

When you have an acute shoulder injury, there is a logical way to attempt to return to more normal activities. An accurate diagnosis is most important.

It is always of utmost need to go to your doctor both primary and if needed, your orthopedic specialist in order to get a proper examination and diagnosis. When the condition has been identified, it is then time to find out what to do.

Rest and proper order of exercise and rehabilitation, regain of optimal painless range of motion, return of strength and stability and finally to normal activities of daily living and work related activities are the proper road back to being healthy.

When your condition is acute and then transforms to sub-acute and possibly chronic, your doctor will tell you when it is time to attempt progressing to additional exercise and activities.

When your condition becomes sub-acute and it is time to go from complete rest to some activities, here are some general guidelines.

As with all conditions, always check with your doctor before proceeding.

## LIGHT ACTIVITY GUIDELINES

You are now allowed to perform these activities with your affected arm. The first time you use your arm for a new activity you may have some slight soreness. If you have pain for more than one hour after performing an activity or the pain is severe, you are not yet ready to perform that activity.

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## EXAMPLES:

### WASHING AND DRESSING

You may attempt to:

- wash your hair
- apply lotion
- shave
- pull on loose clothing

You should not:

- put on heavy boots
- put on jeans or tight pants
- put on pantyhose

### DRIVING

You may be able to:

- drive an automatic transmission car with power steering

You should not:

- drive a stick-shift car or one without power steering
- change a tire
- perform repairs on a car

### SHOPPING

You may attempt to:

- pick up items weighing less than one pound (0,5 kg)

You should not:

- pick up items weighing one pound or more
- steer the cart
- carry the grocery bags

### COOKING AND EATING

You may attempt to:

- wash and dry cups, utensils and small plates, bowls etc.
- use a fork to eat

You should not to:

- wash plates, pots and pans
- use a knife to cut difficult-to-cut foods
- carry pots and casserole dishes
- perform heavy chopping

### LAUNDRY

You may attempt to:

- load clothes into the washing machine
- fold laundry that is dry
- put laundry away

You should not:

- take wet laundry out of the washer
- wring out wet laundry
- carry the laundry basket

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## YARD WORK

You are allowed to:

- perform light tasks

You should not:

- rake
- shovel, dirt or snow
- use shears
- use the lawn mower or weed eater

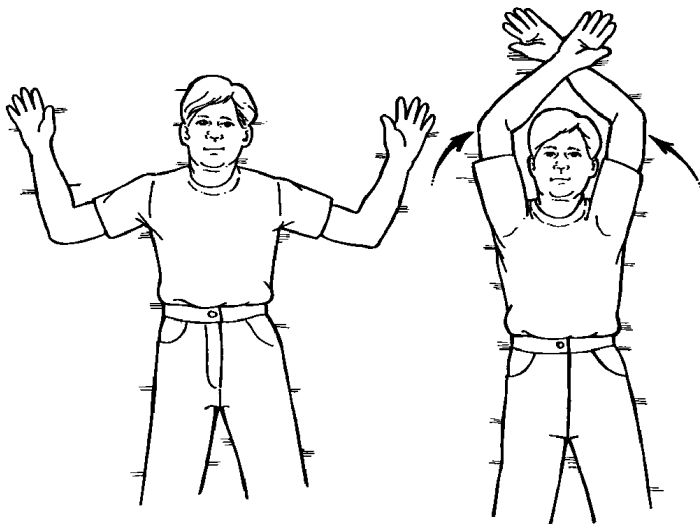
## CLEANING

You may attempt to:

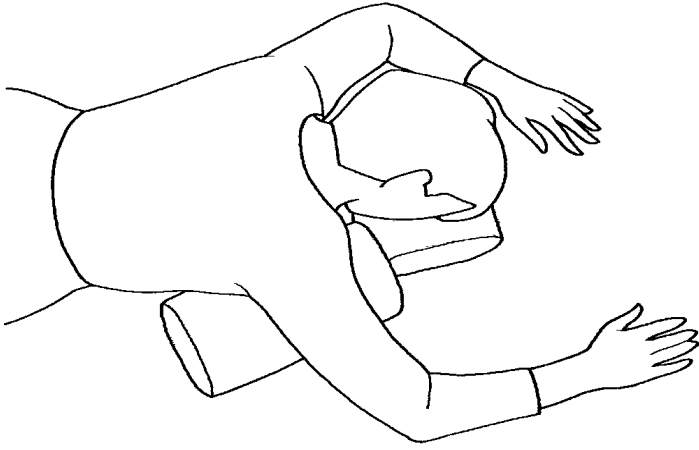
- dust
- put small items away

You should not:

- vacuum
  - move heavy items
  - move furniture
  - use a scrub brush
  - lift a pail of water
- 



1. Lie on back with arms positioned as shown
2. Keeping arms against floor, raise them overhead
3. Hold this for 30-60 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.



Lie on your stomach. Place a towel roll under your forehead and one under the front of your shoulder. You may also place a pillow under your arm. Tighten your shoulder blade muscles and pull the shoulder blade down and inwards towards your spine.

Do not shrug your shoulder or pull it straight downwards.

Hold this for 5 seconds, repeat 5 times for 2 sets. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

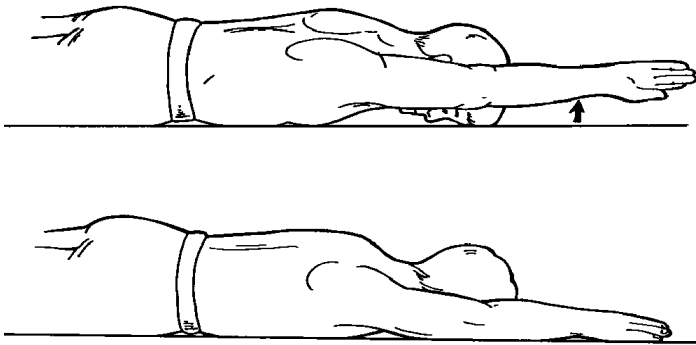


Lie on your stomach. Place a towel roll under your forehead and one under the front of your shoulder. You may also place a pillow under your arm. Your arm should be slightly bent at the elbow. Tighten your shoulder blade muscles and pull the shoulder blade down and inwards towards your spine.

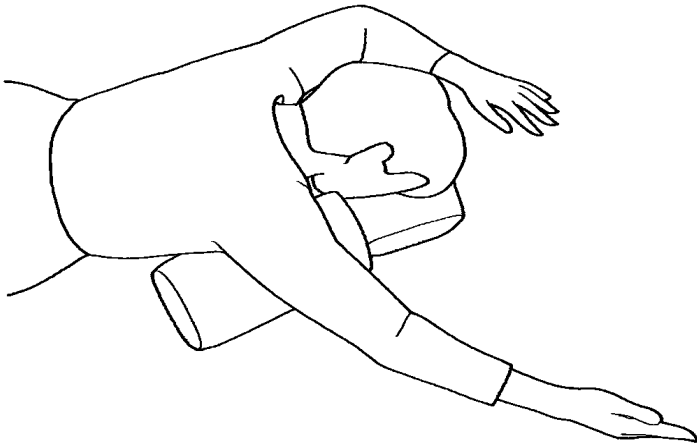
Lift your arm off of the pillow, being careful not to shrug your shoulder.

Hold this for 5 seconds, repeat 5 times for 2 sets. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

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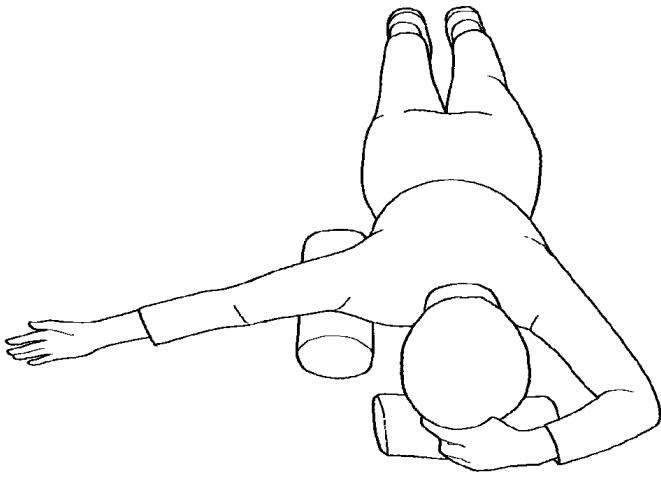
1. Lie on belly with arm overhead
2. Raise arm upward as far as you can
3. Hold this for 30-60 seconds, repeat 2-3 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.



Lie on your stomach. Place a towel roll under your forehead and one under the front of your shoulder. You may also place a pillow under your arm. Your arm should be straight. Tighten your shoulder blade muscles and pull the shoulder blade down and inwards towards your spine.

Lift your arm off of the pillow, being careful not to shrug your shoulder. Once you can do this exercise for the recommended number of repetitions, you may add a light weight if your therapist agrees.

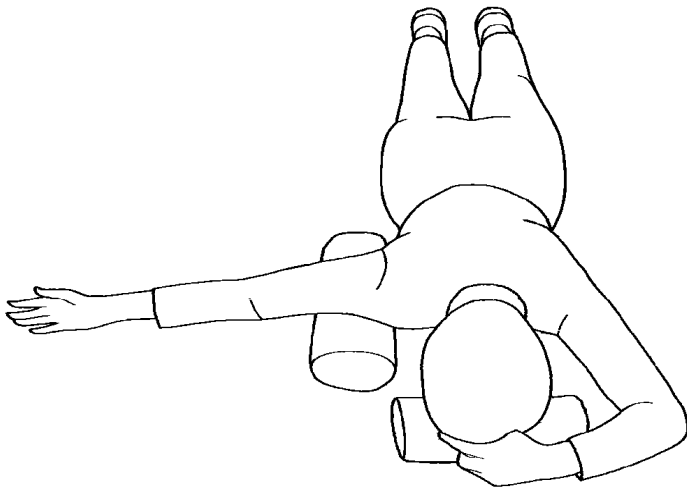
Hold this for 5 seconds, repeat 5 times for 2 sets. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.



### Starting position

Lie on your stomach with your arm off the side of the bed. The edge of the bed should be just above your elbow. Place a small rolled up towel under your forehead to allow your neck to be straight. Place another small rolled up towel under the front of your shoulder.

Hold this for 5 seconds, repeat 5 times for 2 sets. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.



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### Ending position

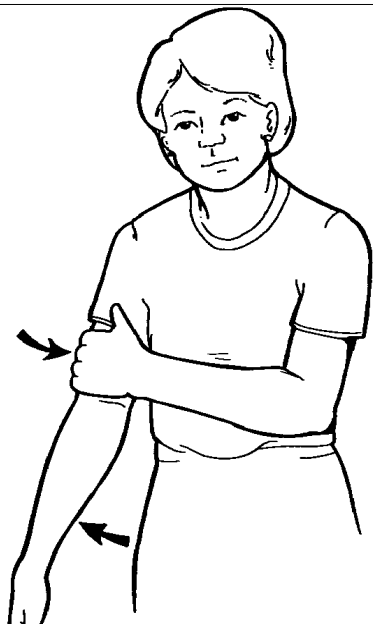
Straighten your elbow and turn your arm so your thumb faces upwards. Contract the muscles that are between your shoulder blade and your upper arm bone.

Lift your arm upwards very slightly off of the bed. Do not let your shoulder shrug.

