

# Phase 1

## GOOD FOR:

- Alleviating shoulder pain
- Relieving muscle tension
- Improving shoulder range of motion
- Warm-up for phase 2 and 3 exercises

## GUIDELINES:

- Perform every day
- Tools: small massage ball, foam roller, dowel

**Add phase 2 when you have no pain at rest and no more than mild pain (3/10) with the exercises**

# Phase 1

## SOFT TISSUE MOBILIZATIONS:

- Spend 1–2 minutes on each area
- Perform in any order on both sides
- Stop on tender points for 10–20 seconds
- Avoid exercises and arm movements that flare up your symptoms

## posterior rotator cuff mobilization

Lying on your side, position a small massage ball on the back of your shoulder just below your shoulder blade. Control the pressure with your upper body: roll into the ball to increase the pressure; rotate away from the ball to decrease the pressure. Move your shoulder into internal rotation with your other arm to dynamically mobilize the muscles. You can also do this exercise standing against a wall.





## levator scapulae mobilization

Position the ball at the corner of your shoulder blade. Elevate your hips to increase the pressure. Add arm movements to further mobilize the muscle.



## rhomboid mobilization

Place the ball in the space between your shoulder blade and spine. Work up and down several inches around the shoulder blade (rhomboids). Add arm movements and lift your head to further mobilize the muscles.



## upper trapezius mobilization

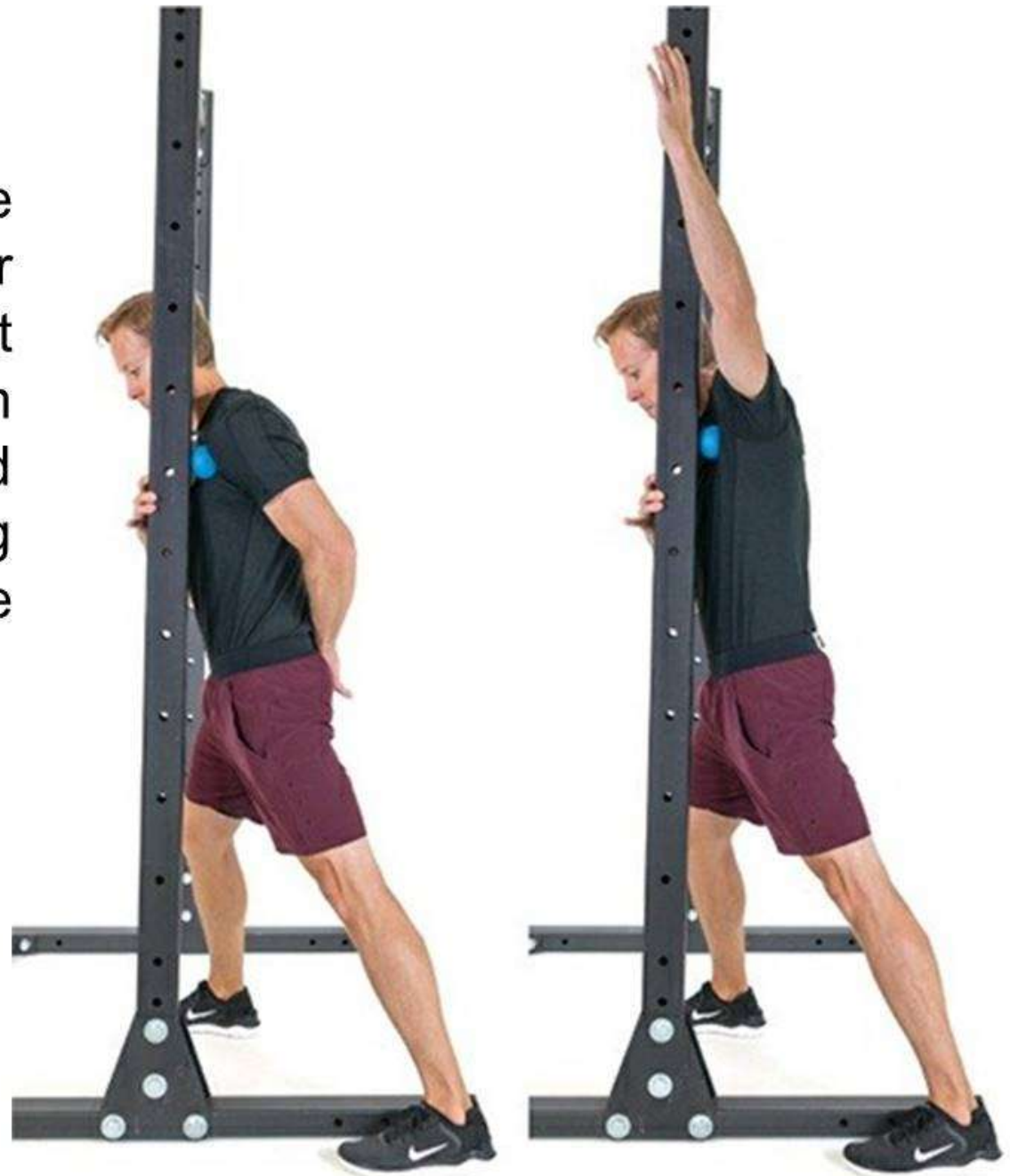
Position the ball between a doorframe or rack and your upper trapezius muscle. Work your way across the entire muscle from your shoulder to the base of your neck. Drive into the ball to increase the pressure. You can move your arm behind your back or in front of your body and your head down and to the side to further mobilize the muscle.





## pectoral mobilization

Position the ball between the doorframe or rack and your pectoral muscles near the front of your shoulder. Place that arm behind your back and add dynamic movement by reaching overhead to further mobilize the muscles.



## thoracic mobilization

Position a foam roller perpendicular to your spine under your upper back. Cross your arms over your chest, lift your butt, and then drive off your heels and slowly roll over your mid-back region (not the low back or neck). You can also roll from side to side on stiff areas or flex and extend over the roller





# Phase 1

## ISOMETRIC EXERCISES:

- Do 4 or 5 reps with 30- to 45-second resisted holds
- Apply as much force as your shoulder can tolerate with no more than mild pain
- Bend your elbow to 90 degrees and push into a wall or rack

## Amigo-PT (Protocols)



# Phase 1

## MOBILITY EXERCISES:

- Do 3 sets of 10–15 reps
- Passive range of motion (PROM)—move slowly and as far as you can with no more than mild pain
- Pause at end range for 2–3 seconds
- Add active assisted range of motion (AAROM) as pain decreases



## **shoulder flexion (PROM/AAROM) mobility**

Grip one end of a dowel with your injured arm so that your thumb is facing up. Use your uninjured arm to guide your injured arm straight out in front of you into the overhead position.



## **internal and external rotation (PROM/AAROM) mobility**

Grip the dowel with your hands shoulder width apart and palms facing up. Keeping your elbows close to your body, use your uninjured arm to guide your injured arm along a horizontal path to one side (one shoulder will move into external rotation while the other moves into internal rotation). Repeat in the opposite direction.

