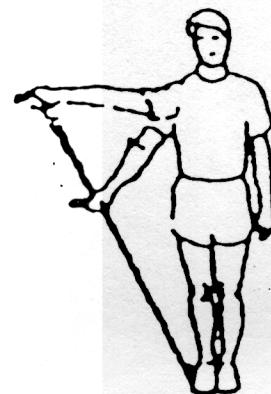
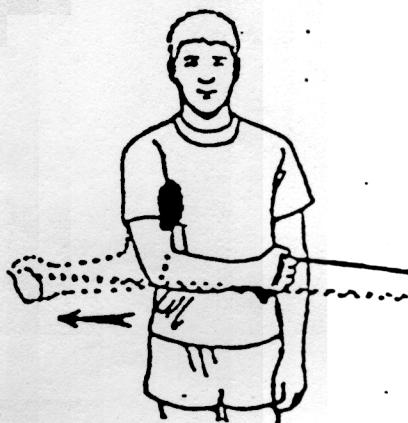


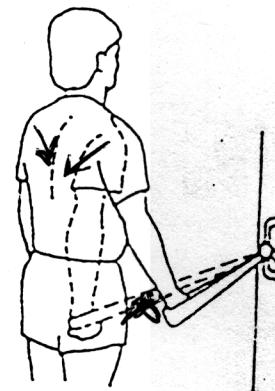
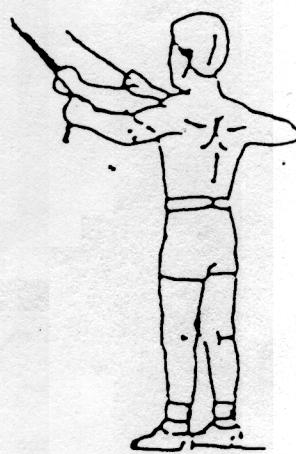
## SHOULDER TUBING EXERCISES

**Instructions:** Tubing exercises should be completed daily to build muscular endurance and retrain the scapular stabilizers and rotator cuff to restore normal joint mechanics. Begin with as many repetitions as possible without shoulder pain. Begin with 10-20 repetitions and progress to 3 sets of 10-20.



**External Rotation:** Secure band in door and place a towel roll under your arm. Keep elbow bent at 90 degrees and near your side. Pull your wrist outward to the side and slowly return to start position.  
**Muscle:** Teres Minor, Infraspinatus, Posterior Deltoid  
**Function:** Stabilizes shoulder joint during overhead movement

**Abduction:** Secure band under foot, position arm at side. Lift arm overhead pointing thumb up to the ceiling.  
**Muscle:** Lower Trapezius, Rhomboid, Infraspinatus  
**Function:** Positions shoulder blades back, stabilizers



**Standing Row:** Secure band in door. Pinch your shoulder blades together as you bend elbows and pull back.  
**Muscle:** Trapezius, Rhomboids, Levator Scapulae  
**Function:** Stabilizes shoulder, correctly positions shoulder blades

*Scapular retraction*

**Shoulder Extension:** Secure band in door. Pull band backwards keeping elbows straight in ski motion.  
**Muscle:** Latissimus, Posterior Deltoid, Middle Trapezius  
**Function:** Stabilizes shoulder and trunk.

1/21/02



Physicians' Diagnostics & Rehabilitation

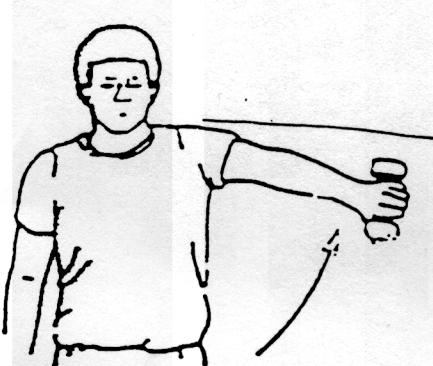
## SHOULDER STRENGTH EXERCISES

**Instructions:** Strength training exercises should be completed every other day to build shoulder strength and stability. Begin with 10-20 repetitions of each exercise using a challenging weight. Progress to completing 3 sets of 10 repetitions. The weight should feel very heavy by the tenth repetition, but not create shoulder pain.