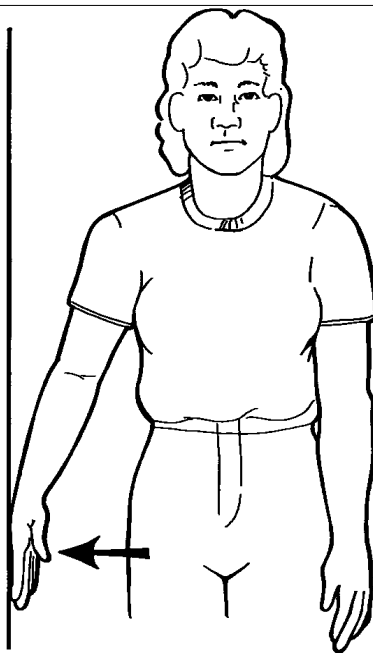
Hold this for 5 seconds, repeat 5 times for 2 sets. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

As you improve and progress you may progress to adding a light weight to this exercise.

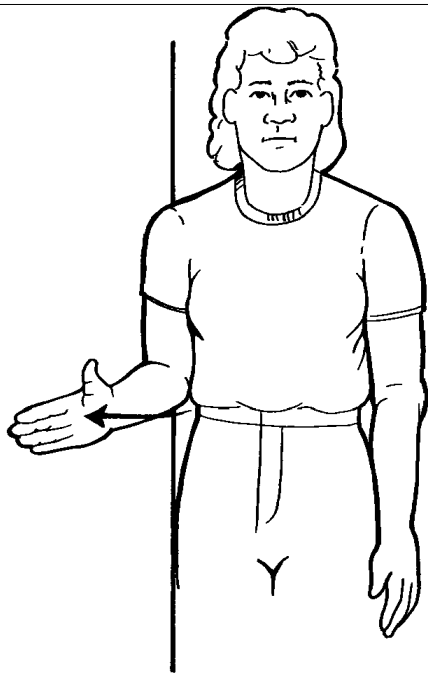




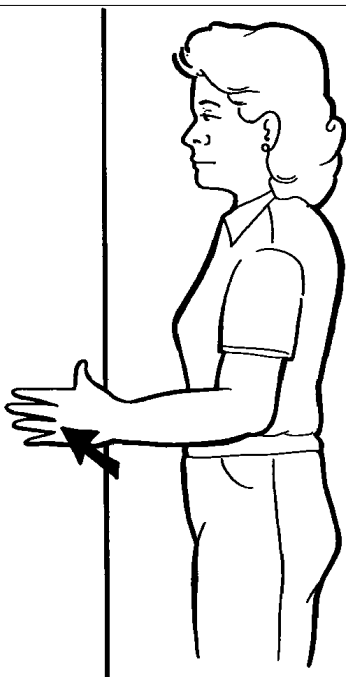
1. Place arm slightly away from body
2. Place the other hand on arm as shown
3. Try to raise the arm out to the side, but resist the motion with your other hand
4. Hold this for 30-60 seconds, repeat 2-3 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.



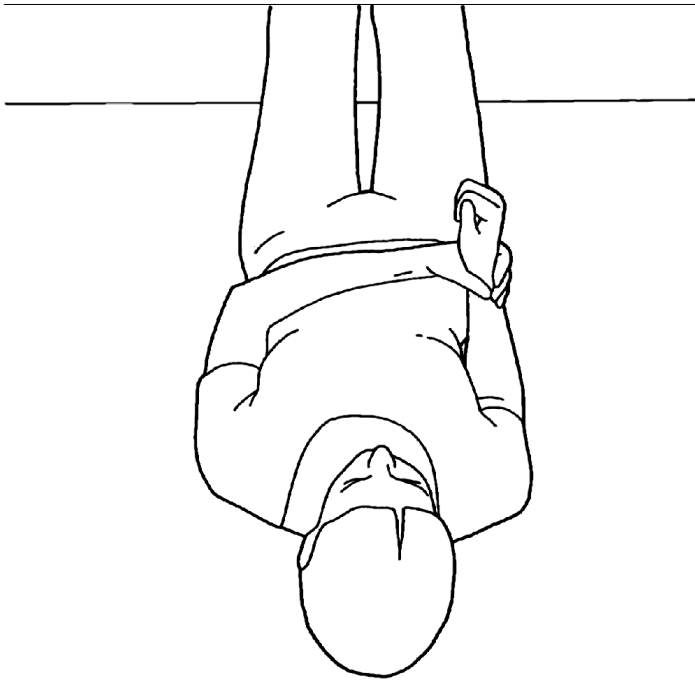
1. Place arm straight against wall
2. Try to raise arm out to side, but resist the motion with the wall
3. Hold this for 30-60 seconds, repeat 2-3 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.



1. Place arm against wall with elbow bent as shown
2. Try to push the arm outward, but resist the motion with the wall
3. Hold this for 30-60 seconds, repeat 2-3 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.



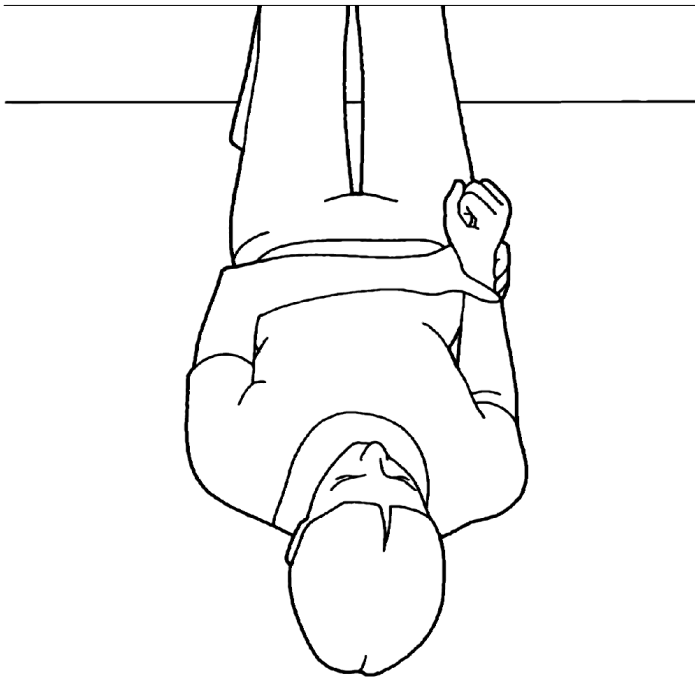
1. Place arm against wall with elbow bent as shown
2. Try to push the arm inward, but resist the motion with the wall
3. Hold this for 30-60 seconds, repeat 2-3 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.



Lying on your back. Elbow bent at a right angle close to your body. Hold on to your wrist with the other hand.

Try to move your hand outwards while resisting any movement with the other hand.

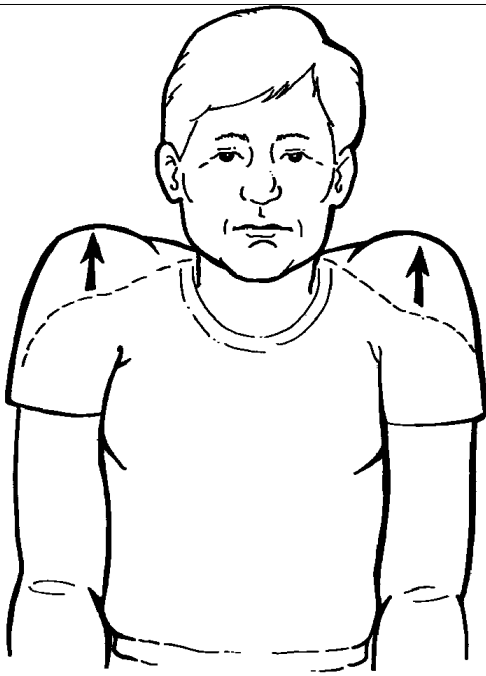
Hold this for 5 seconds, repeat 5 times for 2 sets. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.



Lying on your back. Elbow bent at a right angle close to your body. Hold on to your wrist with the other hand.

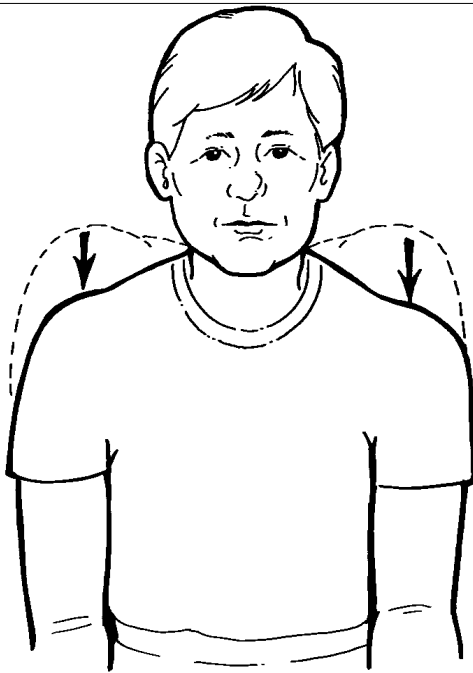
Try to move your hand inwards while resisting any movement with your other hand.

Hold this for 5 seconds, repeat 5 times for 2 sets. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.



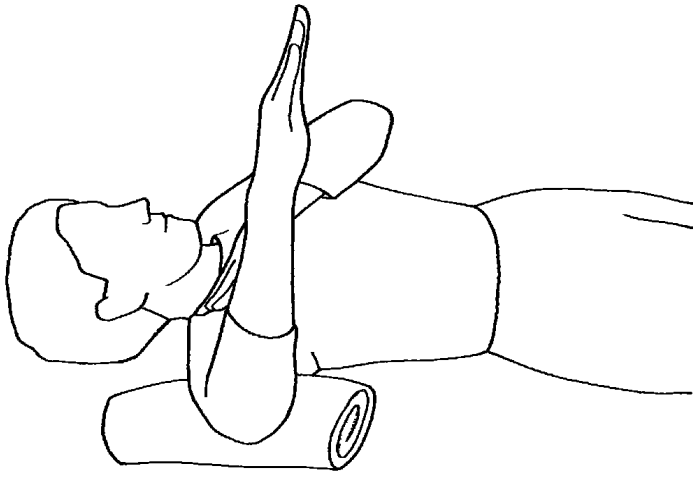
1. Begin with shoulders relaxed
2. Pinch shoulders upward toward ears
3. Hold this for 5 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

Slowly move shoulder to starting position.



1. Sit or stand as shown
2. Try to press your shoulders downward as far as you can
3. Hold this for 5 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

Slowly move shoulder to starting position.



### Starting position

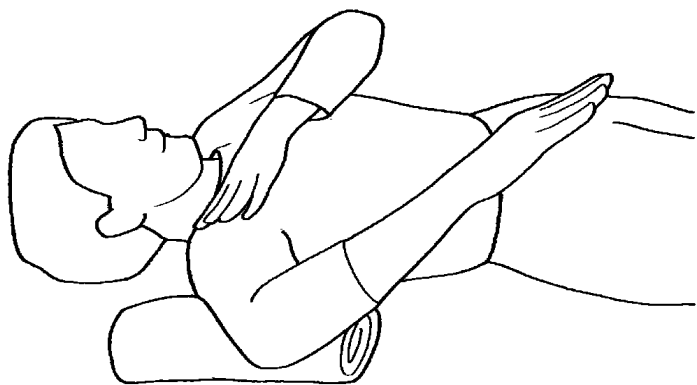
Lie on your back on the floor or in bed with a small towel roll under your upper arm near your elbow.

