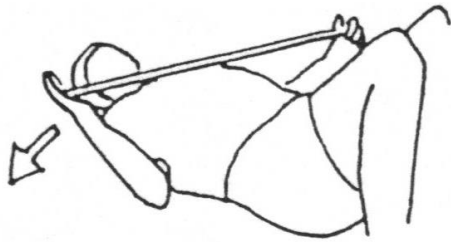
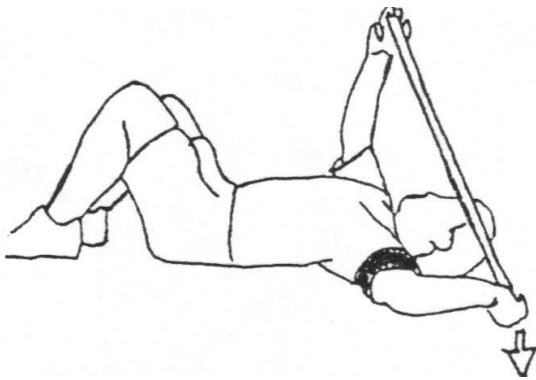


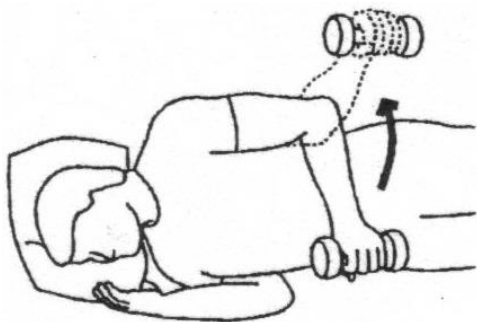
- **Forward flexion with wand:** With the palms down, grab the wand at shoulder-width. Using primarily the un-involved arm, slowly lift the wand back to stretch the shoulder. The involved shoulder should be as relaxed as possible, and attention should be paid to not push through extreme pain. Hand placement can be varied (wide grip, narrow grip) in order to stretch various areas of the shoulder. At the peak of the stretch, hold for 10 seconds. Should be performed for 10 minutes, three times per day.
- As the range of motion (ROM) and tolerance to activity improves, the un-involved arm can be used to apply more pressure and push the involved shoulder up into flexion.
- **Abduction with wand:** Begin with the involved arm holding onto the wand with the elbow locked straight. The un-involved arm will slowly push the wand to swing the involved arm out to the side. The involved shoulder should be as relaxed as possible, and attention should be paid to not push through extreme pain. At the peak of the stretch, hold for 10 seconds. Should be performed for 10 minutes, three times per day.



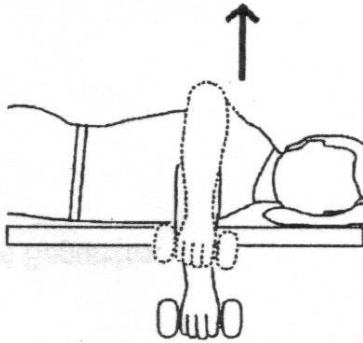
- External rotation with wand: With the elbow of the target arm about 6 inches from the side of the body (and elbow bent to 90 degrees), place the end of the wand in the palm of the hand on the target arm. Using primarily the un-involved arm, slowly push the hand of the target arm back to stretch the shoulder. The involved shoulder should be as relaxed as possible, and attention should be paid to not push through extreme pain. Make sure that the elbow doesn't move, and 90 degrees of elbow bend should remain throughout the movement. At the peak of the stretch, hold for 10 seconds. Should be performed for 10 minutes, three times per day.



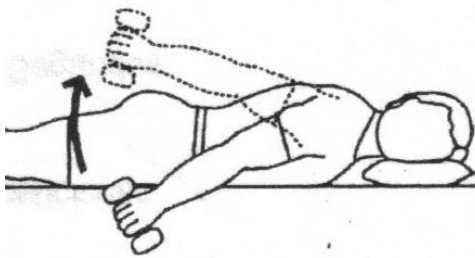
- As the range of motion (ROM) and tolerance to activity improves, the elbow can be moved progressively further away from the body to increase the stretch. The un-involved arm can be raised to apply more pressure and push the involved shoulder further into external rotation.



