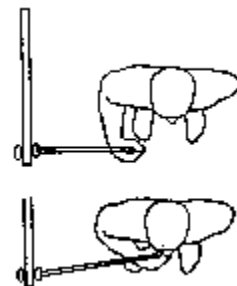
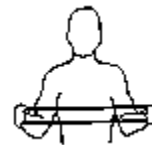
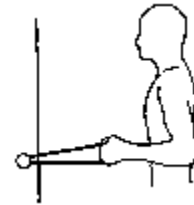


## Exercise 16: Theraband Series

Using the large rubber strip given to you by your therapist, tie the ends of the strip in a knot to form a large circular band. Then try the following exercises:

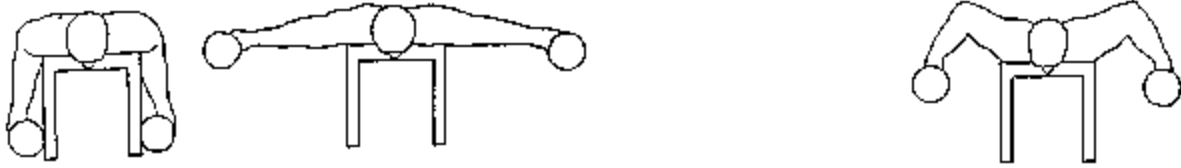
- A. Stand in front of a secured door and place one end of the rubber band around the doorknob. Hold the other end of the rubber band in your hand. Keeping your elbow flexed at a 90 degree angle, pull your arm back away from the door against the resistance of the band. Release the tension of the band slowly as you return to the starting position. Repeat this exercise 20 times. **DO NOT CAUSE PAIN. DO NOT HOLD YOUR BREATH.**
- B. Stand with your side next to a secured door. Place one end of the rubberband around a doorknob. Hold the other end of the band in your hand. Push the band forward until you encounter resistance from the band. Slowly release the tension until your arm is in the starting position. This exercise should be repeated 20 times. **DO NOT CAUSE PAIN. DO NOT HOLD BREATH.**
- C. Keeping your elbows by your sides, bent to a 90 degree angle, place the rubber around your hands in front of your body. Try to pull your hands away from each other thereby placing resistance on the band. Slowly release the tension on the band, allowing your hands to resume their starting position. **DO NOT CAUSE PAIN. DO NOT HOLD BREATH.**
- D. Stand with your right side by a securely closed door. You should be approximately 18" away from the door. Place one end of the rubber band around the door knob and hold the other end in your hand. Keeping your elbow by your side, pull the band toward your stomach. Slowly release the band, allowing your arm to return to the starting position. The elbow must stay on the waist at all times. **DO NOT CAUSE PAIN. DO NOT HOLD YOUR BREATH.**



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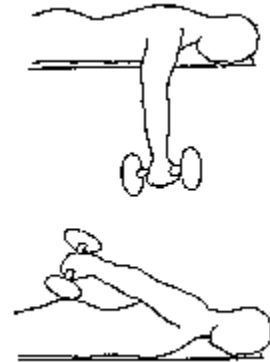
## Exercise 17: Rhomboid/Posterior Deltoid Lift

1. Lying on your stomach on a narrow table, drop both arms straight down off the table toward the floor. Grasp a dumbbell weight in each hand and lift them up directly to your sides without bending your elbows. Slowly lower the weights down to your starting position. Repeat for a total of 25 repetitions.
2. Repeat the above exercise 25 more times, but this time bend your elbows as you raise your arms to your sides. **DO NOT CAUSE PAIN.**



## Exercise 1: Shoulder Extension

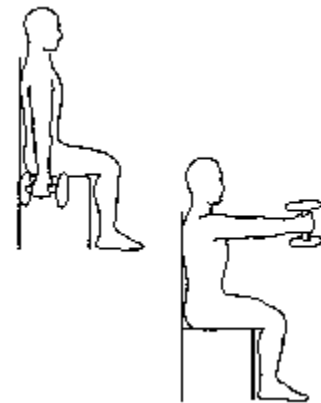
Lie on your stomach with your hands by your hips. Place a dumbbell or disc weight in the hand of the injured arm. Lower this arm down off the side of the table so that the hand is near the floor directly below the shoulder. Keeping your elbow straight, slowly lift that arm backward toward the ceiling with the palm facing up. Try to keep the front of your shoulder on the table as you raise your arm. Your hand should come up about 2 to 4 inches above the level of the table. Then, slowly lower your arm back to the starting position and repeat this exercise for 2 sets of 10 repetitions. You may rest for 30 seconds between sets. **DO NOT CAUSE PAIN.**



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## Exercise 2: Shoulder Flexion

Sit in a straight back chair and hold a weight in the hand of the arm to be exercised. Keeping the elbow straight, slowly lift that hand up in front of the body until it reaches a 90 degree angle directly in front of the shoulder. **DO NOT CAUSE PAIN.** Slowly lower the arm down to the starting position. This exercise should be performed a total of 20 times. A 30 second rest can be taken after the first 10 repetitions. **DO NOT CAUSE PAIN.**