Keep your upper arm at a 90 degree (right) angle away from your body. Also keep your elbow bent to a 90 degree angle.

Place your other arm on top of your shoulder to keep the front of your shoulder from moving up off of the ground.

Hold this for 5 seconds, repeat 5 times for 2 sets. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

As you improve and progress you may progress to adding a light weight to this exercise.



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### Ending position

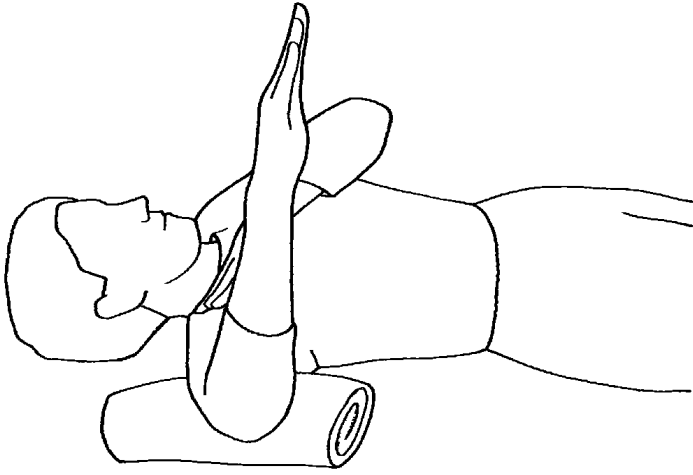
Bring your forearm downwards, keeping your elbow bent and your arm at a 90 degree (right) angle from your side. Your palm faces downwards. Use your other arm to keep the shoulder from moving up off of the floor or bed.

As you perform this exercise, you may need to adjust your upper arm position as it will tend to slide down closer to your body.

Also your elbow will tend to straighten so be careful to watch the position of the arm. Your elbow should remain at a 90 degree (right) angle.

Hold this for 5 seconds, repeat 5 times for 2 sets. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

As you improve and progress you may progress to adding a light weight to this exercise.



### Starting position

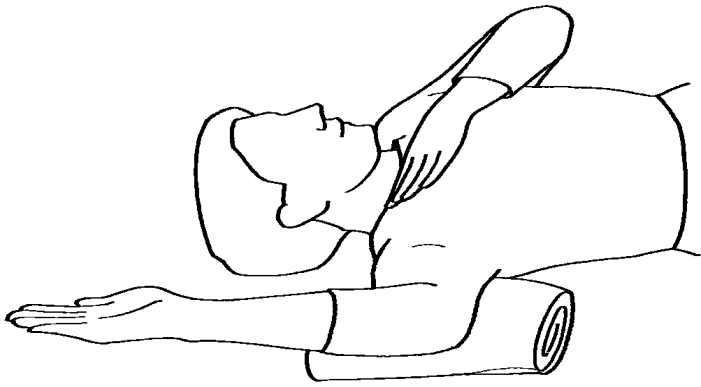
Lie on your back on the floor or in bed with a small towel roll under your upper arm near your elbow.

Keep your upper arm at a 90 degree (right) angle away from your body. Also keep your elbow bent to a 90 degree angle.

You may place your other arm on top of your affected shoulder.

Hold this for 5 seconds, repeat 5 times for 2 sets. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

As you improve and progress you may progress to adding a light weight to this exercise.



### Ending position

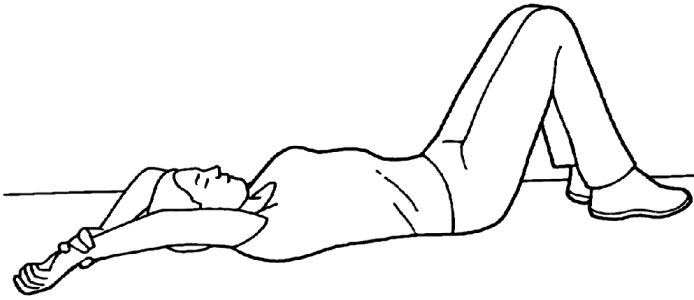
Move your forearm so it is moving towards your head and down towards the floor or bed. Keep your elbow bent to a 90 degree (right) angle and your arm at a 90 degree (right) angle from your side. Your palm faces downwards. Your elbow will tend to bend more than 90 degrees so be careful to watch the position of the elbow.

You may keep your other arm on top of your affected arm to support it.

Hold this for 5 seconds, repeat 5 times for 2 sets. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

As you improve and progress you may progress to adding a light weight to this exercise.





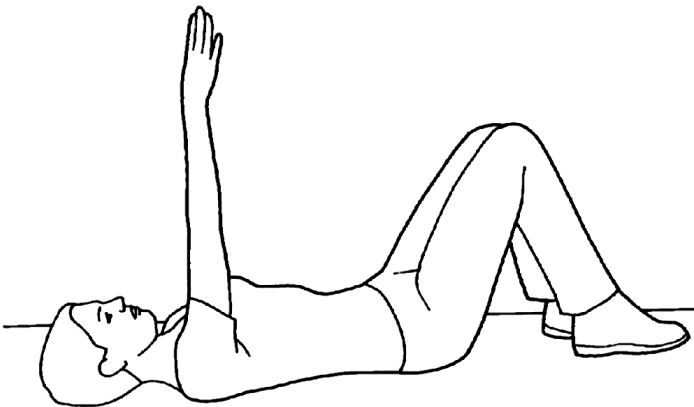
Lying on your back with elbows straight.

Use one arm to lift the other arm up keeping it as close to the ear as possible.

Hold this for 5 seconds, repeat 5 times for 2 sets. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

As you improve and progress you may progress to adding a light weight to this exercise.

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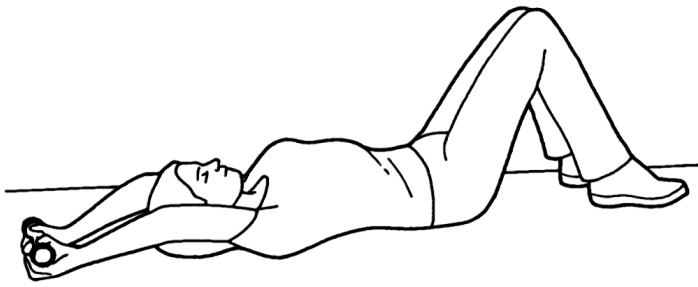


Lying on your back, elbow bent.

Straighten your arm towards the ceiling.

Hold this for 5 seconds, repeat 5 times for 2 sets. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

As you improve and progress you may progress to adding a light weight to this exercise.



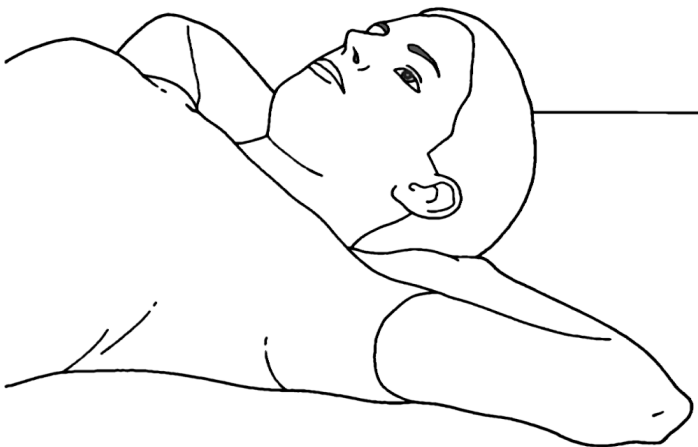
Lying on your back with knees bent. Hold a weight in both hands and rest it on your stomach.

Lift your arms straight up and over your head to the floor. Hold approx. 20 secs. (Breathe normally) - return to starting position.

Hold this for 5 seconds, repeat 5 times for 2 sets. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

As you improve and progress you may progress to adding a light weight to this exercise.

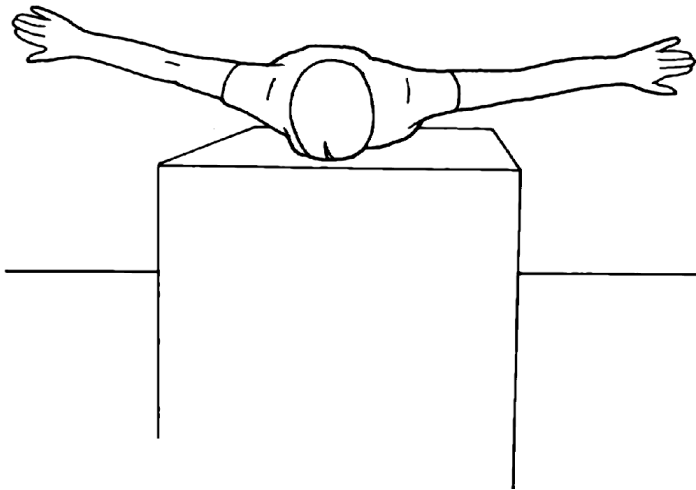
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Lying on your back with hands behind your neck and elbows pointing towards the ceiling.

Move elbows apart and down to touch the floor.

Hold this for 5 seconds, repeat 5 times for 2 sets. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.



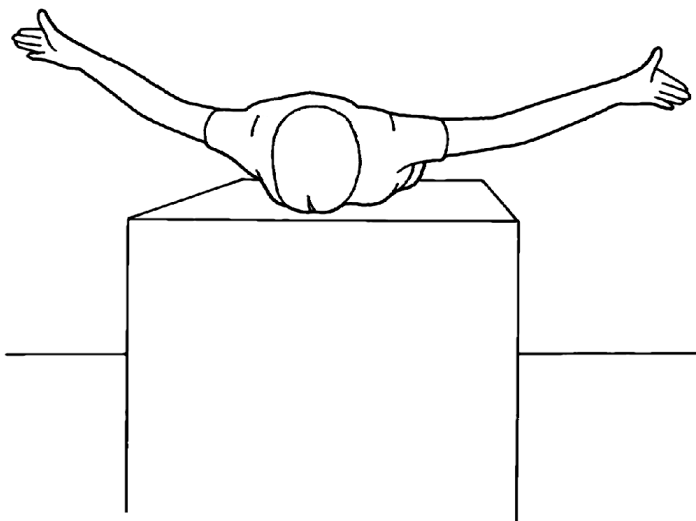
Lying face down with your arms out to the side.

Lift both your arms toward the ceiling with your little fingers leading the movement.

Hold this for 5 seconds, repeat 5 times for 2 sets. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

As you improve and progress you may progress to adding a light weight to this exercise.