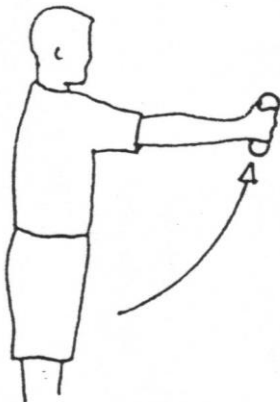
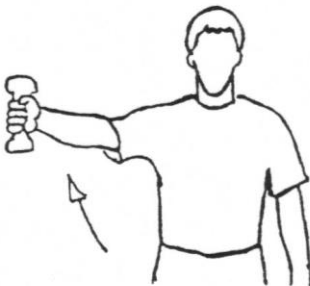
- Side-lying external rotation: Laying on the un-involved side, place the elbow of the target arm right along the side of the body. When relaxed, the hand of the target arm should fall across the stomach. Making sure to keep the elbow locked at the side, the hand of the target arm should be rotated up towards the ceiling (palm up), to its maximum height without pain. A 3 second hold should be maintained before lowering to the starting position. Care should be taken to make sure the top shoulder doesn't roll back. Exercise should be performed in 3 sets of 10 repetitions, three times a day. Weight can be held in order to progress the exercise.



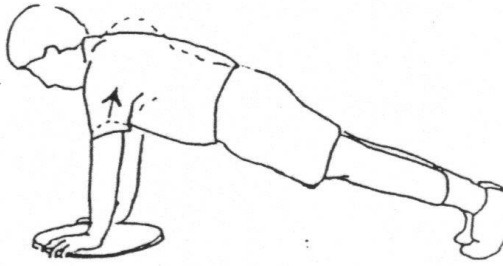
- Prone row: Starting position is in prone (face down), with the target arm hanging down off the side of a table or bed. The initial movement is to pull the shoulder blade in towards the middle of the spine. Once this happens, the elbow of the target arm should be slowly raised up towards the ceiling until the hand reaches table height. After a 2 second hold, the arm should be lowered slowly back down to the starting position. Exercise should be performed in 3 sets of 10 repetitions, once a day. Weight can be held in order to progress the exercise.



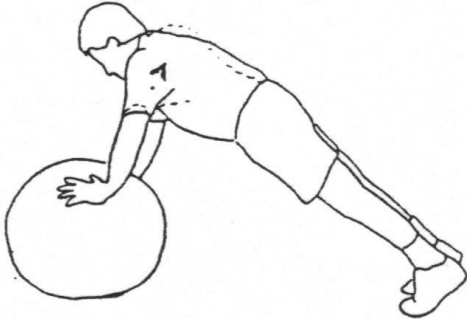
- Prone extension: Starting position is in prone, with the target arm hanging down off the side of a table or bed. The initial movement is to pull the shoulder blade in towards the middle of the spine. Once this happens, the arm (remaining locked straight) should be slowly raised back up along the table until it is parallel to the floor. After a 2 second hold, the arm should be lowered slowly back down to the starting position. Exercise should be performed in 3 sets of 10 repetitions, once a day. Weight can be held in order to progress the exercise.



- Standing scaption/flexion: Starting with proper posture (exercise can be performed in front of a mirror for better feedback), arms should be straight at the side. Keeping the elbows locked, the arms will be raised up to shoulder height, in the plane of scaption (in between straight to the front and straight to the side). After a 2 second hold at shoulder height, the arms will be lowered back to the starting position slowly. Exercise should be performed in 3 sets of 10 repetitions, once a day. This exercise should also be performed with the arms raised straight to the front, with the same 2 second hold. Weight can be held in order to progress the exercise.



- Push-ups with a plus: Starting position involves the arms extended at the top of the push-up position. From here, the back should be pressed up as far as possible towards the ceiling, and held for a count of three seconds. Once this movement is mastered, this can be added to a full push-up. To begin, this should be performed with the hands against a wall. As this becomes easier, it can be transitioned to have the hands on a table or arms of a chair. Should be performed for 3 sets of 10 repetitions, one time per day.



- This exercise can be progressed to be performed on an exercise ball, or unbalanced in order to make the involved side work harder.

