician.

EXERCISE - 2	DATE	DATE	DATE	DATE	DATE	DATE	DATE

Notes:

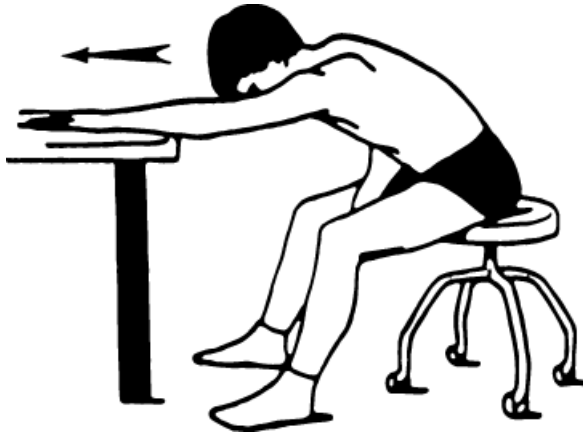
LEVEL II: STRETCHING

Stretches should be done before any type of strengthening activity. The therapist can tell you which of the following stretches are most helpful for your condition. A useful guide is termed the “rule of fives.” Take five seconds to bring yourself into the stretch, hold the point of maximum stretch for five seconds, and then take five seconds to bring yourself out of the stretch. The body should be slowly pulled into a stretch; avoid sudden jerky movements and be aware of shifting and possibly losing balance.

The first three stretches involve sitting in a chair at the edge of a table. Make sure the chair will not slide on the floor. Adjust the distance of the chair to easily accomplish the appropriate stretch and note this distance in the log for the next time.

— Shoulder Exercise 3 —

Figure 3: Sit facing the table. Bend forward at the waist, keeping your hand and forearm flat on the table with your palm facing down. Slide forward and note the stretch you feel in your shoulder. This stretches the forward flexors.



PERFORM THIS EXERCISE FOR: _____ Sets
 _____ Times per day
 _____ Days per week

EXERCISE LOG:

Record your progress in the log below, noting the number of repetitions or sets of each exercise completed. Record any additional notes you may wish to discuss with the therapist or physician.

EXERCISE - 3	DATE	DATE	DATE	DATE	DATE	DATE	DATE

Notes:

— Shoulder Exercise 4 —

Figure 4: Sit with your side to the table. Rest your hand and forearm on the table with your palm facing up. Side bend into the table at your waist, bringing your head down toward your arm. This stretches the shoulder abductors.



PERFORM THIS EXERCISE FOR: _____ Sets
 _____ Times per day
 _____ Days per week

EXERCISE LOG:

Record your progress in the log below, noting the number of repetitions or sets of each exercise completed. Record any additional notes you may wish to discuss with the therapist or physician.

EXERCISE - 4	DATE	DATE	DATE	DATE	DATE	DATE	DATE

Notes:

— Shoulder Exercise 5 —

Figure 5: Sit with your side to the table. Rest your forearm and hand on the table with your palm facing down. Bend your upper body forward at the waist, keeping your forearm on the table. This stretches the external rotators.



PERFORM THIS EXERCISE FOR: ___ Sets
 ___ Times per day
 ___ Days per week

EXERCISE LOG:

Record your progress in the log below, noting the number of repetitions or sets of each exercise completed. Record any additional notes you may wish to discuss with the therapist or physician.

EXERCISE - 5	DATE	DATE	DATE	DATE	DATE	DATE	DATE

Notes:

— Shoulder Exercise 6 —

Figure 6: Bring the arm of your injured shoulder behind your back and grab onto a towel that is held above your head by your other arm. Slowly pull the arm of your injured shoulder straight up. It is important to pull directly overhead. If you are unsure of your balance, this stretch can be performed lying on the floor on your stomach. This stretches the internal rotators.



PERFORM THIS EXERCISE FOR: ___ Sets
 ___ Times per day
 ___ Days per week

EXERCISE LOG:

Record your progress in the log below, noting the number of repetitions or sets of each exercise completed. Record any additional notes you may wish to discuss with the therapist or physician.

EXERCISE - 6	DATE	DATE	DATE	DATE	DATE	DATE	DATE

Notes:

— Shoulder Exercise 7 —

Figure 7: Stand a short distance away from a corner in the position shown, with your hands at shoulder level. Be careful to not stand too far away or you may lose your balance or be too far away to effectively push yourself out; it is better to start close and then move out as needed. Note the ideal distance in the exercise log. Lean forward into the corner and you will feel a stretch between the top of your shoulder blades. This is a general stretch.