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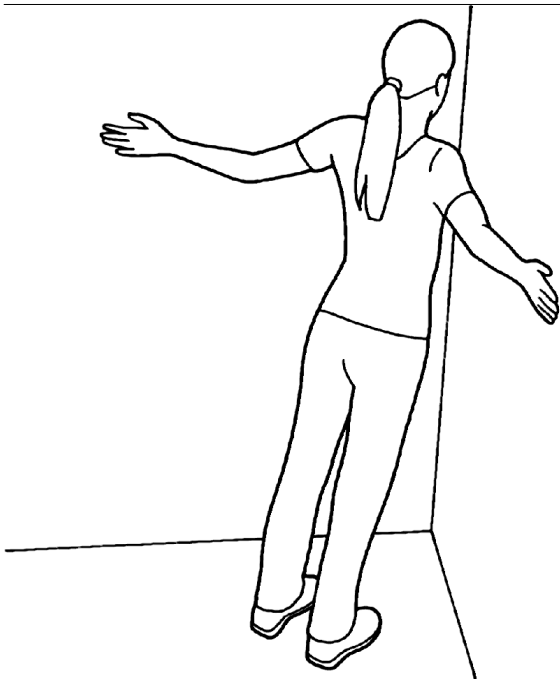


Lying face down with your arms out to the side.

Lift both your arms toward the ceiling with your thumbs leading the movement.

Hold this for 5 seconds, repeat 5 times for 2 sets. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

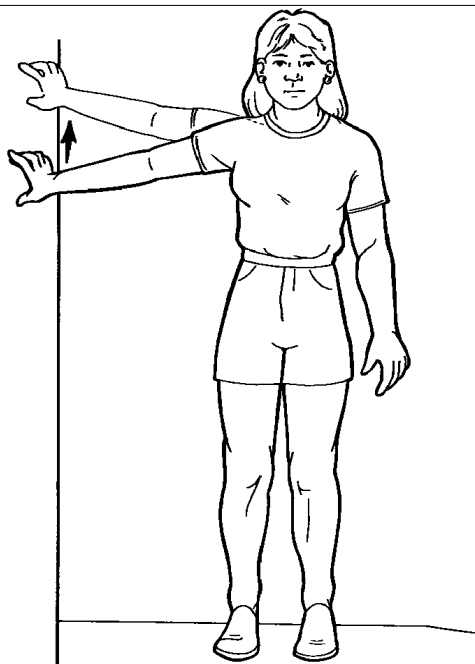
As you improve and progress you may progress to adding a light weight to this exercise.



Stand in a corner of a room, facing the corner. Lift both arms to horizontal position against the walls.

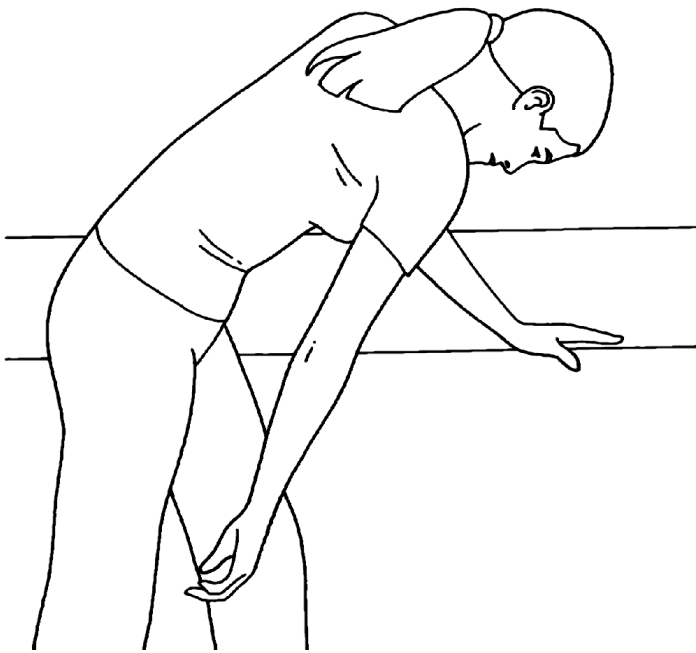
Let your upper trunk lean into the corner until you feel the stretching of your chest muscles. Stretch approx. 20 secs.

Repeat 5 times.



1. Stand near a wall as shown
2. Slowly "walk" your fingers up the wall, so that you feel a stretch
3. Hold this for 5 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

Slowly move shoulder to starting position.

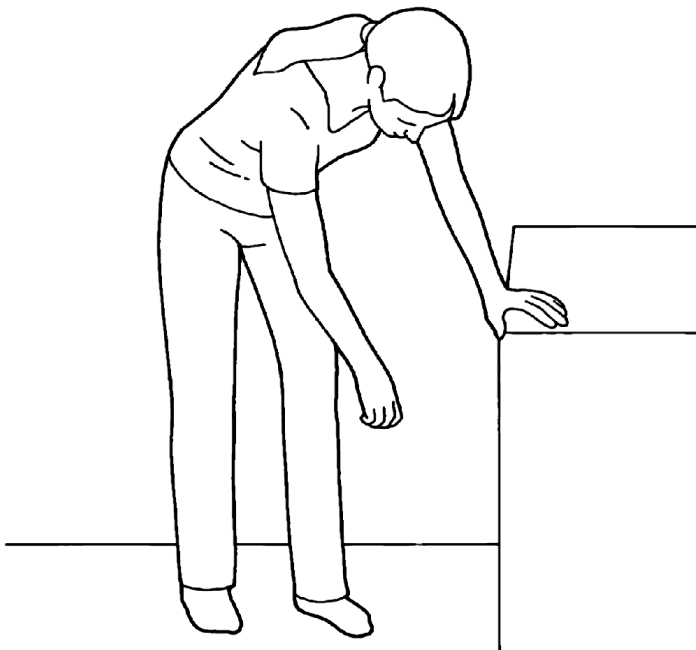


Stand leaning on a table with one hand.

Let your other arm hang relaxed straight down. Swing your arm forwards and backwards.

Hold this for 30-60 seconds, repeat 2-3 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

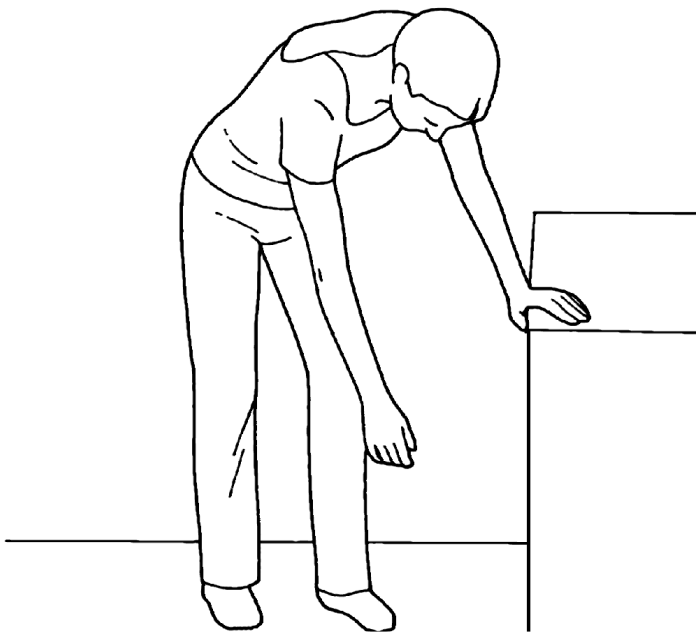
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Stand leaning on a table with one hand.

Let your other arm hang relaxed straight down. Swing your arm to your left and then to your right.

Hold this for 30-60 seconds, repeat 2-3 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

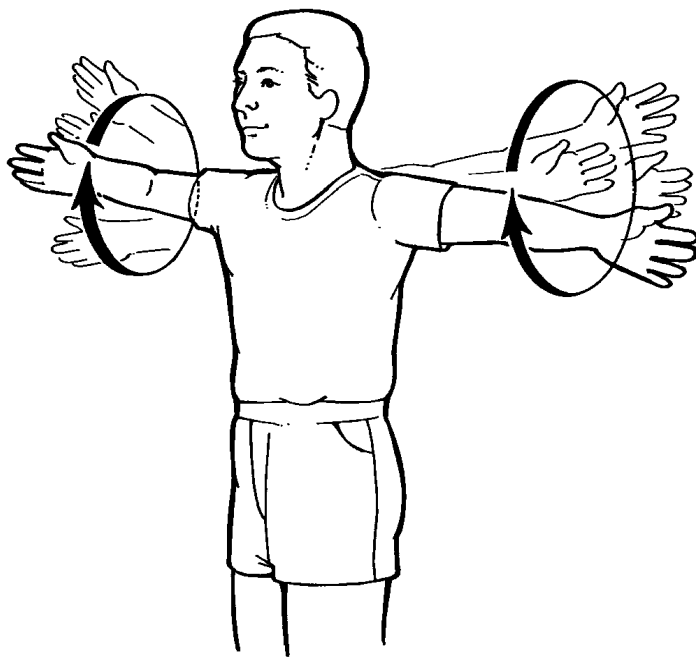


Stand leaning on a table with one hand.

Let your other arm hang relaxed straight down. Swing your arm as if drawing a circle on the floor. Change direction.

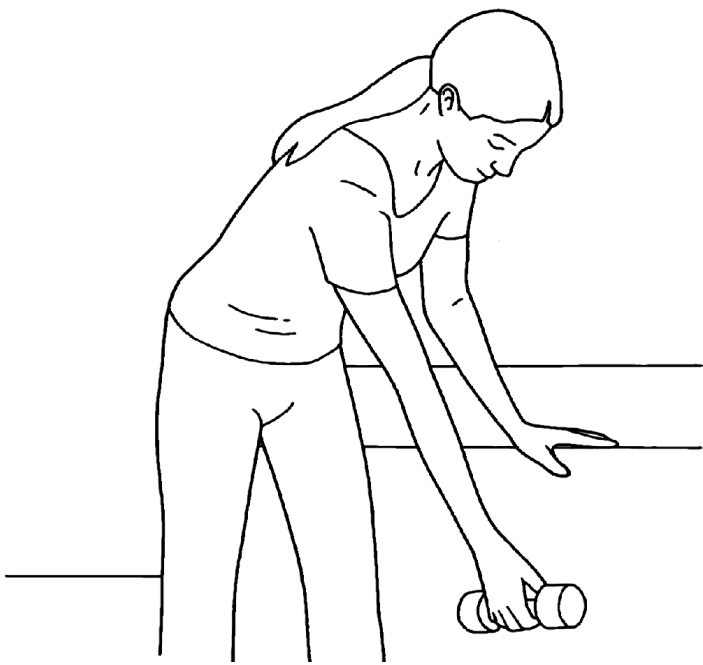
Hold this for 30-60 seconds, repeat 2-3 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

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1. Hold arms out to sides as shown
2. Begin making small backward circles
3. Now begin making forward circles
4. Repeat slowly 10 times in each direction

As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.



Stand leaning on a table with one hand. Hold a 1-2 kg weight in the other hand.

Let your arm hang relaxed straight down. Then let it swing relaxed in various directions. Strive for 10-20 cm swings and do the exercise approx. 5-10 min.

As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

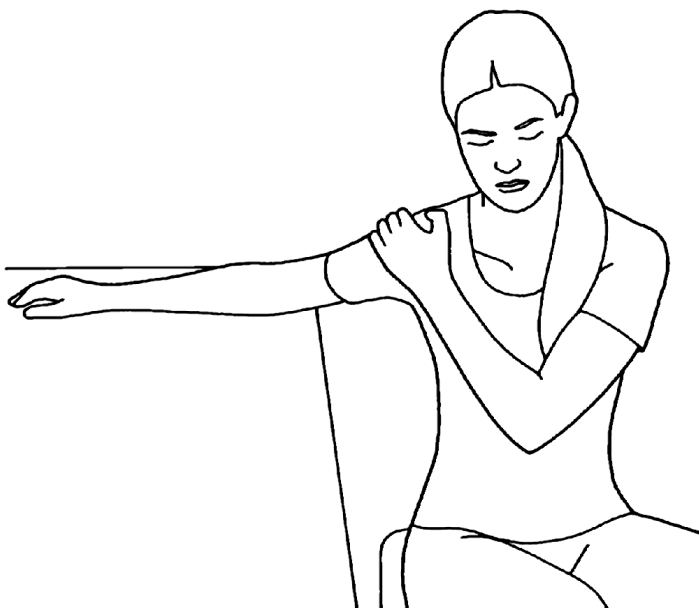
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Sit on a chair with your arm supported on a table.

