

Exercise Programme : SHOULDER REHABILITATION

SCAPULAE SETTING

These exercises can be done in a number of different positions (shown below). The selected one for you will be taught by your physiotherapist.

Step 1: Hold spine in neutral, core activated and shoulder down away from your ears. Slowly pinch your shoulder blades (Scapulae) together as if supporting a stick between them. There should be no movement from your back. All exercises should progress from this base.

Step 2: Lie on your front with your forehead supported with a towel. Arms should be relaxed by your side. Set your shoulder blades as described. Hold this position as you raise your arms/hands 2 inches off the floor. Slowly lower your arms down, and follow by relaxing your shoulder blades.

REPETITIONS:

SETS:

WEIGHT:

LENGTH OF HOLD:



SEATED ROW



Sit on a gym ball or chair. Ensure your back is straight and core is engaged. Set your shoulders as previously described.

Whilst holding this position, pull back against the band squeezing your shoulder blades together. Be careful not to arch your back when you do this. This is an isolated movement to your arms. Keep your shoulders relaxed and elbows into waist. Control the movement back to start position.

REPEAT: **SETS:** **BAND COLOUR:**

Shoulder Range of Movement Exercises

PENDULUM MOVEMENTS



Place unaffected arm against the wall or back of a chair for support.

Allow affected arm to hang in front of you keeping in relaxed. Allow your arm to gently move in side to side, clockwise and anti-clockwise movements

REPETITIONS: **SETS:**

BALL ROLLING



Keep your shoulders set. Core on and do not arch in your lower back.

Roll the ball up the wall evenly between both hands until you feel tightness in affected side. At this point gently move just beyond this point.

HOLD STRETCH FOR 10 SECS THEN CONTROL ROLL DOWN.

REPETITIONS: **SETS:**

ASSISTED ELEVATION



Hold your affected arm with your unaffected side.

Slowly raise your arms above your head until you feel tightness in your shoulder. Push passed this point of tightness and hold for 10 secs.

Use your unaffected side to control movement back down.

REPETITIONS: **SETS:**

BASIC ROTATOR CUFF ACTIVATION

ISOMETRIC ABDUCTION



Stand as shown, with your affected arm against the wall. Keep your shoulder blades set correctly as you apply a controlled pressure against the wall. This should involve no movement.

HOLD FOR:

REPETITIONS:

SETS:

ISOMETRIC EXTERNAL ROTATION



Stand with your affected arm close to your side with your hand on the door frame as shown. Keep your shoulder blades set and your elbow tucked into your side.

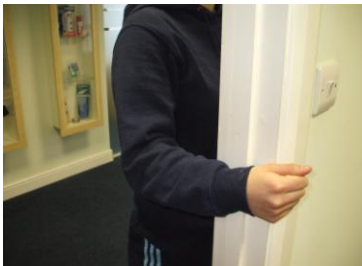
Apply pressure outwards from your hand into the door frame. This should involve no movement, it is a static exercise.

HOLD FOR:

REPETITIONS:

SETS:

ISOMETRIC INTERNAL ROTATION



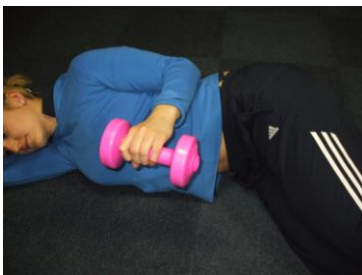
Stand as shown, with your affected arm through a doorway, forearm against the door frame. Keep your shoulder blades set correctly as you apply a controlled pressure against the door frame. This should involve no movement.

HOLD FOR:

REPETITIONS:

SETS:

SIDE LYING EXTRENAL ROTATION



Lie on your unaffected side with your affected arm resting along your side and your affected forearm resting on your stomach.

Keep your shoulder blades set correctly as you control your forearm moving up until it is horizontal to your body (Keep your shoulder blades set back and your elbow as a pivot point).

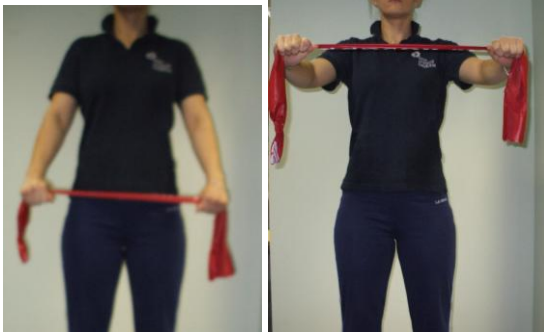
REPETITIONS:

SETS:

WEIGHT:

GENERAL SHOULDER WARM UP

SHOULDER FLEXION



Hold the band just over hip width apart so there is resistance felt. Set your shoulders so they are relaxed and shoulder blades are slightly pulled together.

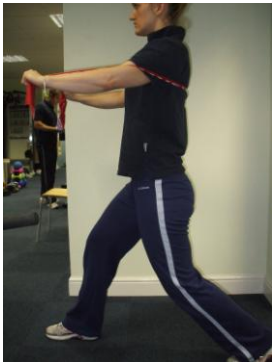
Hold your shoulders' in this position as you elevated your arms forwards and upwards as far as you can whilst KEEPING your shoulder set and the resistance out against the band. Be careful not to let your shoulders move towards your ears as you raise higher up.