**Scaption Thumb Down:** Position arm as shown, 30 degrees away from front with thumb down. Lift only to shoulder height.

**Muscle:** Subscapularis, Supraspinatus, Deltoid

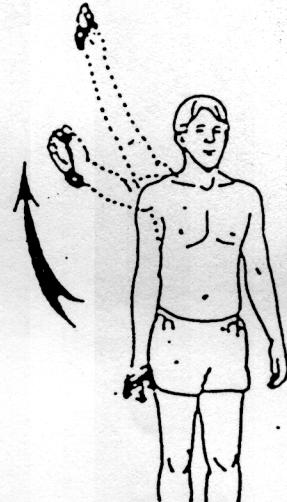
**Function:** Stabilize shoulder joint during overhead activity



**Scaption Thumb Up:** Position arm as above, keeping thumb up. Lift arm overhead and slowly return to starting position.

**Muscle:** Supraspinatus, Infraspinatus, Deltoid, Trapezius

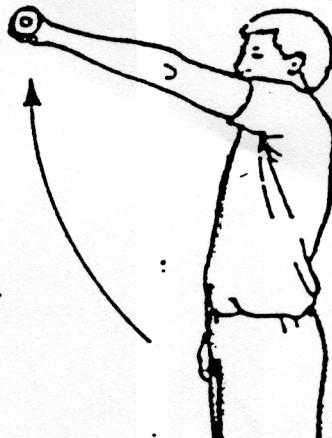
**Function:** Stabilize shoulder joint



**Flexion:** Position arm directly in front of body. Raise arm overhead slowly and return to starting position.

**Muscle:** Supraspinatus, Subscapularis, Deltoid, Serratus

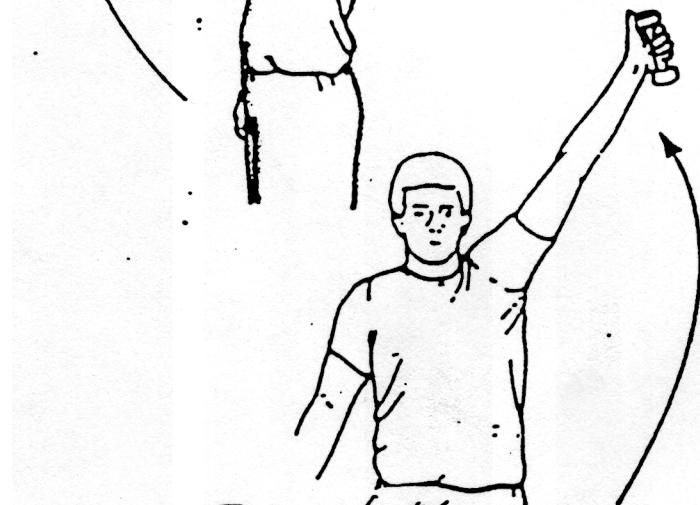
**Function:** Stabilize shoulder joint



**Abduction:** Position arm directly out to the side. Raise arm overhead keeping thumb up and slowly lower to starting position.

**Muscle:** Lower trapezius, Deltoid, Infraspinatus, Subscapularis

**Function:** Stabilizes shoulder joint and positions shoulder blade back.

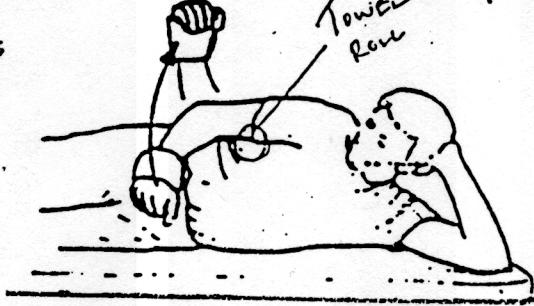


1-5# 20-30 reps

**Medley External Rotation:** Lie on side with towel roll under arm as shown. Keep elbow bent at 90 degree angle, and slowly rotate arm back and up to the ceiling.