With your other hand push the top of your upper arm outwards. Hold approx. 20 secs.

Repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.



Sit on a chair with the arm supported on a table behind you.

With your other hand push the top of your upper arm down and forwards. Hold approx. 20 sec.

Repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.



Sit sideways on a chair with your arm to be mobilised resting over the back of the chair as shown.

With your other hand pull your arm down toward the floor.

Hold this for 20 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.



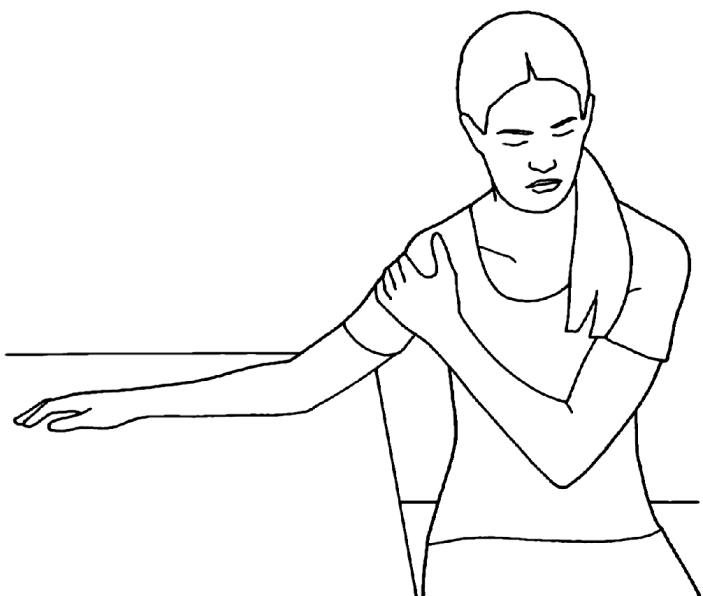


Sit on a chair with your arm supported on a table.

With your other hand push the top of your upper arm downwards.

Hold this for 30 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

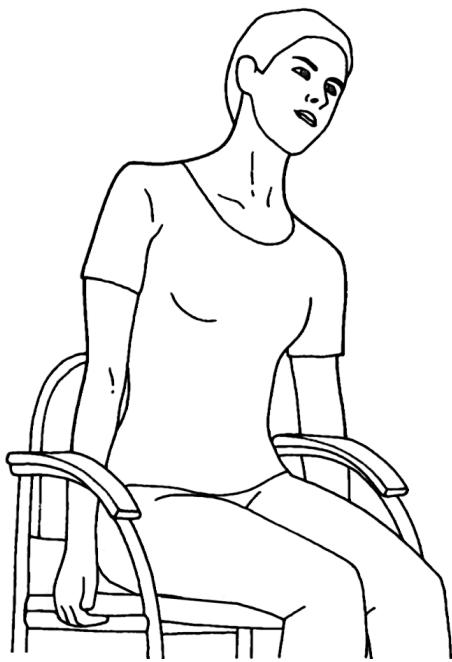
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Sit on a chair with your arm supported out to the side on a table.

With the other hand push the top of your upper arm downwards.

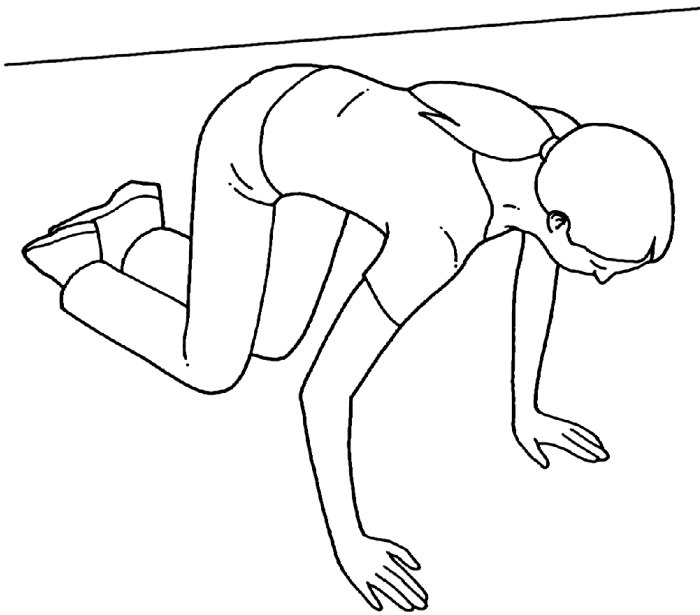
Hold this for 30 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.



Sit holding on to the side of a chair with the arm to be stretched.

Tilt your trunk away from the fixed arm.

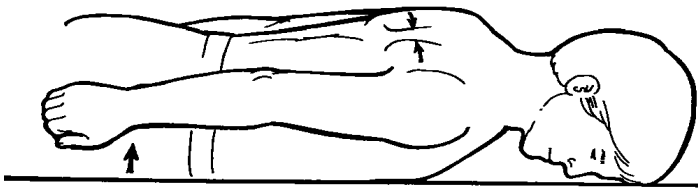
Hold this for 30 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.



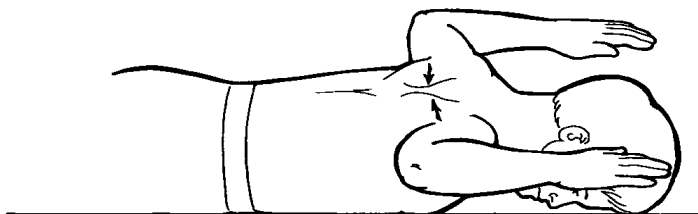
Crawling position.

Lean forward and transfer your weight onto your arms, then shift your weight backwards and to the sides.

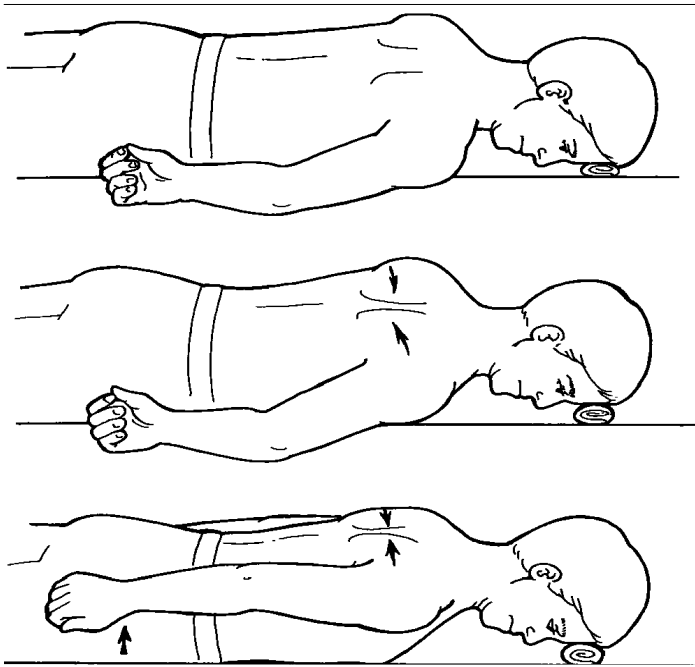
Hold this for 30-60 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.



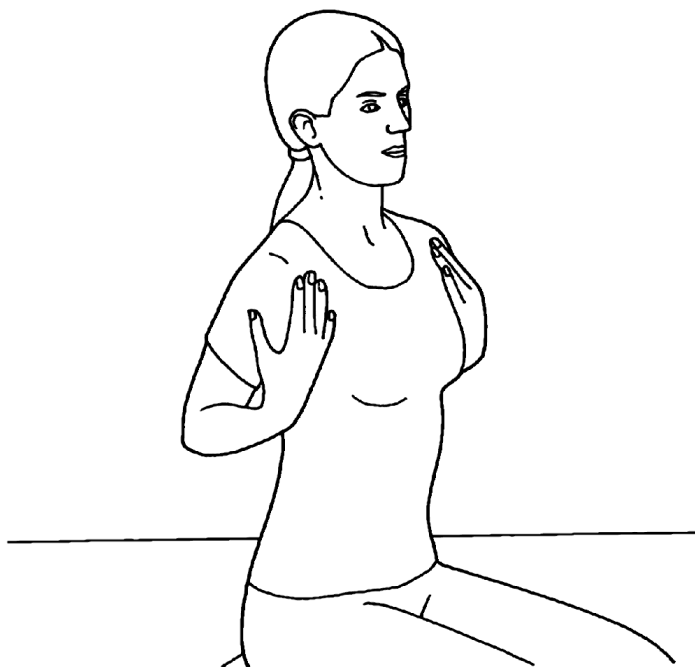
1. Lie on belly with arms resting at sides
  2. Pinch shoulder blades together
  3. Now, raise arms off floor as shown
  4. Hold this for 30 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.
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1. Lie on belly with arms at 90 degrees out to side
2. Pinch shoulder blades together as shown
3. Raise arms a few inches off floor
4. Hold this for 30-60 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.



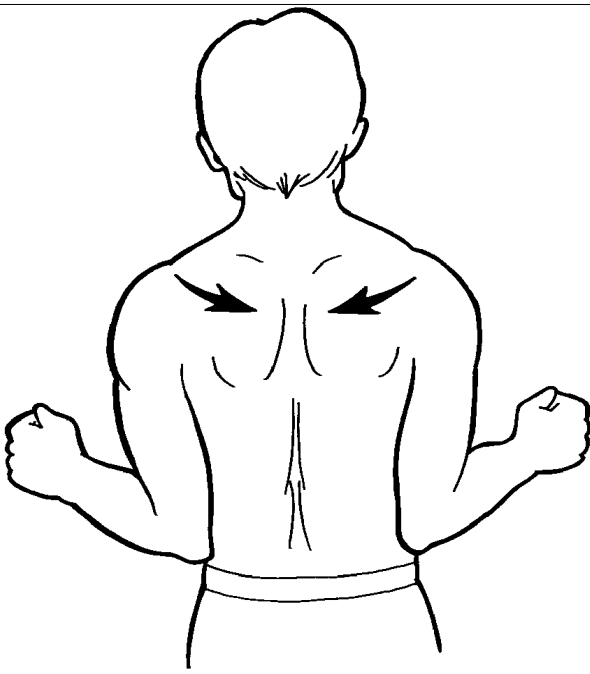
1. Lie on belly with arms resting at sides
2. Pinch shoulder blades together
3. Now, raise arms off floor as shown
4. Hold this for 30-60 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.



