



Shoulder Rehabilitation Program

Kenneth A. Jurist, M.D.

Joseph H. Guettler, M.D.

Kenneth Soave, PT, Director of Physical
Therapy Services

Progression to Bench Press:

1. Wall Push-ups:

Place your hands on a wall at shoulder level. Lean against the wall and perform a push-up against the wall. Once you can tolerate 25 of these pain free, you may move on to step 2.



2. Push-ups with knees on the ground

Situate yourself in the push-up position, making sure to keep your knees on the ground. Slowly perform a push-up in this position. Once you can tolerate 25 of these pain free, you may move on to step 3.

3. Floor Push-ups:

Situate yourself in the push-up position on the floor, and slowly perform a push-up. Once you can tolerate 25 of these pain free, you may begin to bench press, starting with a low weight and progress to heavier weights.