**Muscle:** Teres Minor, Infraspinatus, Posterior Deltoid

**Function:** Rotator cuff stabilizes shoulder joint with overhead movement.



11/21/02

**HRUSKA CLINIC INC.**  
RESTORATIVE PHYSICAL THERAPY SERVICES

**SHOULDER PROGRAM**



**Scapular Stabilization with ER**

Patient lays on stomach with a 2-3" towel roll placed under the front of R / L shoulder. Place a 2-3 lb ankle weight around wrist. Bring R / L shoulder back towards the ceiling (scapular retraction). While maintaining this position, rotate R / L hand up towards the ceiling. Forearm should be parallel to floor.

Hold \_\_\_\_ sec. Perform \_\_\_\_ reps \_\_\_\_ sets \_\_\_\_ day.



**Scapular Stabilization with IR**

Patient lays on stomach with a 2-3" towel roll placed under the front of ~~R~~ / L shoulder. Place a 2-3 lb ankle weight around wrist and tubing in hand. Bring shoulder back towards the ceiling (scapular retraction). While maintaining this position, rotate ~~R~~ / L hand up towards the ceiling. Forearm should be parallel to floor.

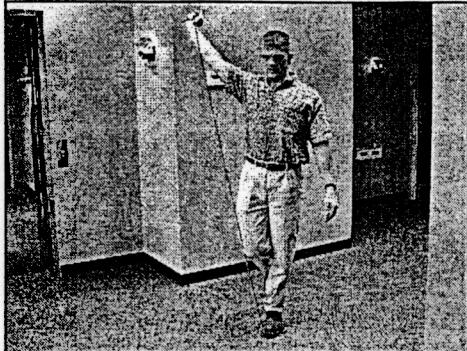
Hold \_\_\_\_ sec. Perform ~~10~~ reps ~~2~~ sets ~~1~~ day.



**Scapular Stabilization with ER**

Patient lays on stomach with a 2-3" towel roll placed under the front of R / L shoulder. Place a 2-3 lb ankle weight around wrist and tubing in hand. Bring shoulder back towards the ceiling (scapular retraction). While maintaining this position rotate R / L hand up towards the ceiling. Forearm should be parallel to floor.

Hold \_\_\_\_ sec. Perform \_\_\_\_ reps \_\_\_\_ sets \_\_\_\_ day.



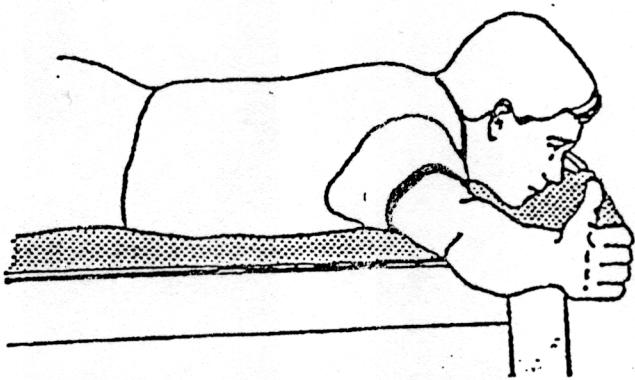
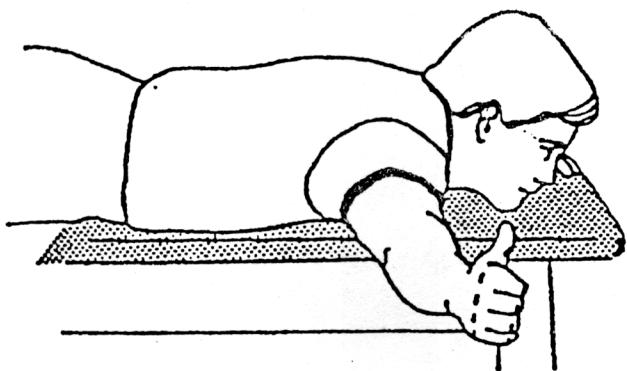
**D2 Flexion**

Place tubing in R / L hand. Stand on tubing with opposite leg. Place R / L hand on opposite hip and elevate your R / L upper extremity in a diagonal fashion (D2F pattern) while standing on the R / L leg. Remember to keep your scapula in a retracted position. DO NOT ROUND YOUR SHOULDERS.

Perform \_\_\_\_ reps \_\_\_\_ sets \_\_\_\_ day.

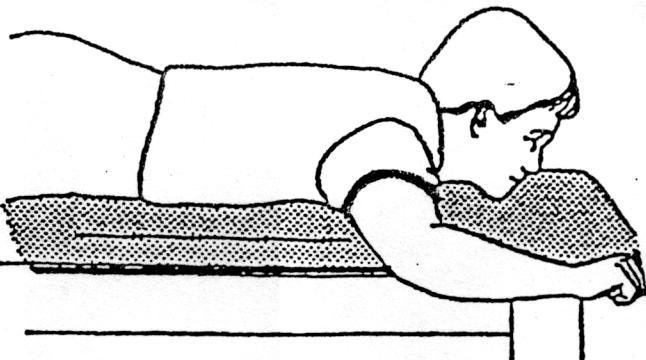
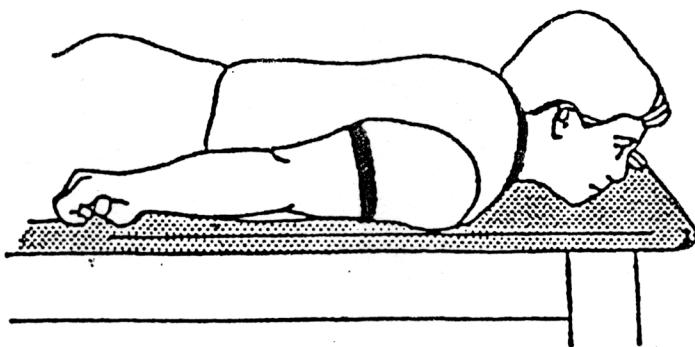
# PRONE ROTATOR CUFF PROGRAM

Do 1 times per day



1. With the thumb pointed toward the ceiling and the arm straight out from the shoulder, lift the arm up until it is even with your body.

2. With the thumb pointed toward the ceiling and the arm slightly forward, lift the arm up until it is even with your body.



3. With the thumb pointed outward and the arm straight at the side, lift arm back until it is level with the body.

4. With the elbow bent to 90 degrees, lift the back of the hand up toward the ceiling.

## SHOULDER STRENGTHENING EXERCISES

### General Guidelines

1. Exercises should not be painful.
2. Perform exercises slowly.
3. Maintain the correct position.
4. Warm up prior to using weights - stretching and pendulum exercises as instructed.
5. Ice after exercise for 10-20 minutes.
6. Exercise 4 days a week. - every other day

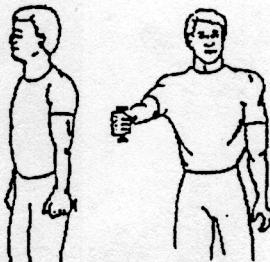
Perform exercises slowly with control up and down. Do not allow your shoulder to shrug. Begin without weight. Progress as tolerated to:

2oz. (butter knife)  
4oz. (tuna can)  
8oz. (soup can)  
1# weight  
2# weight, etc.

6 oz. - tomato paste

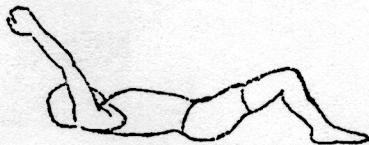
Perform 30 repetitions

1. **FLEXION** - start with arm at side, thumb forward. Raise arm to shoulder level. Lower slowly.

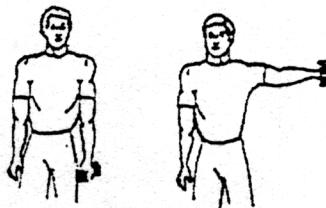


Use Both Arms

Variation: Lying on back with arm at side (on a pillow if needed) raise arm overhead. Lower slowly.



- \*2. ABDUCTION - Start with arm at side, thumb up. Raise arm sideways at 45° angle to nipple level in scapular plane. Lower slowly.



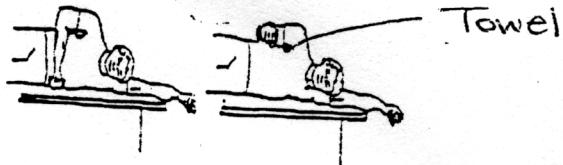
- \*3. ABDUCTION - Start with arm midway between the front and side of your body, thumb down. Raise arm diagonally to 45° level and lower slowly.