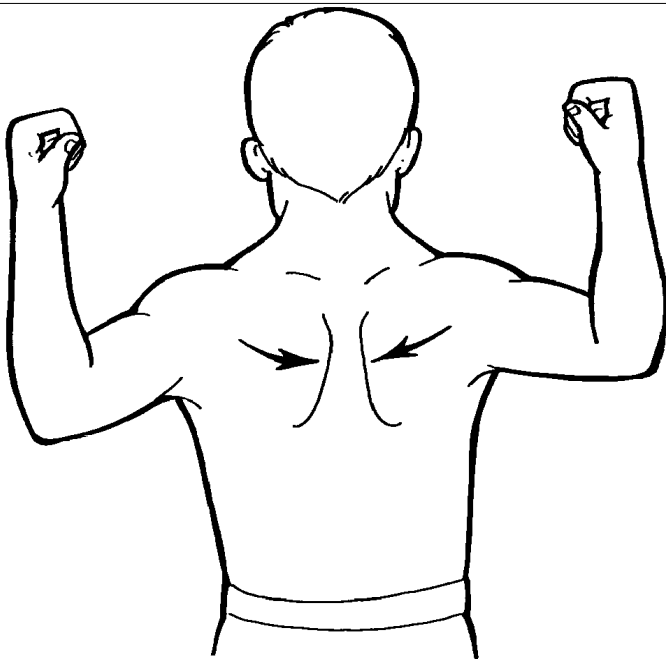
Sit with your fingers on your shoulders.

Move elbows forwards - backwards.

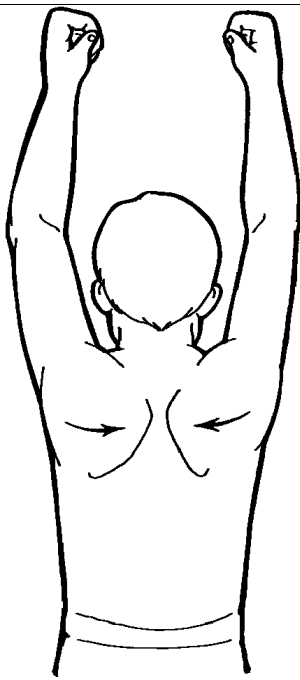
Hold this for 30-60 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.



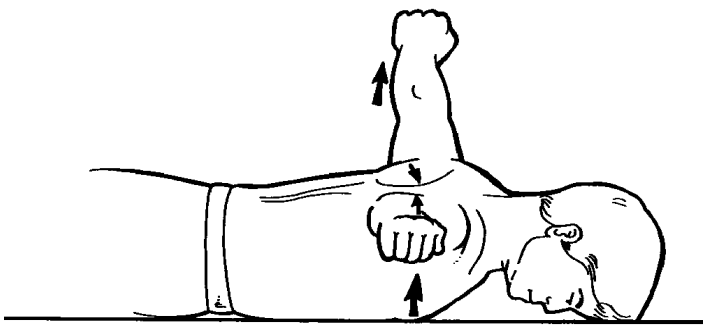
1. Stand with elbows bent to 90 degrees
2. Pinch shoulder blades together as you rotate arms outward
3. Hold this for 30-60 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.



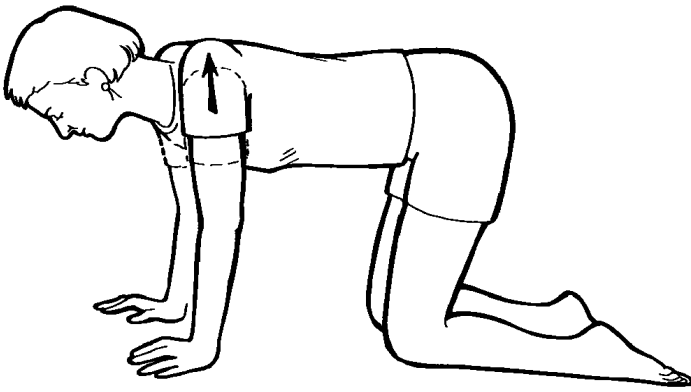
1. Stand with arms overhead as shown
2. Pinch shoulder blades together as you press your arms backward slightly
3. Hold this for 30-60 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.



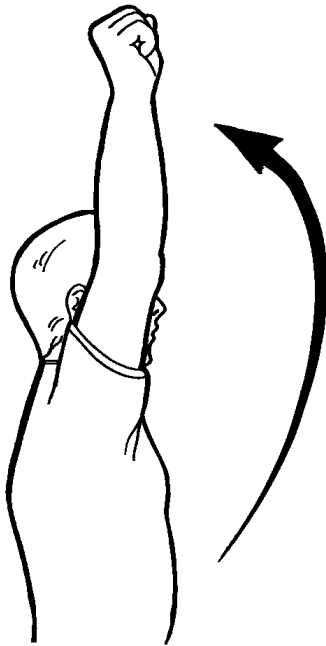
1. Stand with arms overhead as shown
  2. Pinch shoulder blades together as you press your arms backward slightly
  3. Hold this for 30-60 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.
- 



1. Lie on belly with arms at 90 degrees out to side
2. Pinch shoulder blades together as shown
3. Raise arms a few inches off floor
4. Hold this for 30-60 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

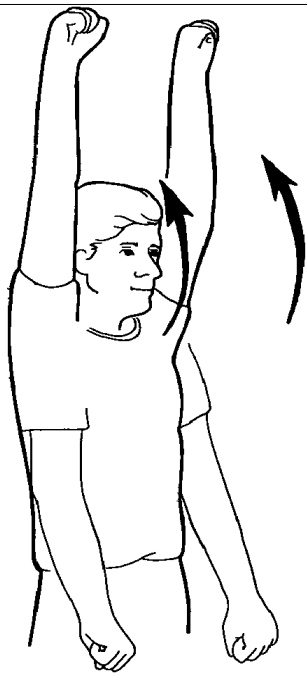


1. Support your body on hands and knees as shown
2. Allow your body to sag downwards, and your shoulders to sag upwards
3. Hold this for 30-60 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.



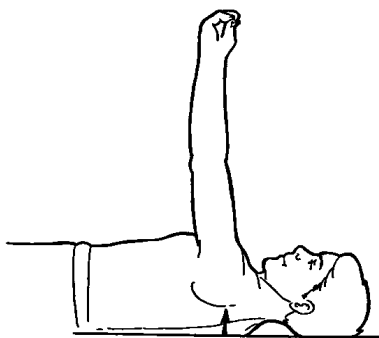
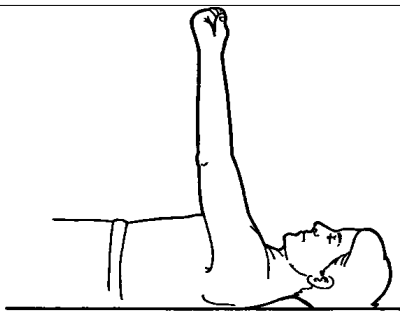
1. Stand with arm relaxed at your side
2. Raise arm up overhead as far as you can
3. Hold this for 30-60 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

Do this often throughout the day.



1. Stand with arms relaxed at your side
2. Raise arms up overhead as far as you can
3. Hold this for 30-60 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

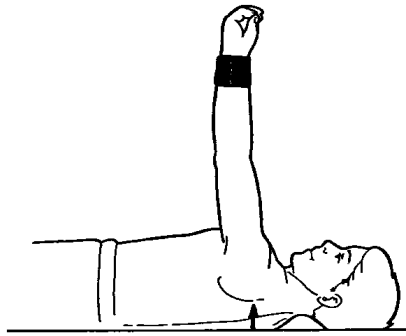
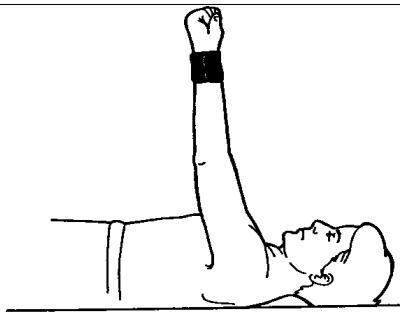
Do this often throughout the day



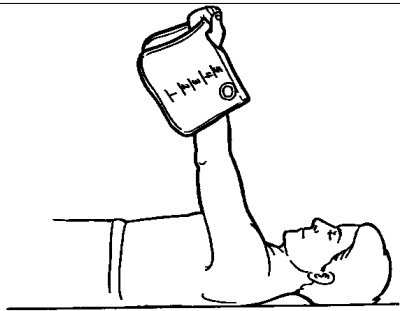
1. Lie on back with arm pointed upward as shown
2. Raise shoulder off floor as you push fist toward ceiling
3. Hold this for 20 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

You may add light weights as your condition improves.

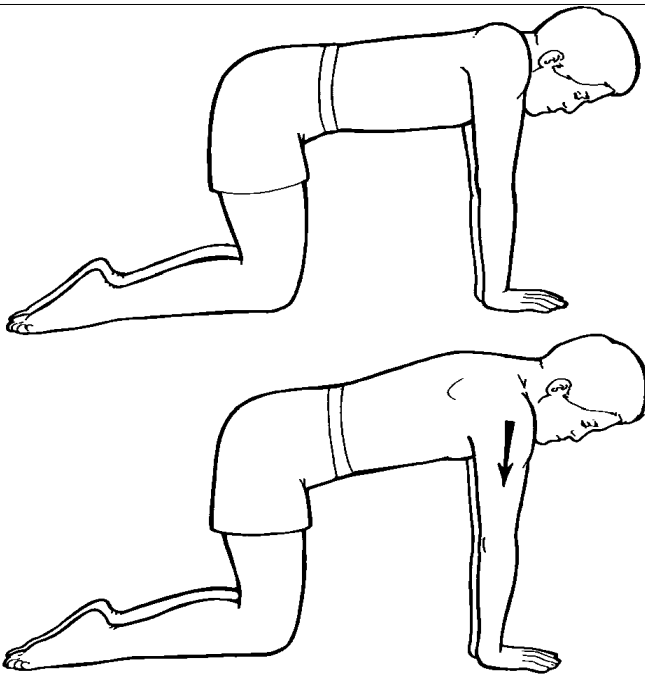




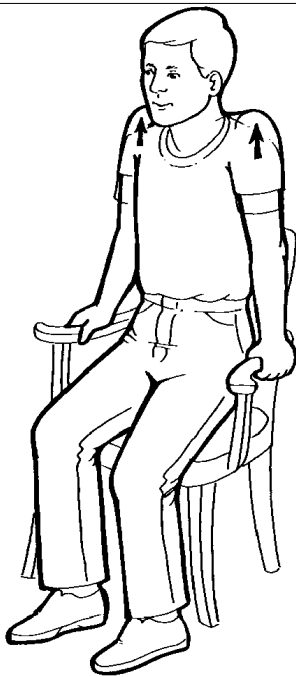
1. Place 5 lb cuff weight on wrist
2. Lie on back with arm pointed upward as shown
3. Raise shoulder off floor as you push fist toward ceiling
4. Hold this for 20 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.



