

BASIC EXERCISES FOR SHOULDER PAIN

GOALS

Stabilize the muscles of the shoulder and rotator cuff.
Reduce pain in the area.

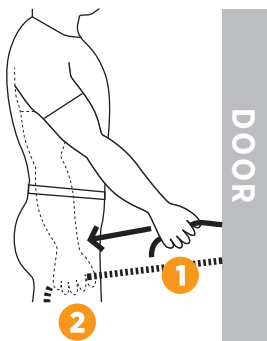
- 1 Start position 2 End position

INSTRUCTIONS

Equipment: Therapy band with a knot on one end.

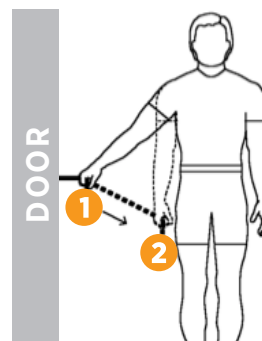
- Wedge the knotted end of the therapy band between the door and the frame at door-handle level, and shut the door.
- Hold other end with hand on injured side. Avoid slack in band.

The instructions below represent one set of exercises.
Perform up to 3 sets 1-2 times per day.



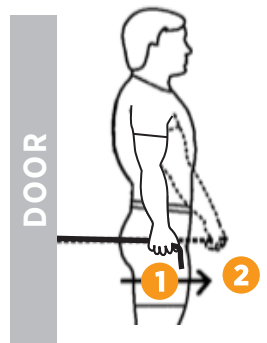
SHOULDER PAIN 1 SHOULDER EXTENSION

Face the door. Keep injured arm about 30° out in front of you; elbow straight. **Start by pulling band away from door & toward your side.** Hold position 2-3 seconds; slowly release. Repeat up to 10 times.



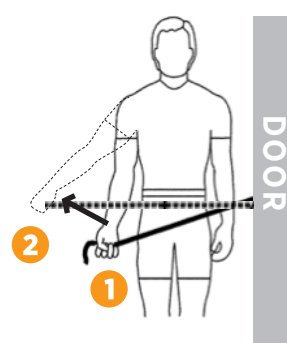
SHOULDER PAIN 2 SHOULDER ADDUCTION

Turn body sideways from door. Keep injured arm closest to door & elbow straight. **Start with arm about 30° away from side & closer to door. Pull band toward side of body.** Do not brace arm against side. Hold position 2-3 seconds then slowly release. Repeat up to 10 times.



SHOULDER PAIN 3 SHOULDER FLEXION

Turn your back to the door. Keep arm at side, elbow straight, thumb pointing forward. **Start by pulling band away from door and about 30° from you.** Hold position 2-3 seconds; slowly release. Repeat up to 10 times.



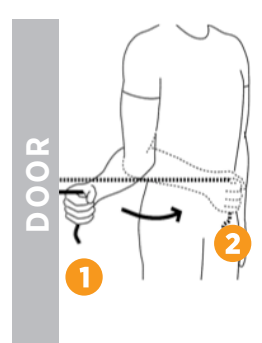
SHOULDER PAIN 4 SHOULDER ABDUCTION

Turn body sideways from door. Keep injured arm furthest away from door, elbow straight, thumb pointing forward. **Start by pulling band away from door until about 30° away from you.** Hold position 2-3 seconds; slowly release. Repeat up to 10 times.



SHOULDER PAIN 5 SHOULDER EXTERNAL ROTATION

Turn body sideways from door. Keep injured arm furthest away from door, elbow bent 90° and rotated inwards. **Start by rotating arm outwards within a comfortable range.** Hold position 2-3 seconds; slowly release. Keep forearm parallel to floor. Repeat up to 10 times.



SHOULDER PAIN 6 SHOULDER INTERNAL ROTATION

Turn body sideways from door. Keep injured arm closest to door, elbow bent 90° and rotated outwards. **Start by rotating arm inwards within a comfortable range.** Hold position 2-3 seconds; slowly release. Keep forearm parallel to floor. Repeat up to 10 times.

BASIC EXERCISES FOR SHOULDER PAIN

ADDITIONAL INSTRUCTIONS

- Stand up straight.
- Use good posture.
- Keep motion SLOW and CONTROLLED.
- Perform drills in the sequence.

PRECAUTIONS

- Do not move arm behind you or across you.
- Do not hold your breath while performing exercises.
- Avoid jerky movements.
- Perform these drills respecting your pain.
- You may experience some soreness from some of these drills but DO NOT perform these to the point of aggravating your symptoms.

NOTES: