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SHOULDER STRENGTHENING

LEVEL A EXERCISES

As you increase your range of motion, you can also work toward regaining your strength. By practicing these exercises, you will establish a smooth highway between your brain, spinal cord, shoulder and hand, allowing a seamless transition to more advanced movements (otherwise known as your normal life).

POSITION OF STABILITY

It is important to maintain a “*position of stability*” throughout the exercise program. Exercises are designed to work the shoulder in this position and we encourage using it in this position during all of your activities. Generally, as long as you can see your hand, the shoulder is in a position of stability. Conversely, a position of instability must be avoided. Examples of positions of instability are raising your arm overhead and cocking it backward (abduction and external rotation) or reaching behind you (hyperextension). These motions should be avoided at all times during rehab and during daily activities.

For those who have not darkened the door of a gym for awhile, enlist the help of a friend to guide you through these exercises. If you are an active, athletic individual, then the exercises should seem simple. Their purpose, however, is to educate your muscles so you can move on to more aggressive training. Remember: sometime trying to “get back” too quickly from an injury will result in more, not less, time off.

IMPORTANT CONSIDERATIONS

- Maintaining a *painless arc of motion* is extremely important during strengthening exercises. Don't do any motion that causes pain. Even small arcs of motion will help strengthen muscles.
- Low resistance is preferred until substantial strength has been achieved.
- Treating the symptoms without fixing the cause will result in a futile battle with your body. In other words, if you continue to pitch a baseball, carry drywall, or swim while trying to make your shoulder better- this could be a long road

WHAT ARE REPS & SETS?

A rep is a repetition of a particular exercise. A set is a group of repetitions. Thus, 3 sets of 5 reps is a total of 15 exercises. The other way to do exercises is by time. For example, do pendulums for 60 seconds followed by 30 seconds of rest and repeat this for a total of 5 minutes. The benefit of doing exercises by time is you do not rush trying to finish a predetermined number of reps. With whatever method you choose, strive to do all exercises slowly, carefully, and deliberately.

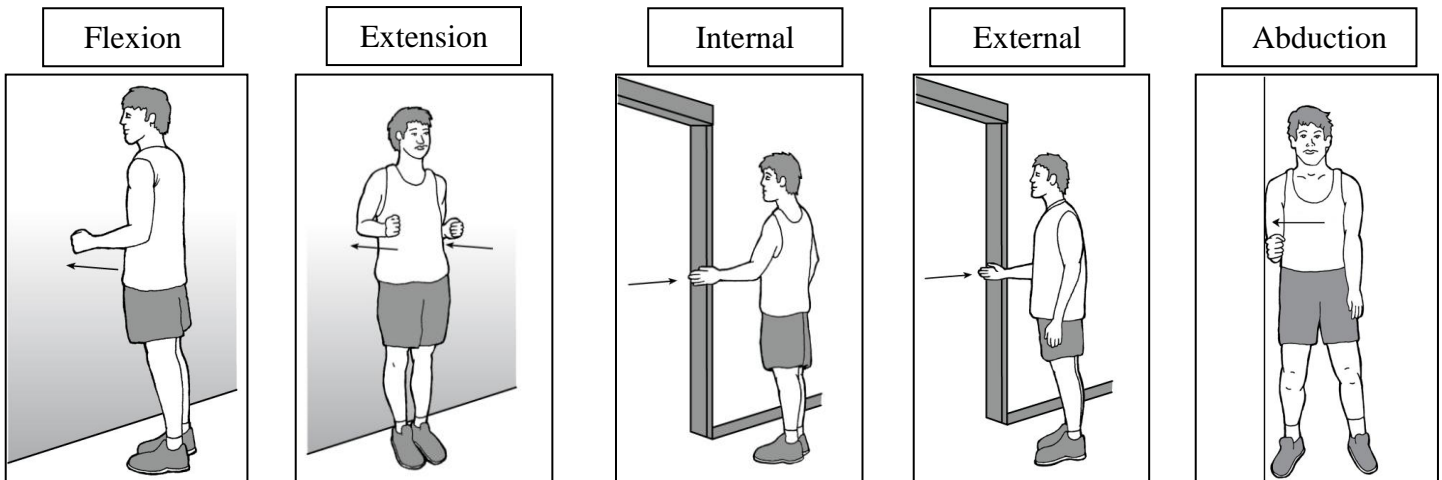
1- ISOMETRICS (Flexion, Extension, Abduction, Internal, and External rotation)

Purpose: To facilitate muscle control and strengthening.

Starting Position: Injured arm at side, with elbow flexed or in a sling.

Action: Perform flexion, extension, abduction, adduction, internal rotation, external rotation against a fixed object.

Note: Hold for 5-10 seconds, 2x daily. The idea behind isometrics is to begin low-level strengthening of the muscle w/o asking the muscle to move. Pushing against an apparatus of resistance w/o the injured arm or the resistive device moving, allows for a safe, early strengthening exercise. It also helps pump out any swelling that might be in the tissue.



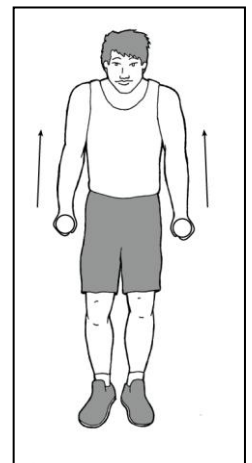
2- SHOULDER SHRUGS

Purpose: To strengthen the scapular stabilizers, especially the trapezius

Starting Position: Seated or standing, tubing secured on the ground or use some dumbbells. Hold either end of resistive band in hands.

Action: Shrug your shoulders upward.

Note: Perform 3-5 reps, 2 times daily. Increase resistance to increase difficulty.



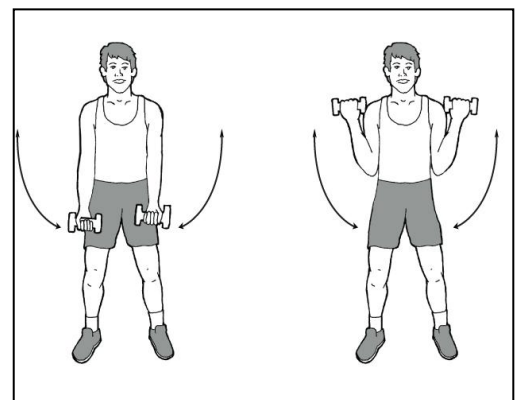
3- BICEPS CURL

Purpose: To strengthen the biceps muscle and maintain performance of the arm.

Starting Position: Seated or standing, elbow at side.

Action: Bend elbow, bringing hand toward shoulder. Straighten arm by letting resistance back down.

Note: Perform 3-5 reps, 1-3 sets. Increase resistance to increase difficulty.



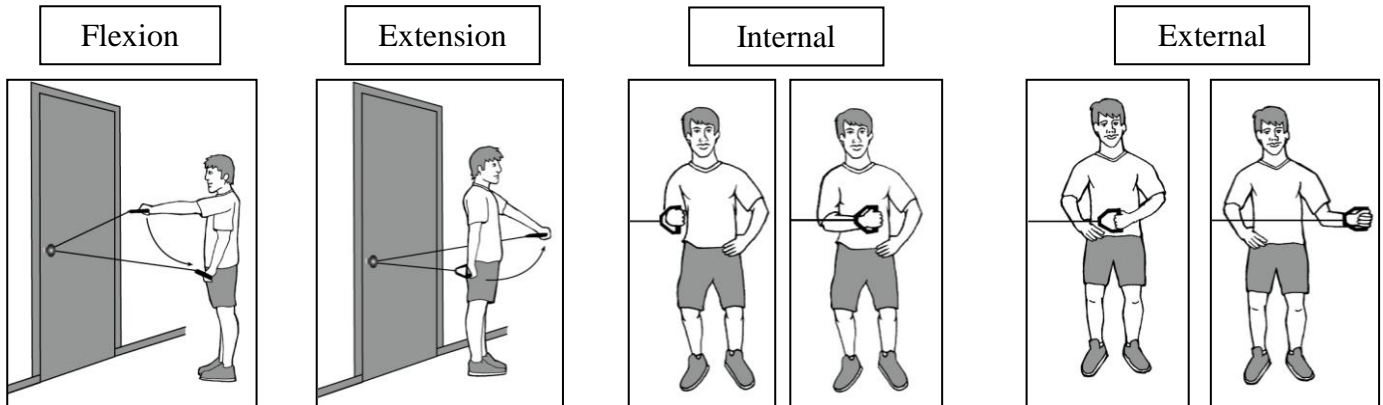
4- RESISTIVE BAND EXERCISE (Flexion, Extension, Abduction, Internal, and External rotation)

Purpose: To strengthen the rotator cuff muscles.

Starting Position: Standing, either stepping on a resistive band or sticking it in a door jam.

Action: Move arm in desired direction with resistance provided by tubing/band.

Note: Perform 3-5 reps, 1-3 sets. Make sure positioning is correct. Do not elevate arm above 90 degrees. Increase resistance to increase difficulty. REMEMBER: Everything is done in a “painless arc”. Even if you only move 10°- 15° of motion you will see benefits.



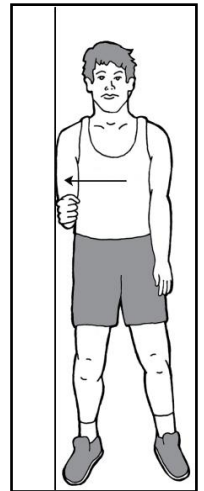
5- HORIZONTAL ABDUCTION/EXTERNAL ROTATION

Purpose: To strengthen the scapular stabilizers.

Starting Position: Lie on your stomach with arms hanging off the table.

Action: Lift your arms toward the ceiling until they are parallel with the table. Accompany this motion with slight external rotation.

Note: Perform 3-5 reps, 1-3 sets. Add light weights or manual resistance to increase the difficulty.



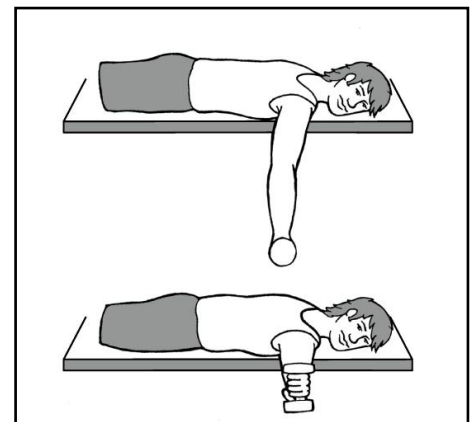
6- PRONE SHOULDER ABDUCTION

Purpose: To strengthen the scapular stabilizers.

Starting Position: Lie on your stomach on a table/bed with your arm by your side.

Action: Raise your arm horizontally to shoulder level and then bring it back down to your side.

Note: Perform 3-5 reps, 1-3 sets. Lying on your stomach is not easy unless you have a good table or firm bed to use. This support will allow you to do this motion without causing pain to the shoulder. Add a light dumbbell or manual resistance for increased difficulty.



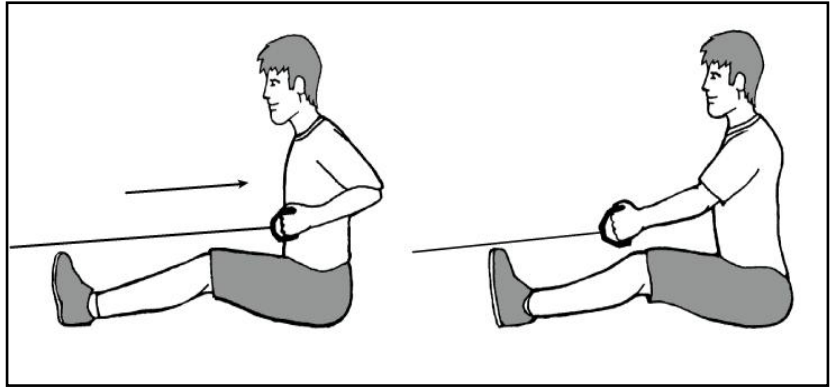
7- SEATED ROW

Purpose: To strengthen the scapular stabilizers – especially the rhomboids & trapezius.

Starting Position: Seated, shoulders rounded forward. Back in an upright position. Tubing at shoulder level.

Action: Pull back on tubing/band. Squeeze the shoulder blades together as if you're pinching something between them.

Note: Perform 3-5 reps, 1-3 sets. Increase resistance to increase difficulty.



8- STANDING FORWARD PUNCH

Purpose: To strengthen the scapular stabilizers – especially the serratus anterior.

Starting Position: Standing or sitting, tubing/band at waist level.

Action: Using just the arm, punch forward and slightly upward.

Note: Increase resistance to increase difficulty. Easy does it – you're rehabilitating your shoulder, not duking it out with Frazier!