1. Hold 5 lbs water weight in hand
2. Lie on back with arm pointed upward as shown
3. Raise shoulder off floor as you push fist toward ceiling
4. Hold this for 20 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

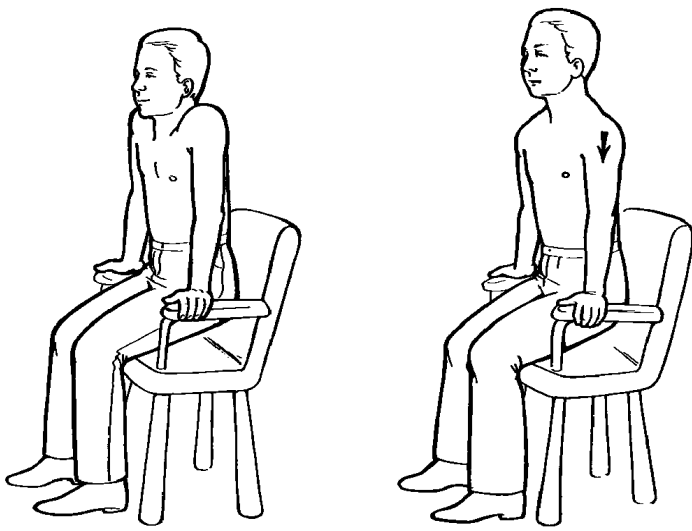


1. Assume position shown
2. Press shoulders forward as you press spine backward
3. Hold this for 20-40 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.



1. Sit in chair as shown
2. Allow your body to sag downwards, and your shoulders to sag upwards
3. Support your body with your legs as needed
4. Hold this for 5 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

Slowly move shoulder to starting position.



1. Support yourself in an armchair as shown
2. Press shoulders downward, while concentrating on holding shoulder blades stable
3. Support part of your body weight with legs as needed
4. Hold this for 5 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

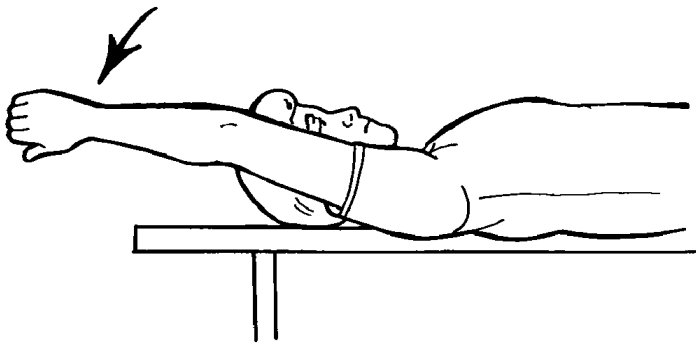
Slowly move shoulder to starting position.



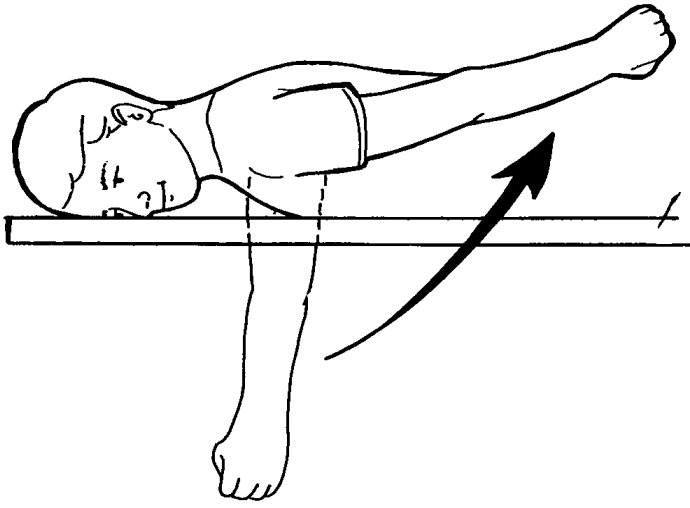
1. Stand with arm at side, elbow bent as shown
2. Reach up overhead to straighten arm
3. Hold this for 30-60 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.



1. Stand with arms at sides, elbows bent as shown
  2. Reach up overhead to straighten arms
  3. Hold this for 30-60 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.
- 



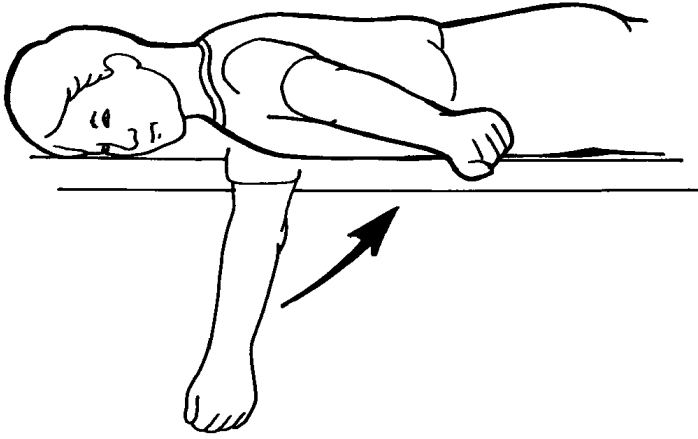
1. Lie on back as shown raising arm overhead as far as you can
2. Relax, letting the weight of your arm provide the stretch
3. Hold this for 30-60 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.



1. Lie on belly with arm off edge of bed as shown
  2. Raise arm backward
  3. Hold this for 30-60 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.
- 

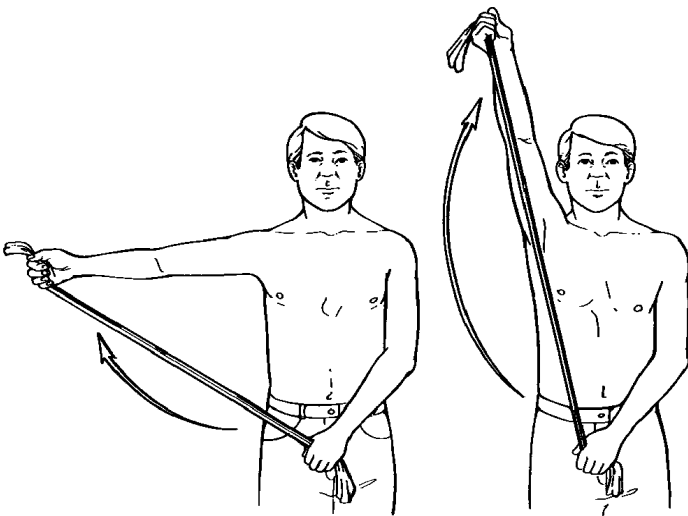


1. Lie on belly with arms resting at sides
2. Raise arms off floor as shown
3. Hold this for 30-60 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.



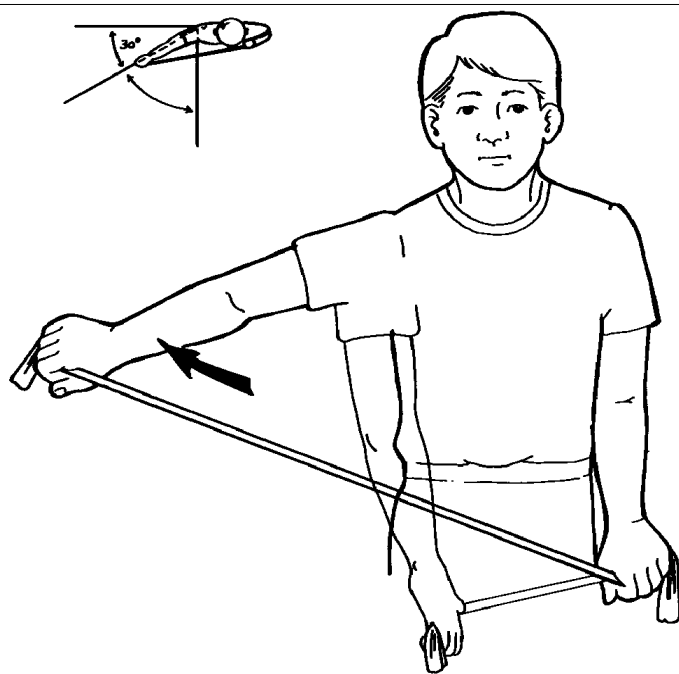
1. Lie on belly over edge of bed as shown
2. Raise arm upward, with arm at a 45 degree angle away from body
3. Hold this for 15 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

Slowly move shoulder to starting position.



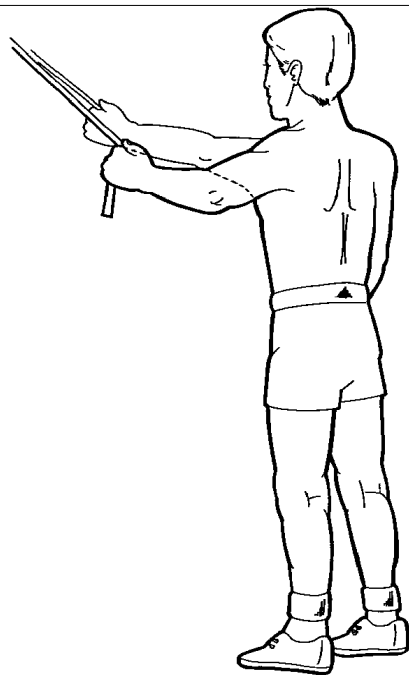
1. Stand holding rubber tubing as shown
2. Raise arm up to the side and overhead as far as you can
3. Hold this for 5 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

Slowly move shoulder to starting position.



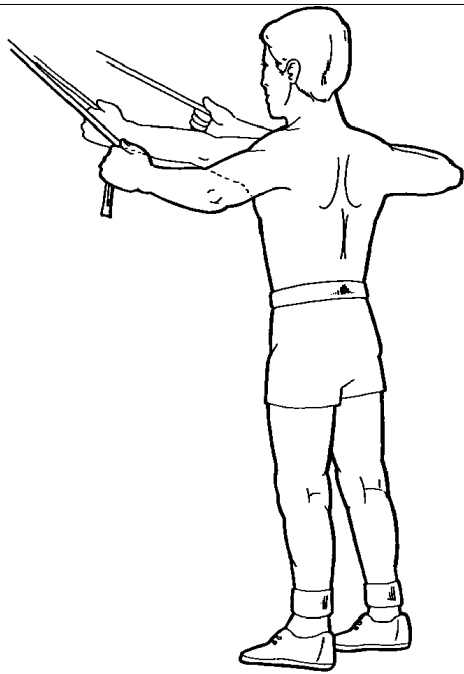
1. Place arm at side with thumb turned downward
2. Hold rubber tubing as shown
3. Raise arm upward, to just below shoulder height as shown
4. Make sure the arm is positioned 30 degrees forward as you raise it (see small diagram)
5. Hold this for 5 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

Slowly move shoulder to starting position.



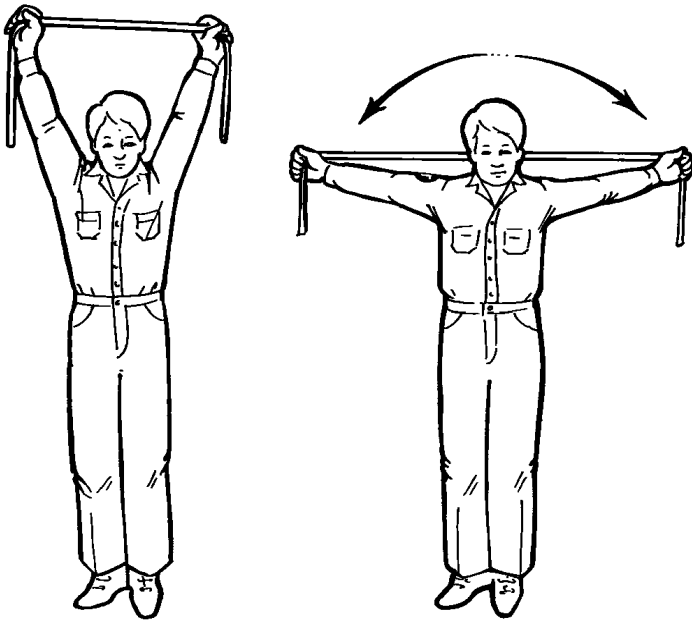
1. Anchor rubber tubing to solid object
2. Hold tubing in hand, arm straight in front of you as shown
3. Bend elbow and pull elbow straight backward (keep arm parallel to floor)
4. Hold this for 5 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

Slowly move shoulder to starting position.