Empty Can Position

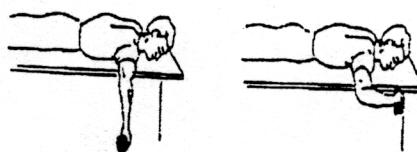


Raise arms to level  
of belly button

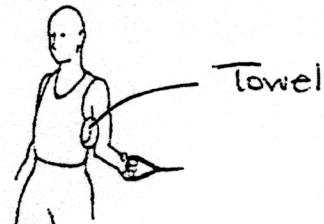
- \*4. EXTERNAL ROTATION - Lie on unininvolved side. Place a towel roll under elbow. Keep elbow bent 90°, squeeze shoulder blades together. Raise hand away from stomach toward ceiling. Lower slowly.



5. EXTERNAL ROTATION - Keep elbow bent 90°. Squeeze shoulder blades together. Raise hand up. Lower slowly.



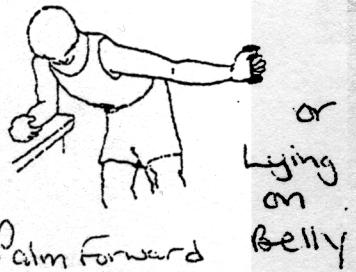
- \*6. INTERNAL ROTATION WITH THERABAND - Place theraband in door. Squeeze shoulder blades together. Pull hand toward stomach. Slowly return. Perform: 30 repetitions.



4. Horizontal Abduction

Start with your arm hanging straight down with thumb pointing out, raise arm out to the side to shoulder level and slowly return.

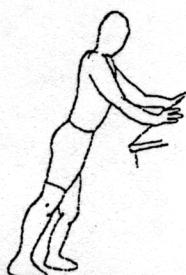
Perform: 30 repetitions



5. Proprioception On The Counter Top or sofa arm

Slowly shift weight from one side to the other, keeping shoulder blade flat to back.

Perform 30 repetitions

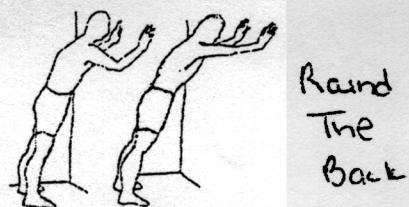


\* 6. Push-Ups

Perform standing push-ups against the wall.

Progress to a counter top; floor with knees bent and then floor with knees straight.

Perform: 30 repetitions



7. Proprioception On The Wall

Keep your shoulder blades together and down and make circles with the ball in a clockwise direction.

Perform 10-30 repetitions.

Repeat in a counter clockwise direction.

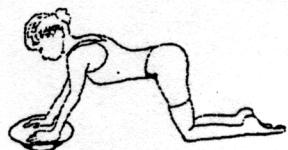


8. Proprioception On Hands And Knees

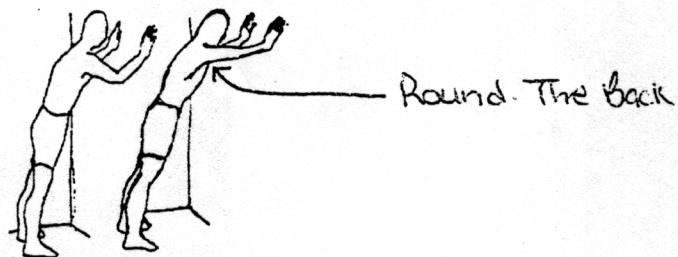
Keep your shoulder blades together and down and make circles with the platform in a clockwise direction.

Perform 30 repetitions.

Repeat in a counterclockwise direction.



7. **PUSH-UPS** - Perform standing push-ups against the wall. Progress to a counter top; floor with knees bent and then floor with knees straight.



8. **BICEP CURLS** - Raise hand toward shoulder with palm up. Lower slowly.



# Differentiating Impingement Types and Treatment Techniques For Each

## Treatment Techniques

- Relative rest
- Stretch posterior capsule – Primary and Internal Impingement
- Rotator Cuff strengthening
- Scapular stabilization
- Mechanical analysis
- Long-toss program

## Relative Rest

- Early Phase – take 2-4 weeks off from throwing
- Advanced Phases – take at least 1 month off from throwing

## Posterior Capsule Stretch

### POSTERIOR CAPSULE STRETCH



Lie on involved side with arm in front of you and elbow bent 90°.