REPETITIONS:

SETS:

BAND COLOUR:

SHOULDER RETRACTION



Stand as shown.

Start with your arms out straight so your hands are in line with your shoulders.

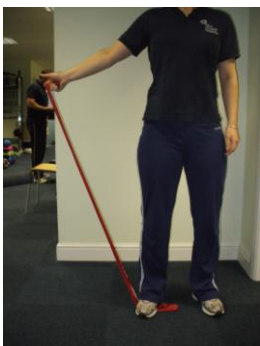
Keep your shoulders set back and down as you pull your shoulders blades towards each other against the band (otherwise the band will roll up behind your neck). Slowly relax shoulders back to neutral. Repeat.

REPETITIONS:

SETS:

BAND COLOUR:

RESISTED ABDUCTION



Stand as shown. Set your shoulder blades and stand up straight. Place the band under the foot of your affected side.

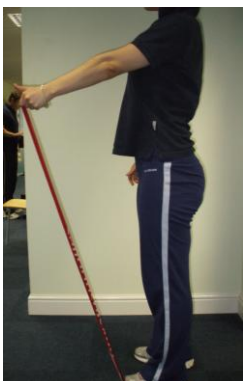
Keeping your thumb towards the ceiling as you move your arm out to the side. As you raise up to 90 degrees be careful not to hitch your shoulder to your ear.

REPETITIONS:

SETS:

BAND COLOUR:

RESISTED FLEXION:



Stand as shown. Set your shoulder blades and stand up straight. Place the band under the foot of your affected side.

Keep your thumb towards the ceiling and your arm straight as you move your arm up in front of you. As you raise up to 90 degrees be careful not to hitch your shoulder to your ear.

REPETITIONS:

SETS:

BAND COLOUR:

ROTATOR CUFF STRENGTHENING

EXTERNAL ROTATION



Stand as shown in picture with towel wedged between elbow and side. Keep your shoulder blades set back. Start with your arm across your body and rotate your arm out horizontally till you can't rotate any further. Keep your elbow holding the towel into your side.

INTERNAL ROTATION



Repeat above instructions in opposite direction, starting with arm out and moving across your middle to.

REPETITIONS:

SETS:

BAND COLOUR:

ADVANCED ROTATOR CUFF STRENGTHENING

INTERNAL ROTATION

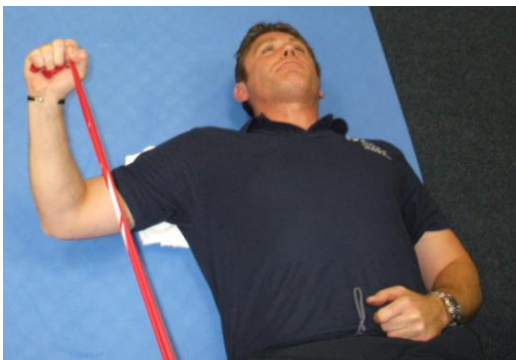


It is often easier to stabilize the shoulder in lying and isolate the movement you are aiming to achieve.

Lie on your back with a towel or pillow under your shoulder to prop it up in line with your chest. The band is tied to a solid surface a few inches above your head as shown.

Shoulder and elbow set at 90°. Holding the band, rotate your arm and hand forwards whilst keeping your upper arm on the floor.

EXTERNAL ROTATION



Repeat this with the band in front of you and rotate your hand backwards until you feel your shoulder elevating. Keep your shoulder blades set and ensure the movement is controlled.

REPETITIONS:

SETS:

BAND COLOUR:

ADVANCED ROTATOR CUFF REHABILITATION

INTERNAL ROTATION



THE PREVIOUS EXERCISES CAN ALSO BE DONE IN STANDING.

Tie band to a pole as shown. (Note this is your end position)
Raise your upper arm out to 90 and bend your elbow to 90°. Hold onto the band ensuring it is horizontal to your hand.
Keep upper arm still as you rotate your hand forwards until it becomes level with your elbow (as shown). Your shoulder and elbow height should stay static and act a pivot point.

EXTERNAL ROTATION



Ensure your shoulder blades are set correctly.
Control the movement back to starting position.

Repeat this as shown to the left. Start with your forearm vertical above elbow. Then rotate hand backwards until you feel you lose your shoulder position/setting.

REPETITIONS: **SETS:** **BAND COLOUR:**

ADVANCED SHOULDER REHABILITATION

DIAGONAL PULLEY WORK

EXERCISE 1: UP + OUT



EXERCISE 2: DOWN + IN



REPETITIONS:

SETS:

WEIGHT EX 1:

WEIGHT EX 2:

- Stand with your shoulder blades set down and back.
- Maintain this position as you control the pulley either up and out or down and in towards your body.
- Keep core on and move through a diagonal pattern. Use knees to aid movement if required.

LATS TRAINING



Using the pulley system. Set your shoulder blades. Control movement of the bar down to chest level with bent arms or hip level with straight arms. This will be decided by your physio.

REPETITIONS:

SETS:

WEIGHT:

PRESS UPS



From four-point kneeling with shoulders set, move into the 1st position. Core and glutes recruitment are essential to stop your pelvis from dropping close to the floor and arching your back.

Progression of exercise is shown above. This is only possible when you can maintain good shoulder control with your back and pelvis in a safe position.

REPETITIONS:

SETS: