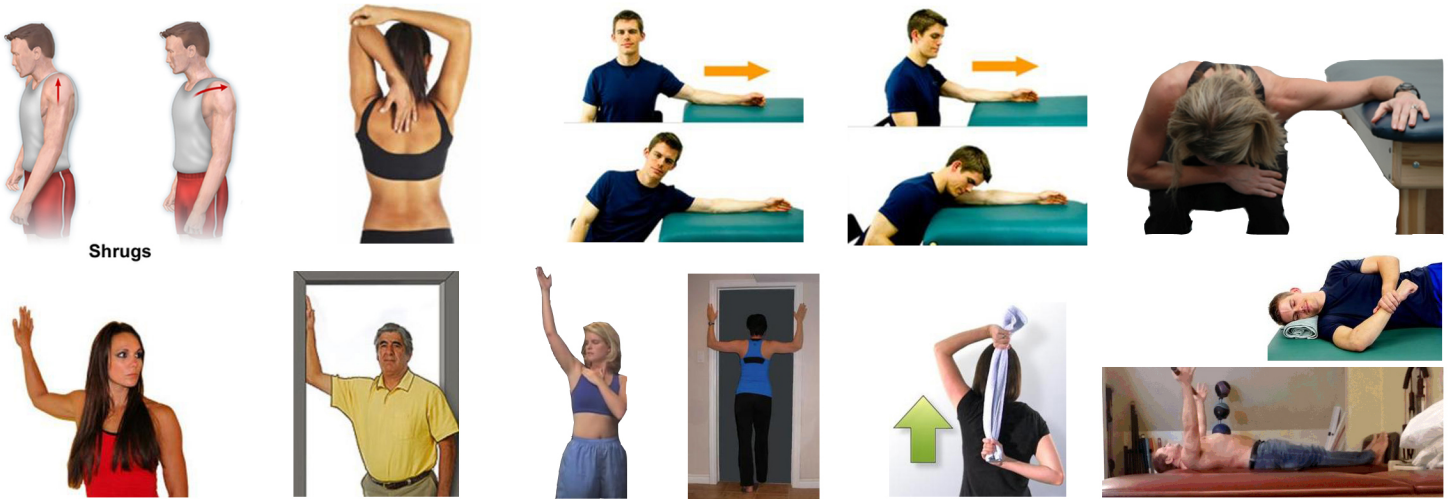
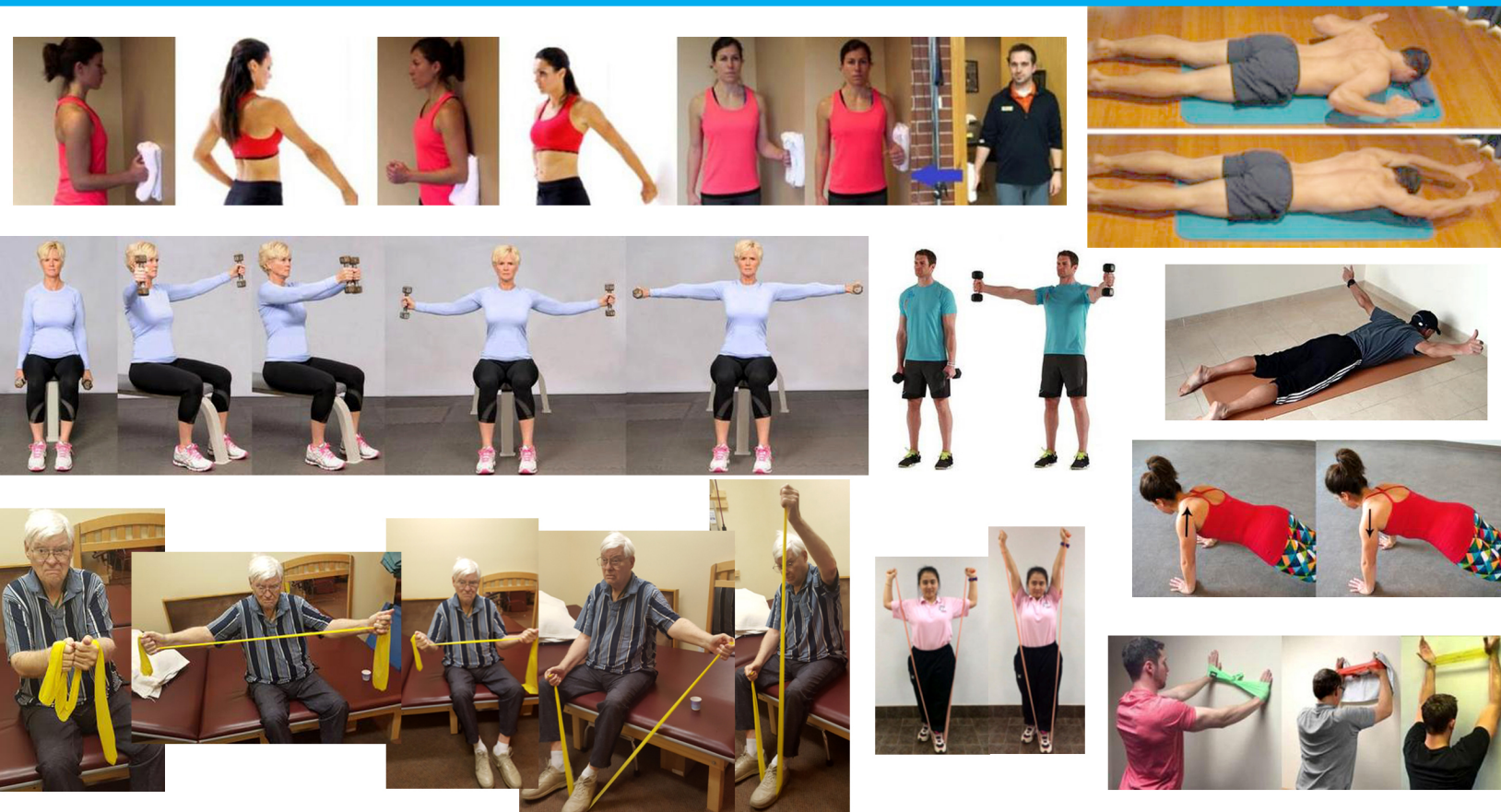


