

- _____ 3 weeks in sling
- _____ 4 weeks in sling
- _____ 6 weeks in sling

- _____ weeks Rotational stretch with cane with elbow at side
- _____ weeks Begin stretching overhead while lying on back and using rope/pulley
- _____ weeks Begin strengthening exercises with therabands

A. Stretching Exercises

1. **CANE** - With both elbows by your side and your arms bent at 90 degrees, hold the T-handle with the affected arm. Gently push the operated arm outward away from body using the cane with the good arm to a reasonable maximum range. Maintain your elbow by your side for full effectiveness of this exercise. You can increase the external range.
2. **ROPE AND PULLEY** - In a chair facing the door, use your good arm to pull the affected arm up to a reasonable level and hold it for a count of ten. **Slowly** let the affected arm come down and repeat this at the same level. You can increase the height by an inch or two periodically over a course of a day or two.

*** You can alternate these exercises while lying down.

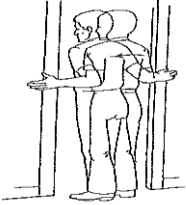
B. Strengthening Exercises (therabands): red-->green-->blue

1. **CURLING** - Step on the cloth tab and slowly pull your forearm toward your shoulder while keeping your elbow by your side. Slowly return to the starting position and repeat.
2. **INTERNAL ROTATION** - Secure cloth tab around doorknob and stand sideways with the affected arm closest to the door. Pull handle across your body while your elbow remains by your side. Slowly return to starting position and repeat.
3. **EXTERNAL ROTATION** - Turn your body around and pull the opposite direction away from your body like the above exercise.
4. **ROWING** - Facing the door with the arm outstretched in front pull the band straight back to your side then slowly return to outstretched position, repeat...(just like rowing a boat).

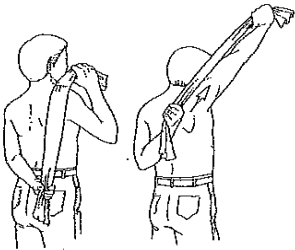
REPETITIONS - Perform each movement 10 times each, 4 times a day.



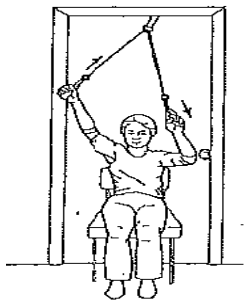
1. Stand with elbows bent to 90 degrees, holding stick in front of you
2. Using stick for assistance, rotate your _____ hand and forearm away from your body
3. Do not allow your upper arm to move away from your body
4. Hold _____ seconds
5. _____ repetitions, _____ times per day



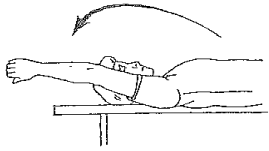
1. Stand in doorway with elbows bent and hands placed on door frame as shown
2. Lean your body forward so that you feel a stretch
3. Hold _____ seconds
4. _____ repetitions, _____ times per day



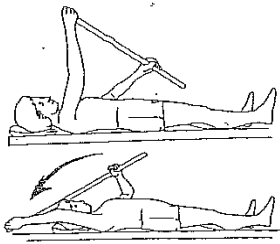
1. Stand with towel as shown, _____ arm behind your back
2. Stretch the arm up behind your back by pulling upward on the towel with the other hand for assistance
3. Hold _____ seconds
4. _____ repetitions, _____ times per day



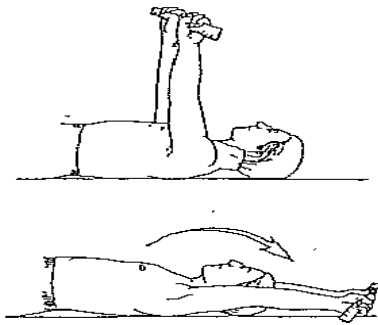
1. Sit in chair with pulley assembled as shown.
2. Raise the _____ arm out to side and overhead, pulling down on the pulley with the other hand for assistance, so that you feel a stretch
3. Hold _____ seconds
4. _____ repetitions, _____ times per day



