



## HOME SHOULDER EXERCISE PROGRAMME

These exercises should be done three to four times per day for at least fifteen minutes.

Take your pain medication 15 to 30 minutes before starting.

Warm up your shoulder with either a wheatpack, a warm towel or a hot shower before starting.


You should use an ice pack or equivalent at the end of your exercises to cool down.

You may have pain and clicking during your exercises which may last for some time afterwards. This is normal. Do not "push through the pain" if it is severe, but simply pull back a little and try again later.






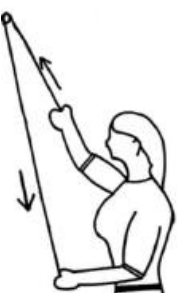
DO NOT do exercises that are not on this sheet, even if you are advised to by a physiotherapist. Ask them to clear it with me first.

## STRETCHING

These exercises are to help stretch the muscles and the capsule of your shoulder. They should not cause you pain. If the exercise hurts, do not push beyond the pain and stop the particular stretch as soon as the pain begins, then move on to another exercise and come back to it another time.

<p><b>Pendulum Exercises.</b></p> <p>Bend at the waist and swing the arm round in circles clockwise and anti-clockwise. Gradually increase the circles in size each time. Also swing the arm from side to side and from back to front like a pendulum. Use gravity to assist you.</p>	
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With each exercise stretch, Hold for 10 seconds and repeat 10 times/set.

<p><b>Inferior Capsule Stretch</b></p> <p>Gently pull on elbow with opposite hand until a stretch is felt in shoulder.</p>		<p><b>Posterior Capsule Stretch</b></p> <p>Gently pull on elbow with opposite hand until a stretch is felt in shoulder.</p>	
<p><b>Flexion</b></p> <p>Slide arm up wall with palm toward you by moving closer to wall.</p>		<p><b>External Rotation</b></p> <p>Keep palm of hand against door frame and elbow bent at 90 degrees. Turn body from fixed hand until a stretch is felt.</p>	
<p><b>Towel Stretch for Internal Rotation</b></p> <p>Pull involved arm up behind back by pulling towel upward with the uninvolved arm.</p>		<p><b>Pulley exercise.</b></p> <p>Either seated or standing use your uninvolved arm to pull down and raise your involved arm overhead.</p>	

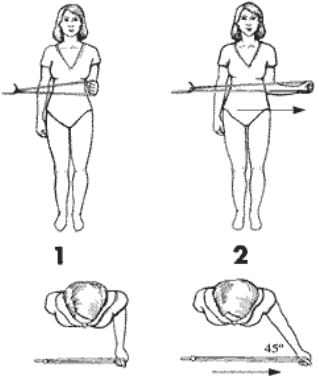
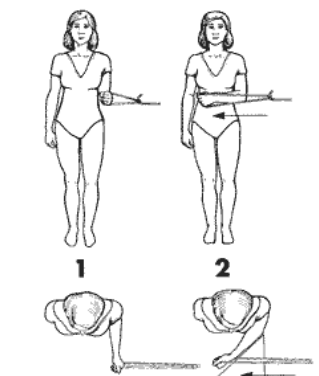
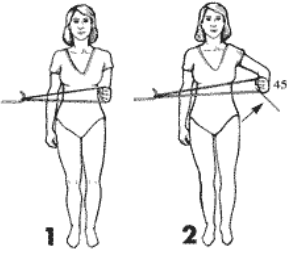
## **STRENGTHENING - Thera-Bands.**

Move onto these exercises only after you have mastered the above exercises and are comfortable with them.

These exercises are to help strengthen the muscles of your shoulder - the rotator cuff. They should not cause you pain. If the exercise hurts, use a lighter band and stop exercising as soon as the pain begins.

Perform each exercise slowly - to a slow count of four. Warm up first.

Keep repeating each exercise until your arm is tired. Use a light enough band that you don't get tired until you've done the exercise about 20 to 30 times. Increase the band each two weeks (but never so much that the exercise causes pain)

<p><b>Thera-Band Exercises.</b></p> <p>These exercises should be done with physiotherapy supervision. Strengthening exercises are performed as demonstrated in the diagrams with Thera-Bands (as pictured here).</p>	<p><b>External Rotation</b></p> 	<p><b>Internal Rotation</b></p> 
<p>All exercises to be done with the elbow at the side.</p> <p>Start with the easy band first and progress to the firmer bands a two-weekly intervals.</p>	<p><b>Abduction</b></p> 	<p><b>Extension</b></p> 