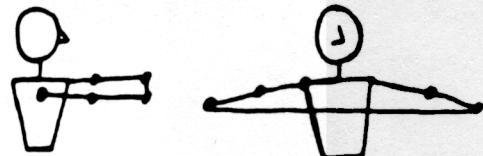
Use your other hand to stretch your forearm toward the floor.

Stretch should be felt behind shoulder.

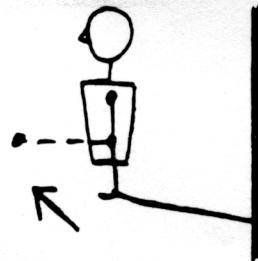
4 X 30 SECS.

PAGE THREE – Shoulder Tubing Exercises

- VIII. HORIZONTAL ABDUCTION – Stand with an end of tubing in each hand-elbow straight and chest high. Pull arms apart with elbow straight until arms are out to the side. Return slowly to center of chest. Repeat \_\_\_\_\_ times. Stretch tube out when more resistance is required.



- IX. ELBOW FLEXION – Stand facing away from where tubing is attached. Hold tubing in hand with arm at your side – palm facing forward. Bend elbow to 90 degrees – return slowly to straight position. Repeat \_\_\_\_\_ times. Stretch tube out when more resistance is required.



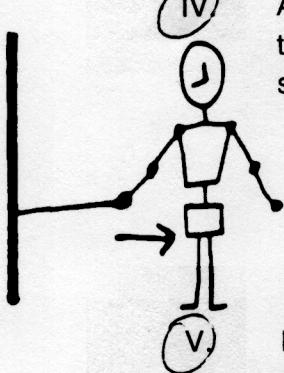
- X. ELBOW EXTENSION – Stand facing where tubing is attached-arm at your side and elbow bent to 90 degrees. Straighten your elbow – return slowly to bent position. Be sure to keep arm at your side. Repeat \_\_\_\_\_ times. Stretch tube out when more resistance is required.



PAGE TWO – Shoulder Tubing Exercises

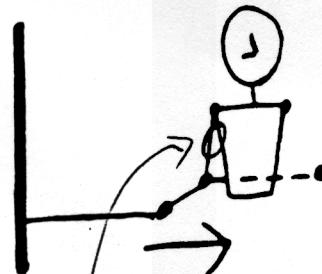
IV

ADDITION – Stand sideways to where tubing is attached, involved arm next to tubing. Walk sideways so there is tension on the tube and arm is out to side. Repeat 30 times. Stretch tube out when more resistance is required.



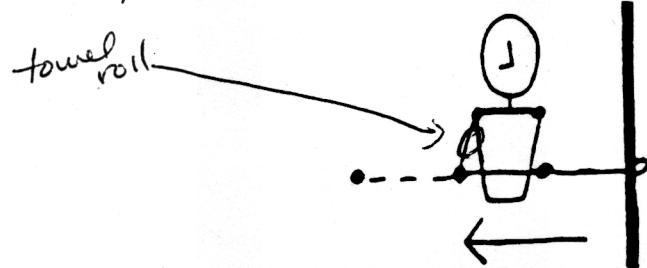
V

INTERNAL ROTATION – Keep elbow at side and at a right angle. Begin with forearm pointing straight out in front of you. With elbow tucked at side, pull hand across so that forearm is resting on stomach. Slowly return to start position. Repeat 30 times. Stretch tube out when more resistance is required.

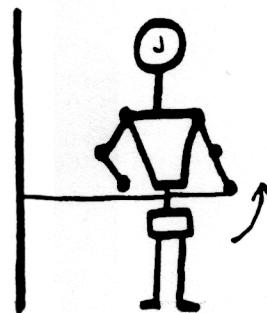


VI

EXTERNAL ROTATION – Keep elbow at side and at a right angle. Begin with forearm next to stomach. With elbow tucked at side, pull hand away from stomach so that forearm points straight out in front of you. Repeat 30 times. Stretch tube out when more resistance is required.