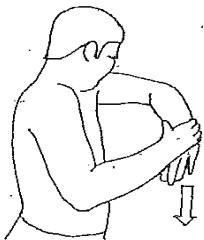
1. Lie on back as shown
2. Raise _____ arm up overhead as far as you can
3. Hold _____ seconds and slowly lower
4. _____ repetitions, _____ times per day



1. Lie on back as shown with _____ hand at the top of the stick
1. Using the stick for assistance, stretch your arm higher overhead
3. Hold _____ seconds
4. _____ repetitions, _____ times per day



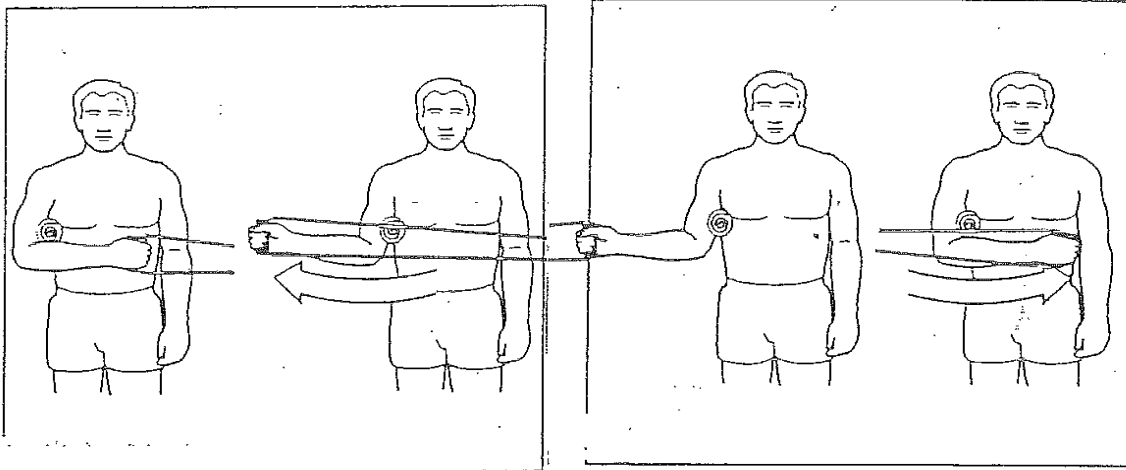
1. Lie on back as shown holding stick with both hands
2. Raise both hands overhead, so that you feel a stretch
3. Hold _____ seconds
4. _____ repetitions, _____ times per day



Wall Stretch/Baseball Stretch (against a wall)

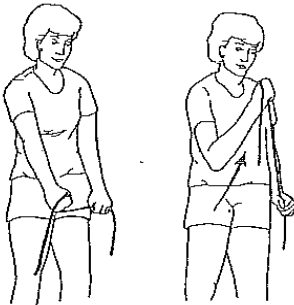
1. Move your shoulder into internal rotation by pressing the forearm closer to the wall
2. Take up the slack in the motion until you feel a stretching sensation in the back of your shoulder
3. Hold for _____ seconds
4. _____ repetitions, _____ times per day

5. Use a door frame to stretch the opposite direction

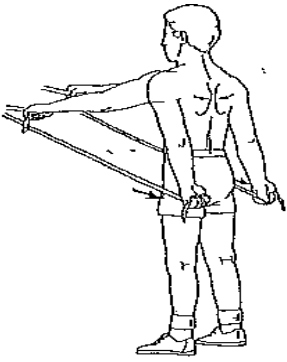


External Rotation: Stand sideways with affected shoulder farthest from door and elbow against pillow or rolled towel at your side as shown. Pull handle away from unaffected arm while keeping elbow position. Return slowly.

Internal Rotation: Stand sideways with affected shoulder closest to door and elbow against pillow or rolled towel at your side as shown. Pull handle toward unaffected arm while keeping elbow position. Return slowly.



1. Stand holding elastic band with _____ thumb facing forward as shown
2. Bend elbow as shown
3. Hold _____ seconds, slowly lower
4. _____ repetitions, _____ times per day



1. Anchor rubber tubing to a solid object
2. Stand holding rubber tubing in both hands with arms in front of body
3. Pinch shoulder blades backward as shown
4. Holding the shoulder blades stable, pull arms backward
5. Hold _____ seconds and slowly relax
6. _____ repetitions, _____ times per day