PERFORM THIS EXERCISE FOR: ___ Sets
 ___ Times per day
 ___ Days per week

EXERCISE LOG:

Record your progress in the log below, noting the number of repetitions or sets of each exercise completed. Record any additional notes you may wish to discuss with the therapist or physician.

EXERCISE - 7	DATE	DATE	DATE	DATE	DATE	DATE	DATE

Notes:

— Shoulder Exercise 8 —

Figure 8: *This is a simple stretch.* Stand close to a wall and slowly walk up the wall with your hand, with the palm facing inward. This is a general stretch.



PERFORM THIS EXERCISE FOR: _____ Sets
 _____ Times per day
 _____ Days per week

EXERCISE LOG:

Record your progress in the log below, noting the number of repetitions or sets of each exercise completed. Record any additional notes you may wish to discuss with the therapist or physician.

EXERCISE - 8	DATE	DATE	DATE	DATE	DATE	DATE	DATE

Notes:

LEVEL III: STRENGTHENING EXERCISES

Perform these exercises after performing the stretches in exercise 8. Before beginning a specific strengthening exercise, perform the corresponding stretch. These exercises are performed with an elastic rubber tube. All of the exercises may not be required; do only those noted by the therapist. The direction is important as this determines the particular muscle group exercised. The diagram in figure (9) is a view looking down with arm positions shown relative to the locations of numbers on a clock; the individual is facing 12:00. Refer to this diagram to understand the directions. The arm needs to move in to perform each of the exercises.

Shoulder Exercise 9

ANTERIOR DELTOID EXERCISE: Thumb UP 11:00 - 1:00
SUPRASPINATUS EXERCISE: Thumb DOWN 10:00 - 2:00
MIDDLE DELTOID EXERCISE: Palm DOWN 9:00 - 3:00
POSTERIOR DELTOID EXERCISE: Thumb DOWN 7:00 - 5:00

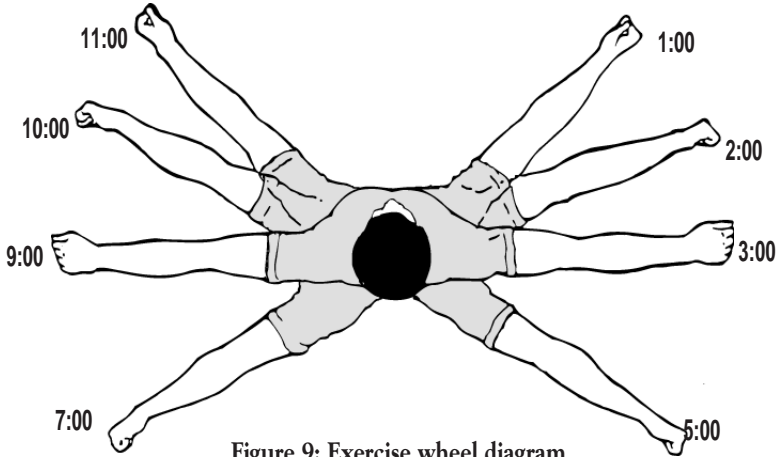


Figure 9: Exercise wheel diagram

PERFORM THIS EXERCISE FOR: ___ Sets
 ___ Times per day
 ___ Days per week

EXERCISE LOG:

Record your progress in the log below, noting the number of repetitions or sets of each exercise completed. Record any additional notes you may wish to discuss with the therapist or physician.

EXERCISE - 9	DATE	DATE	DATE	DATE	DATE	DATE	DATE

Notes: _____

— Shoulder Exercise 10 —

Figure 10: *Suprapinatus exercise.* Hold the tubing under your foot and pull straight up and out. Hold the tubing as shown, with your thumb down. Stretch to the 10:00 position if exercising your left side, to the 2:00 position if exercising your right side.



PERFORM THIS EXERCISE FOR: _____ Sets
 _____ Times per day
 _____ Days per week

EXERCISE LOG:

Record your progress in the log below, noting the number of repetitions or sets of each exercise completed. Record any additional notes you may wish to discuss with the therapist or physician.

EXERCISE - 10	DATE	DATE	DATE	DATE	DATE	DATE	DATE

Notes:

— Shoulder Exercise 11 —

Figure 11: Anterior deltoid exercise. Hold the tubing under your foot and pull straight up and out. Hold the tubing as shown, with your thumb pointing up. Stretch to the 11:00 position if exercising your left side, to the 1:00 position if exercising your right side.



PERFORM THIS EXERCISE FOR: _____ Sets
 _____ Times per day
 _____ Days per week

EXERCISE LOG:

Record your progress in the log below, noting the number of repetitions or sets of each exercise completed. Record any additional notes you may wish to discuss with the therapist or physician.

