

Shoulder Rehabilitation

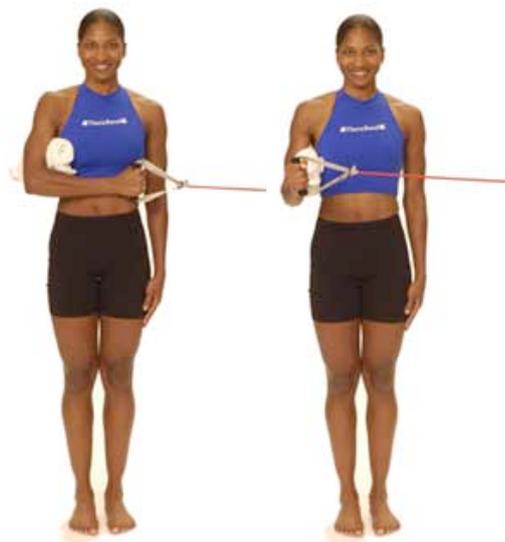
Internal Rotation at 0 degrees



Begin with one end of the band securely attached at waist-height. (You may place a towel roll under your arm as well.) Grasp the other end of the band with tension. Pull the band away from the wall, rotating your forearm inward. Hold and slowly return.

TIP: Be sure to keep your forearm parallel to the ground, your elbow by your side, and your wrist straight.

External Rotation at 0 degrees



Begin with one end of the band securely attached at waist-height. (You may place a towel roll under your arm as well.) Grasp the other end of the band with tension. Pull the band away from the wall, rotating your forearm outward. Hold and slowly return.

TIP: Be sure to keep your forearm parallel to the ground, your elbow by your side, and your wrist straight.

- 1 Begin Thera-Band internal rotation and adduction at 3 weeks post-injury. Use a light resistance that allows you to complete 15-20 repetitions without pain.
- 2 Gradually increase the repetitions and resistances as you are able.

Scaption: This is raising the arm in the plane of the shoulder blade, about 30 degrees to the front of the body.



Stand on one end to secure the band. Grasp the band at your side. Lift the band slightly in front of your side, keeping your elbow straight. Hold and slowly return. VARIATION: Point your thumb downward for the "Empty Can" raise to shoulder level.

TIP: Don't shrug your shoulder. Keep your back straight.

Seated Row (Medium)

Securely attach the middle of the band using a Door Anchor or Assist. Sit and grasp each end of the band and take up the slack. Pull the ends of the bands towards your chest. Hold and slowly return. Keep your back straight and **do not shrug your shoulders**. VARIATION: Perform this exercise in a sturdy chair or on an exercise ball for more challenge.



Shoulder Forward Punch in Standing



Begin with band wrapped around your mid back. Grasp the ends of the band in front of you with your elbows bent at your side. Extend your elbows forward and push the band away from your trunk. Hold and slowly return.

TIP: Avoid leaning back.

Only do the following exercises when you can do the Internal and external rotation at 0 degrees comfortably and easily:



Shoulder External Rotation at 90 degrees

Begin with one end of the band securely attached in front of you at shoulder-height. Grasp the other end of the band with tension. Pull the band away from the wall, rotating your forearm backward. Be sure to keep your upper arm parallel to the ground, your elbow at shoulder level, and your wrist straight.

TIP: Don't let your elbow drop below shoulder level. Keep elbow bent at 90 degrees; don't extend your elbow to complete the motion.

Shoulder Internal Rotation at 90 degrees

Begin with one end of the band securely attached behind you at shoulder-height. Grasp the other end of the band with tension. Pull the band away from the wall, rotating your forearm inward. Be sure to keep your upper arm parallel to the ground, your elbow at shoulder level, and your wrist straight.

TIP: Don't let your elbow drop below shoulder level. Keep elbow bent at 90 degrees; don't extend your elbow to complete the motion.



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