



**PERFORMANCE
ORTHOPEDICS**

Shoulder Rehabilitation Program

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Phase II: Mid Level Range of Motion:

For patients who have sufficient tissue and/or bone healing after their injury or surgery to begin shoulder motion.

Pendulum exercise:

Bend at the waist, while bracing yourself with your uninvolved hand on your knee, or a near by table, let your arm dangle freely. Slowly move your arm in small circles allowing movement in the shoulder joint. Once you feel comfortable, you can progress to larger circles. Do this for a few minutes, several times per day.



Start position



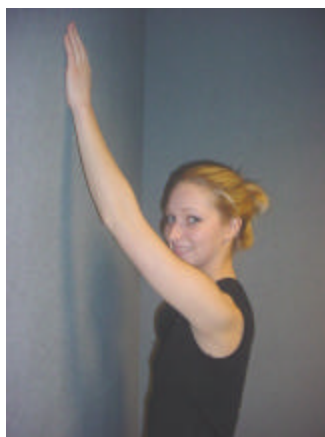
End position

Supine elevation exercise:

While lying down on a bed keeping your injured arm straight support it with your good arm and slowly lift it from your side up over your head. Repeat this exercise several times per day.



Start position



End position

Wall walks:

Place your hand of your injured arm on the wall directly in front of you. You can support your injured arm with your good arm if needed, then slowly walk your hand up the wall. As your hand gets higher up, take step closer to the wall to enable more motion in the shoulder joint. When you reach the top, hold for 10 seconds, then slowly bring your arm down. Continue doing this exercise several times per day.

Phase II: Mid Level Range of Motion Continued

Reach to opposite shoulder:

Slowly stretch your affected arm across your body and touch your hand to the back of your opposite shoulder, use your other hand for support if needed. Repeat this exercise several times per day.



Reach to the top of your head:

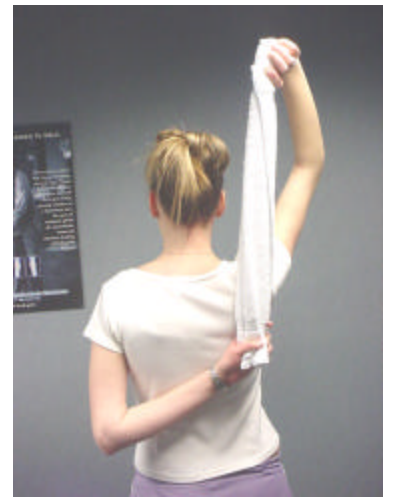
Slowly stretch your hand of your affected arm to the top of your head. You may use your unaffected arm to help guide if needed. Repeat this exercise several times per day.



Start position

Towel Stretches:

Begin this exercise with the towel in your good hand draping it behind your back, then grab the towel with your affected hand. Slowly pull on the towel with your unaffected to stretch your affected arm up and across your body. Once you reach the top, hold it there for a few seconds to stretch, then slowly lower your arm. Repeat this exercise several times per day.



End position



External rotation exercises:

With your elbow bent at your side, carefully rotate your hand out to the side. Once you reach the end of your range of motion, hold it there for a few seconds to stretch. Repeat this exercise several times per day.

Home pulleys:

First, attach the pulleys to a door, make sure the door is closed completely and set a chair in front of the pulleys.

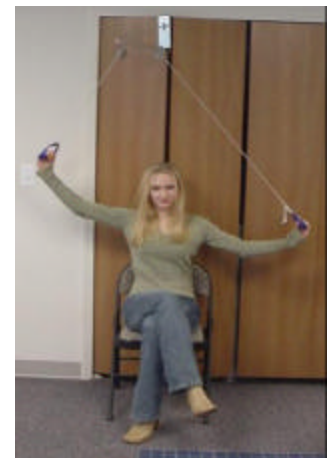
To work on motion in front of your body, while seated, have the pulleys in each hand with your arms straight in front of you, while pulling down with the opposite hand let your affected arm get pulled up higher.

To increase motion out to your side, while seated, have the pulleys in each hand, with your arms straight at your sides, while pulling down with the opposite hand let your affected arm move up and away from your body.

Do this exercise for 5-10 minutes everyday.



Flexion



Abduction