

Phase 1

GOOD FOR:

- Improving shoulder range of motion
- Building early tendon strength
- Warm-up for phase 2 and 3 exercises

GUIDELINES:

- Perform every day
- Tool: dowel
- Add phase 2 when you have no pain at rest and no more than mild pain (3/10) with the exercises

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

internal and external rotation (PROM/AAROM) mobility

Hold a dowel with your hands shoulder width apart and palms facing up. Keeping your elbows near your sides, move the dowel along a horizontal path from one side to the other (one shoulder will move into external rotation while the other moves into internal rotation).



shoulder flexion (PROM/AAROM) mobility

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



shoulder abduction (PROM/AAROM) mobility

Start with your injured arm at your side with your palm facing forward. Form your grip by wrapping the thumb of your injured arm over the end of the dowel. Use your uninjured arm to guide the injured arm out to the side and into the overhead position.



table slide flexion mobility

Place your injured arm on a table with your thumb facing up. Keeping your arm relaxed, lean forward so that your arm slides overhead into flexion.



Phase 1

ISOMETRIC EXERCISES:

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

Amigo-PT (Protocols)