VII. ABDUCTION – (for supraspinatus) – Stand sideways to where tubing is attached, involved arm next to tubing, thumb facing down. Walk sideways to put tension in the tubing and move arm forward and sideways of thigh. Repeat \_\_\_\_\_ times. Stretch tube out when more resistance is required.



\_\_\_\_ Basset Creek 545-0174  
\_\_\_\_ Crystal 537-1208  
\_\_\_\_ Eagan 688-7857  
\_\_\_\_ Osseo 424-0534  
\_\_\_\_ Wayzata 476-6782  
\_\_\_\_ Westfall 520-5629



A service of Fairview and North Memorial

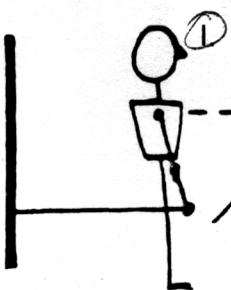
\_\_\_\_ Burnsville 892-2650  
\_\_\_\_ Braemar 944-5314  
\_\_\_\_ Edina 920-8525  
\_\_\_\_ Minneapolis 371-6697  
\_\_\_\_ Oxboro 885-6200  
 Plymouth 557-9000

## SHOULDER TUBING EXERCISES

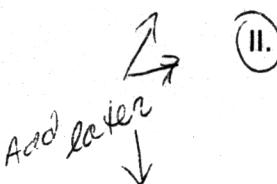
### General Guidelines

- 1.
- 2.
- 3.

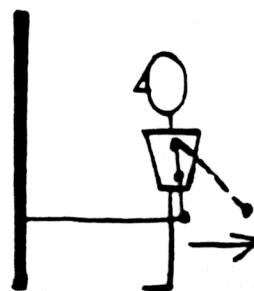
Stretch tubing out when more resistance is desired.  
Ice before/following exercise.  
Exercise should be painfree.



**FLEXION** – Stand facing away from where tubing is attached. Hold tubing in hand and walk forward so there is some tension in tubing when arm is down at your side. Bring arm straight forward and up to shoulder height. Slowly return arm to side. Repeat 30 times. Stretch tube out when more resistance is required.

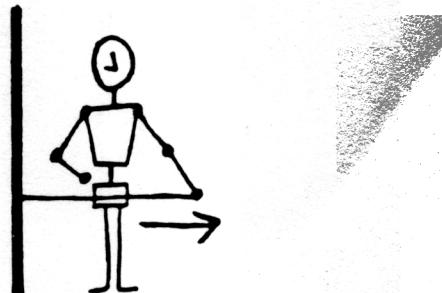


**EXTENSION** – Stand facing tubing. Hold onto tubing and back up so there is some tension in tubing and hand is forward from body. Pull arm straight back so that hand is 12-24" straight back from side – slowly return to start position. Repeat 30 times. Stretch tube out when more resistance is required.



- 1.
- 2.
- 3.
- 4.

**ABDUCTION** – Stand sideways to where tubing is attached, involved arm away from tubing. Hold tubing in hand and pull arm out to side away from body. Repeat 30 times. Stretch tube out when more resistance is required.



# Additional Home Exercises for Shoulder Impingement

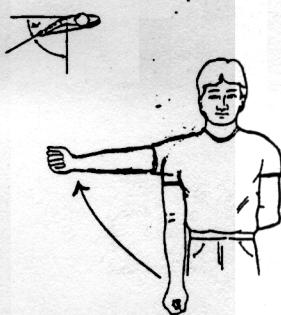
## Comprehensive Physical Therapy & Sports Medicine

Allina Medical Group



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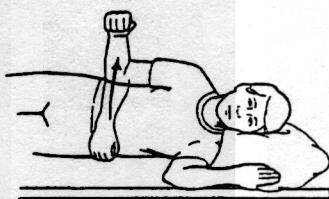
1. Begin with shoulders relaxed
2. Pinch shoulders upward toward ears
3. \_\_\_\_\_ repetitions, \_\_\_\_\_ times per day



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1. Stand with arms relaxed at your side
2. Raise \_\_\_\_\_ arm up to shoulder level as shown
3. Keep arm positioned 30 degrees forward (see small diagram)
4. Slowly lower
5. 20 repetitions, \_\_\_\_\_ times per day

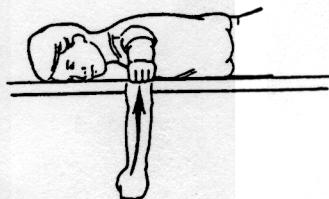
5-6 1b



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1. Lie on your side so that your \_\_\_\_\_ arm is on top
2. Rotate arm upward, keeping elbow bent as shown, with towel under elbow.
3. Slowly lower
4. 20 repetitions, \_\_\_\_\_ times per day

5-6 1b .