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## Exercise 3: Shoulder Hyperflexion

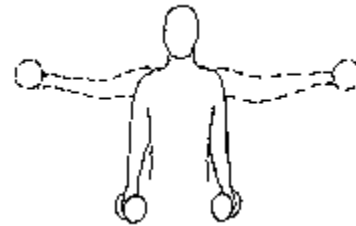
Lie on your stomach with your arms out in front of you. Place a dumbbell or disc weight in the hand of your injured arm and slowly raise that arm toward the ceiling approximately 4 inches. Keeping your elbow straight, slowly lower your arm back to its starting position on the table. Repeat this exercise 10 times. Rest 30 seconds and repeat 10 more times for a total of 20 repetitions. DO NOT CAUSE PAIN.



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## Exercise 4: Shoulder Abduction

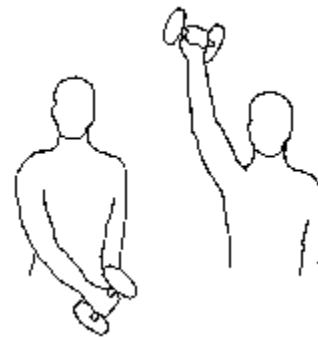
Stand in front of a mirror. Place a dumbbell or disc weight in each hand. Your arms should be by your sides with your palms facing in toward your legs. Rotate your palms outward as you slowly raise your arms out to the side of your body 90 degrees. DO NOT CAUSE PAIN. At the top of the lift, rotate your hands back down toward the floor and slowly lower the arms down to your starting position. This exercise should be performed ten times followed by a 30 second rest and a second set of 10 repetitions for a total of 20 lifts. DO NOT CAUSE PAIN.



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## Exercise 5: Diagonal Shoulder Pattern

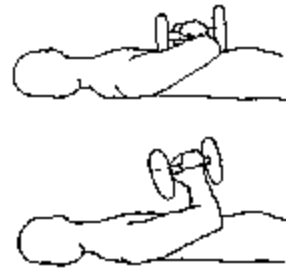
Stand in front of a mirror. Place a dumbbell in the hand of the arm to be exercised. Then place that hand in front of the hip of your opposite leg. The palm should be facing in toward the leg. Slowly lift the weight up and away from you diagonally across your body. As you are moving in this pattern, you should allow your hand to rotate so that the thumb is pointing out over your shoulder at the top of the lift. Lower the arm back slowly to the starting position, again rotating the hand to the starting position as you go. Do this exercise 10 times. DO NOT CAUSE PAIN.



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## Exercise 6: Rhomboid Strengthening

Lie on your Stomach with the hand of your injured arm in the small of your back at your belt level. Your palm should be facing the ceiling with the back of your hand on your spine. Place a small dumbbell or disc weight in that hand and lift it slowly up toward the ceiling. The elbow stays bent and the palm push up away from the belt approximately 2 to 4 inches. Slowly lower your hand back down to your belt and repeat this exercise 10 times. **DO NOT CAUSE PAIN.**

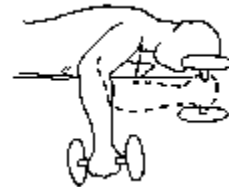


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## Exercise 7: Shoulder External Rotation

### A. Prone variation.

Lie on your stomach close to the edge of a firm table. Your elbow should be at a 90 degree angle to your shoulder, the upper arm resting on the table, ...the forearm and hand hanging over the edge of the table. The hand is directly below the elbow. (it may be a good idea to place a pillow between the table and upper arm for comfort.) Holding a weight in that hand, keep the elbow bent and at the level of the shoulder. It acts as a pivot point to the hand. Lift your hand up toward your head by rotating the shoulder. Slowly reverse this rotation by lowering the hand back down to the starting position. This exercise should be done ten times in a row followed by a 30 second rest and another set of ten repetitions for a total of 20 repetitions. **DO NOT CAUSE PAIN.**



### B. Side Lying Variation.

Lie on your side opposite the arm you will be exercising. Allow the elbow of the exercising arm to rest on your waist. The hand of that arm should be holding a weight and resting on the floor in front of your belly-button. Lift the weight up until it is parallel to the floor. The elbow stays bent and in contact with your waist, serving as the pivot point of the movement. Slowly lower the weight back down to the floor. **DO NOT CAUSE PAIN.**



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## Exercise 8: Shoulder Internal Rotation

Lie on your stomach on a table or firm surface. Your shoulder should be at a 90 degree angle, the upper arm resting on the table, and the elbow and forearm hanging over the edge of the table at a 90 degree angle. (it is a good idea to place a pillow between the table and upper arm for comfort.) Holding a weight in the hand of the exercising arm and keeping that elbow bent to a 90 degree angle, slowly bring the hand up to the rear to the level of your hip. Then slowly bring the arm back to the starting position. This exercise should be done ten times in a row followed by a 30 second rest and another set of ten repetitions for a total of 20 repetitions. **DO NOT CAUSE PAIN.**