IMPORTANT NOTICE: These exercises **should not be performed without professional guidance**. Each exercise is for a specific musculoskeletal problem. While one exercise might help your particular condition, another one might hurt it; this is why it's important to see a Doctor Of Physical Therapy First!

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Shrugs



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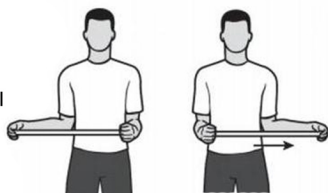
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Step-by-step directions

PASSIVE SHOULDER EXTERNAL/INTERNAL ROTATION

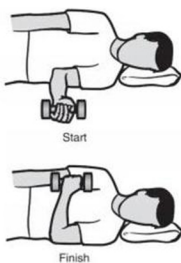
- Grasp the stick with one hand and cup the other end of the stick with the other hand.
- Keep the elbow of the shoulder you are stretching against the side of your body and put the stick horizontally as shown to the point of feeling the pull without pain.
- Hold for 30 sec and then relax for 30 sec.
- Repeat on the other side.



Tip Keep your hips facing forward and do not twist.

SHOULDER INTERNAL ROTATION

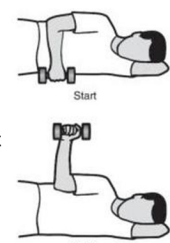
- Lie on the firm, flat surface on the side of your affected arm. Place a pillow or folded cloth under your head to keep your spine straight.
- Hold your injured arm against your side as shown, with your elbow bent at 90° angle.
- Keep your elbow bent and against your body and slowly rotate your arm at the shoulder, raising the weight to a vertical position.
- Slowly lower the weight to the starting position.



Tip Do not let your body roll back as you raise the weight.

SHOULDER EXTERNAL ROTATION

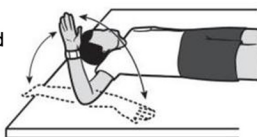
- Lie on your side on a firm, flat surface with your unaffected arm under you, cradling your head.
- Hold your injured arm against your side as shown, with your elbow bent at 90° angle.
- Keep your elbow against your body and slowly rotate your arm at the shoulder, raising the weight to a vertical position.
- Slowly lower the weight to the starting position to a count of 5.