EXERCISE - 11	DATE	DATE	DATE	DATE	DATE	DATE	DATE

Notes:

— Shoulder Exercise 12 —

Figure 12: Middle deltoid exercise. Hold the tubing under your foot and pull straight up and out. Grasp the tubing as shown with your thumb forward and your palm down. Stretch to the 9:00 position if exercising your left side, to the 3:00 position if exercising your right side.



PERFORM THIS EXERCISE FOR: _____ Sets
 _____ Times per day
 _____ Days per week

EXERCISE LOG:

Record your progress in the log below, noting the number of repetitions or sets of each exercise completed. Record any additional notes you may wish to discuss with the therapist or physician.

EXERCISE - 12	DATE	DATE	DATE	DATE	DATE	DATE	DATE

Notes: _____

— Shoulder Exercise 13 —

Figure 13: Posterior deltoid exercise. Hold the tubing under your foot and pull straight up and out. Grasp the tubing as shown with your thumb down and your palm facing behind you. Pull up and out away from your body but keep your hand behind you as if you are trying to reach behind your back. Stretch to the 7:00 position if exercising your left side, to the 5:00 position if exercising your right side.



PERFORM THIS EXERCISE FOR: ___ Sets
 ___ Times per day
 ___ Days per week

EXERCISE LOG:

Record your progress in the log below, noting the number of repetitions or sets of each exercise completed. Record any additional notes you may wish to discuss with the therapist or physician.

EXERCISE - 13	DATE	DATE	DATE	DATE	DATE	DATE	DATE

Notes:

— Shoulder Exercise 14 —



Figure 14: Internal rotation exercise. Tie the plastic tubing to a doorknob on a closed door. Step back from the door to bring the rubber tubing under tension. Keep your elbow at your side and bring your hand across the front of your body, touching your chest on the opposite side.

PERFORM THIS EXERCISE FOR: _____ Sets
 _____ Times per day
 _____ Days per week

EXERCISE LOG:

Record your progress in the log below, noting the number of repetitions or sets of each exercise completed. Record any additional notes you may wish to discuss with the therapist or physician.

EXERCISE - 14	DATE	DATE	DATE	DATE	DATE	DATE	DATE

Notes:

— Shoulder Exercise 15 —

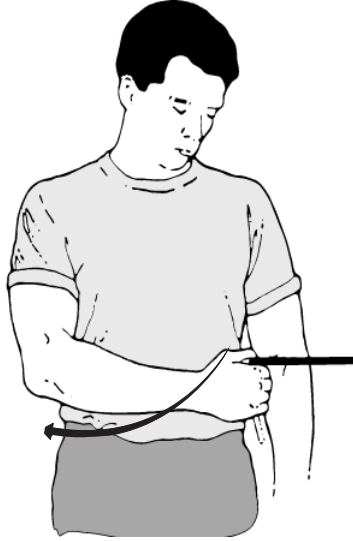


Figure 15: External rotation exercise. Tie the plastic tubing to a doorknob on a closed door. Keep your elbow at your side and bring your hand across your body until your hand is touching your chest on the opposite side. Step back from the door to bring the rubber tubing under tension. Extend your forearm and hand out in an arc across the front of your body, bringing the tubing under additional tension.

PERFORM THIS EXERCISE FOR: ____ Sets
 ____ Times per day
 ____ Days per week

EXERCISE LOG:

Record your progress in the log below, noting the number of repetitions or sets of each exercise completed. Record any additional notes you may wish to discuss with the therapist or physician.

EXERCISE - 15	DATE	DATE	DATE	DATE	DATE	DATE	DATE

Notes:

— Shoulder Exercise 16 —



Figure 16: Adduction exercise. Tie the plastic tubing to a doorknob on a closed door. Keeping your arm straight along the side of your body move your arm across the front of your body, bringing the tubing under additional tension.

PERFORM THIS EXERCISE FOR: ___ Sets
 ___ Times per day
 ___ Days per week

EXERCISE LOG:

Record your progress in the log below, noting the number of repetitions or sets of each exercise completed. Record any additional notes you may wish to discuss with the therapist or physician.

EXERCISE - 16	DATE	DATE	DATE	DATE	DATE	DATE	DATE

Notes:

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DISCLAIMER NOTICE:

These manuals are presented only as a summary of information for health care providers involved in the rehabilitation of musculoskeletal conditions. No standard of care is stated or implied. These manuals are not intended nor properly used as a substitute for treatment, only as an adjunct to aid clinical expertise. The exact protocol and progress employed is the determination of the health care provider who assumes all responsibilities for its application.