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1. Lie on belly with \_\_\_\_\_ arm hanging over the edge of bed as shown
2. Raise up so that it is level with the edge of the bed
3. Slowly lower
4. \_\_\_\_\_ repetitions, \_\_\_\_\_ times per day

PhysioTools compatible

Shoulder impingement add'l

12/10/98

1/2



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MEDICAL  
CLINIC**

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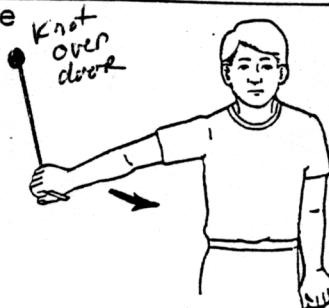
Physical Therapy &  
Sports Medicine

## HOME EXERCISE PROGRAM

### SHOULDER IMPINGEMENT

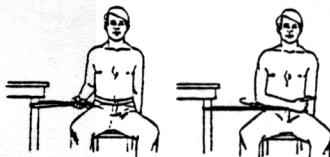


1. Lie on shoulder blade of your painful side. Bend elbow at right angle, as shown.
2. Use other hand to move forearm towards waist / table until you feel a stretch.
3. Hold \_\_\_\_\_ seconds
4. \_\_\_\_\_ repetitions,  
\_\_\_\_\_ times per day.



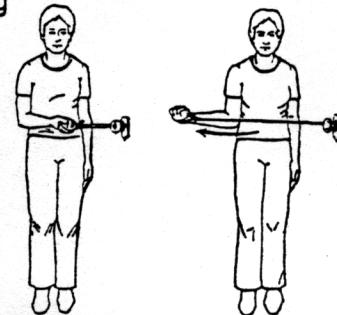
1. Raise \_\_\_\_\_ arm out to side as shown.
2. Hold rubber tubing as shown.
3. Bring arm downward toward hip, slowly return arm up.
4. 20 repetitions,  
1 times per day.

(Keep scapulae pulled back)



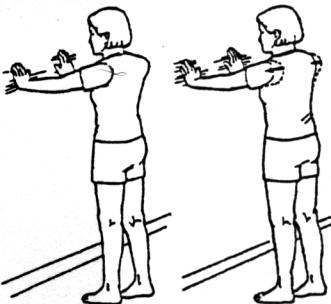
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1. Anchor rubber tubing to solid object
2. Sit or stand with arm at side, elbow bent as shown, with towel between arm and side of body
3. Rotate arm inward toward body
4. 20 repetitions,  
1 times per day



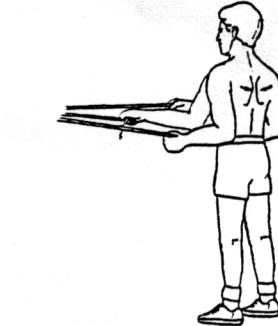
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1. Anchor rubber tubing to a solid object
2. Grasp rubber tubing in \_\_\_\_\_ hand as shown
3. Rotate arm outward, while keeping elbow bent with towel between arm and side of body.
4. 20 repetitions,  
1 times per day



© The Saunders Group Inc.

1. Stand with hands against wall as shown
2. Press shoulders forward as you press spine backward
3. \_\_\_\_\_ repetitions,  
\_\_\_\_\_ times per day
4. Progress to counter-top, then to knees, then to toes as tolerated



© The Saunders Group Inc.

1. Anchor rubber tubing to a solid object
2. Hold rubber tubing in both hands, elbows bent
3. Squeeze shoulder blades together
4. Pull arms backward as shown
5. 20 repetitions, 1 times per day