Tip Do not let your body roll back as you raise the weight.

SHOULDER EXTERNAL/INTERNAL

- Lie on your back on a flat surface.
- Extend your arm straight out from the shoulder and bend the elbow 90° so that your fingers are pointed up.
- Keeping your elbow bent and on the floor, slowly move your arm in the arc shown. Bring your elbow down to a 45° angle if you experience pain at 90°.



Tip Use the weight that makes the last few repetitions difficult, but pain-free.

SCAPULAR RETRACTION/PROTRACTION

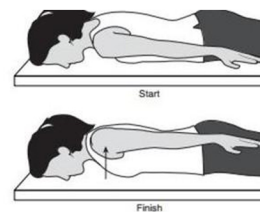
- Lie on your stomach on a table or bed with your injured arm hanging over the side.
- Keep your elbow straight and lift the weight slowly by squeezing your shoulder blade toward the opposite side as far as possible.
- Return slowly to the starting position and repeat.



Tip Do not shrug your shoulder toward your ear.

SCAPULAR SETTING

- Lie on your stomach with your arms by your sides. Place a pillow under your forehead for comfort, if required.
- Gently draw your shoulder blades together and down your back as far as possible.
- Ease about halfway off from this position and hold for 10 seconds.
- Relax and repeat 10 times.



Tip Do not tense up in your neck.

ELBOW EXTENSIONS

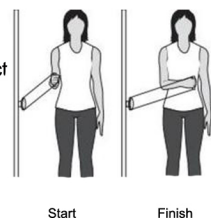
- Stand tall with your weight evenly distributed over both feet.
- Raise your arm and bend your elbow with the weight behind your head. Support your arm by placing your opposite hand on your upper arm.
- Slowly straighten your elbow and bring the weight overhead.
- Hold for 2 seconds.
- Slowly lower your arm back down behind your head and repeat.



Tip Keep your abdominal muscles tight and do not arch your back.

SHOULDER INTERNAL ROTATION

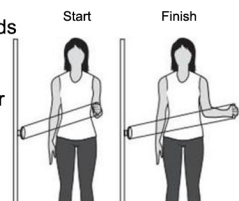
- Make a 3-foot-long loop with the elastic band, tie the ends together. Attach the loop to a doorknob or other stable object.
- Stand holding the band with your elbow bent and at your side, as shown in the start position.
- Keep your elbow close to your side and bring your arm across your body.
- Slowly return to the start position and repeat.



Tip Keep your elbow pressed into yourself.

SHOULDER EXTERNAL ROTATION

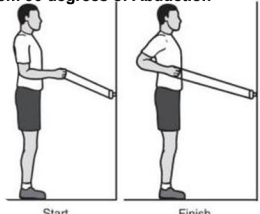
- Make a 3-foot-long loop with the elastic band, tie the ends together. Attach the loop to a doorknob or other stable object.
- Stand holding the band with your elbow bent and at your side, as shown in the start position.
- Keeping your elbow close to your side, slowly rotate your arm outward.
- Slowly return to the start position and repeat.



Tip Squeeze your shoulder blades together when you pull your elbow back.

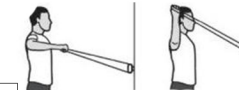
STANDING ROW and STANDING Internal / External Rotation from 90 degrees of Abduction

- Stand holding the band with your elbow bent at your side, as shown in the start position.
- Keep your arm close to your side and slowly pull your elbow straight back.
- Slowly return to the start position and repeat.



Tip Squeeze your shoulder blades together as you pull.

- Stand holding the band with your elbow bent 90 and raised to shoulder height, as shown in the start position.
- Keeping your shoulder and elbow level, slowly raise your hand until it is in line with your head.
- Slowly return to the start position and repeat.



Tip Make sure your elbow stays in line with your shoulder.

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1. Push ball forward/backward
 - Push ball side-to-side
 3. Push ball in circles clockwise
 4. Push ball in circles counter-clockwise
 5. Shoulder Flexion Active Assistive and/or Actively elevating shoulder above head with elbow extended
 6. Turn sideways Active Assistive and/or Actively elevating shoulder above head with elbow extended