1. Anchor middle of rubber tubing to solid object
2. Hold tubing in both hands, arms straight in front of you as shown
3. Bend elbows and pull elbows straight backward (keep upper arm parallel to floor)
4. Hold this for 5 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

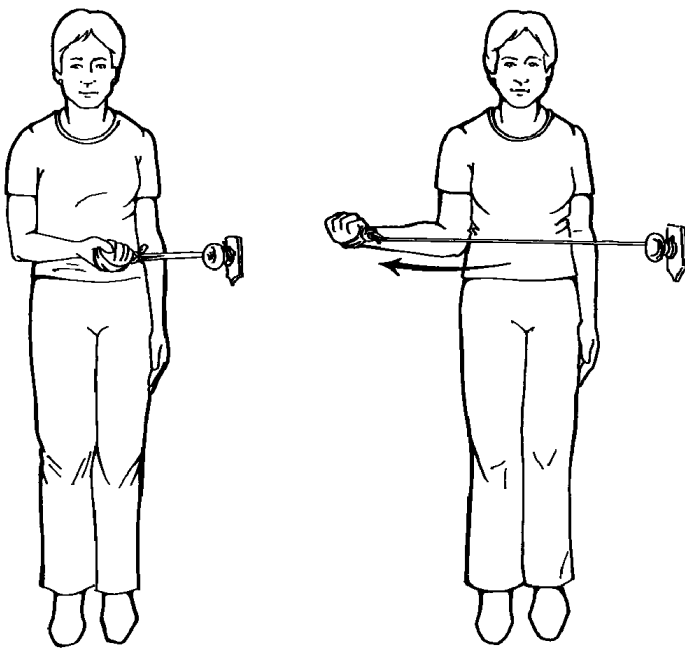
Slowly move shoulder to starting position.



1. Grasp rubber tubing overhead as shown
2. Pull straight arms downward until your arms are parallel with floor
3. Hold this for 5 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

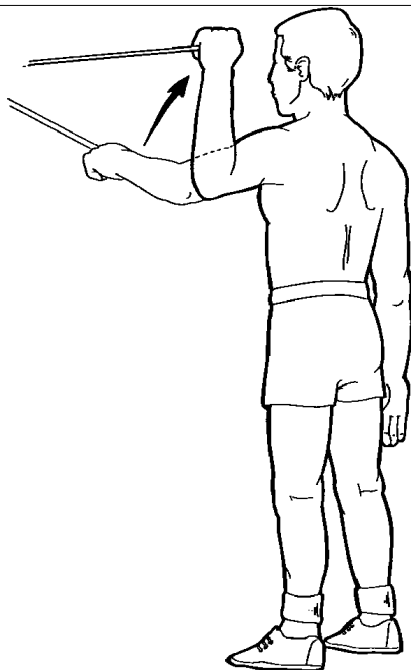
Slowly move shoulder to starting position.





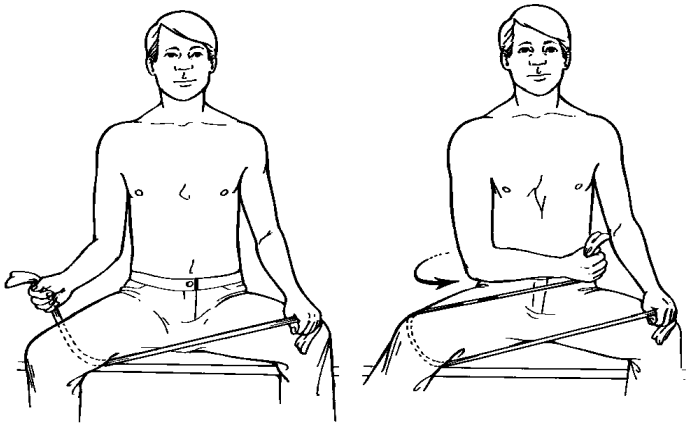
1. Anchor rubber tubing to a solid object
2. Grasp rubber tubing in hand as shown
3. Rotate arm outward, keeping elbow bent
4. Hold this for 5 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

Slowly move shoulder to starting position.



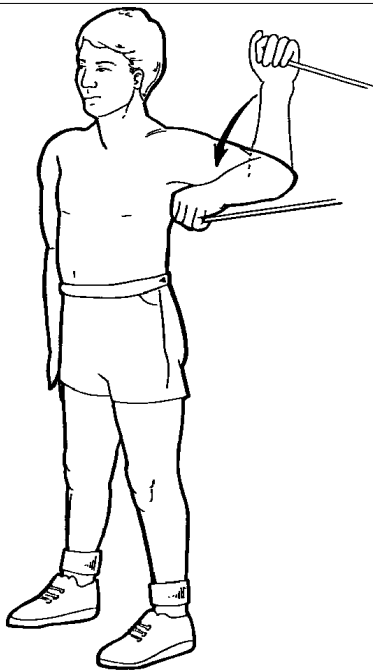
1. Anchor rubber tubing to solid object
2. Grasp rubber tubing in hand
3. Hold arm elevated with elbow bent and fist pointing forward as shown
4. Rotate arm upward from the starting position
5. Hold this for 5 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

Slowly move shoulder to starting position.



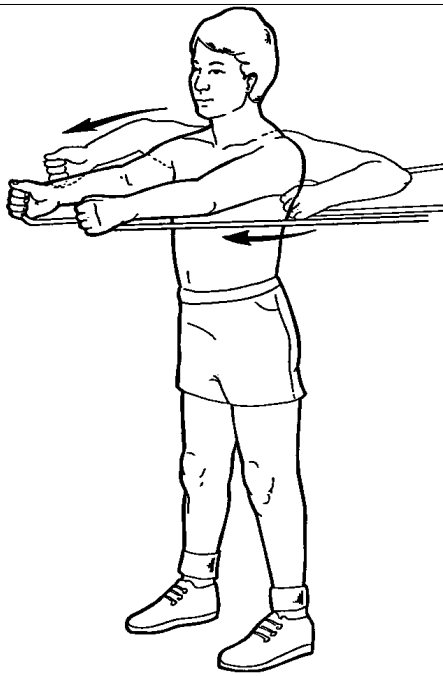
1. Wrap rubber tubing around thigh as shown
2. Keeping arms at sides and elbows bent, rotate arm inward toward body
3. Hold this for 5 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

Slowly move shoulder to starting position.



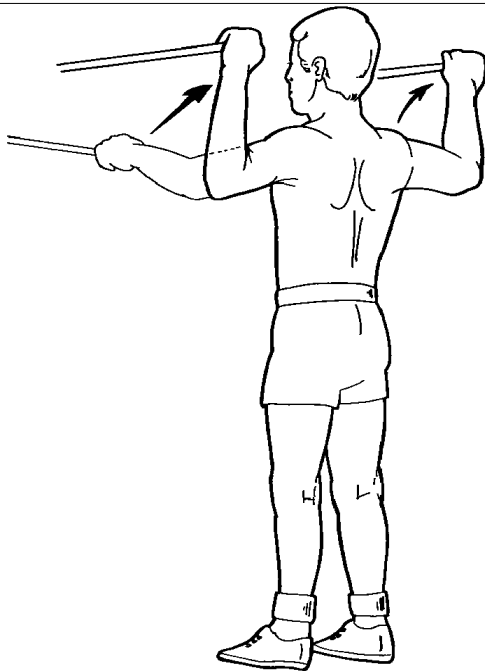
1. Anchor rubber tubing to solid object
2. Grasp rubber tubing in hand
3. To begin, keep the arm elevated with the elbow bent as shown
4. Rotate arm downward from the starting position (see diagram)
5. Hold this for 5 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

Slowly move shoulder to starting position.



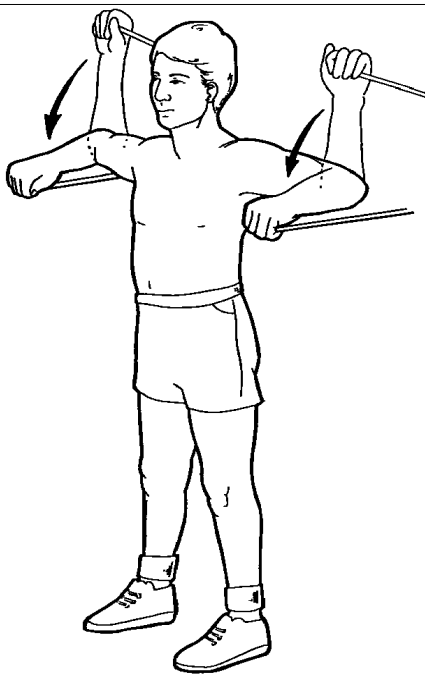
1. Anchor rubber tubing to solid object
2. Grasp tubing with both hands, elbows bent as shown
3. Extend arms straight in front of your body
4. Hold this for 5 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

Slowly move shoulder to starting position.



1. Anchor rubber tubing to solid object
2. Grasp rubber tubing in both hands
3. Hold arms elevated with elbows bent and fists pointing forward as shown
4. Rotate arms upward from the starting position
5. Hold this for 5 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

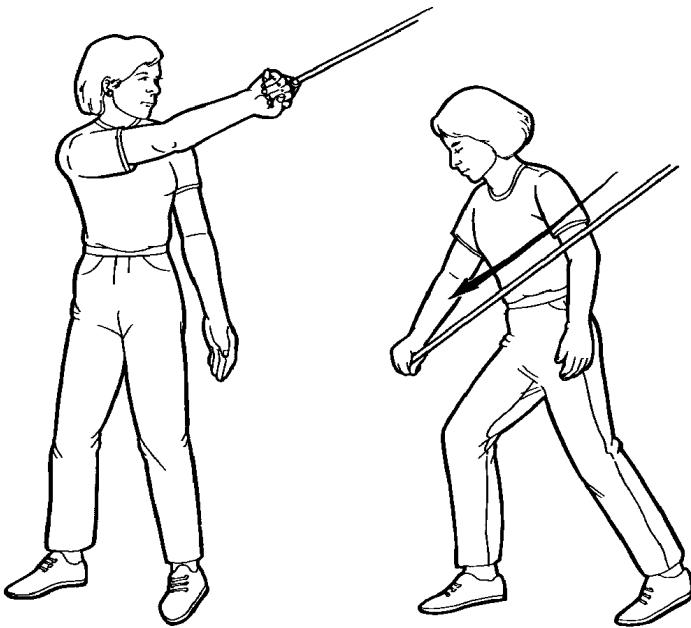
Slowly move shoulder to starting position.



1. Anchor rubber tubing to solid object
2. Grasp rubber tubing in both hands
3. To begin, keep the arms elevated with the elbows bent as shown
4. Rotate arms downward from the starting position (see diagram)
5. Hold this for 5 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

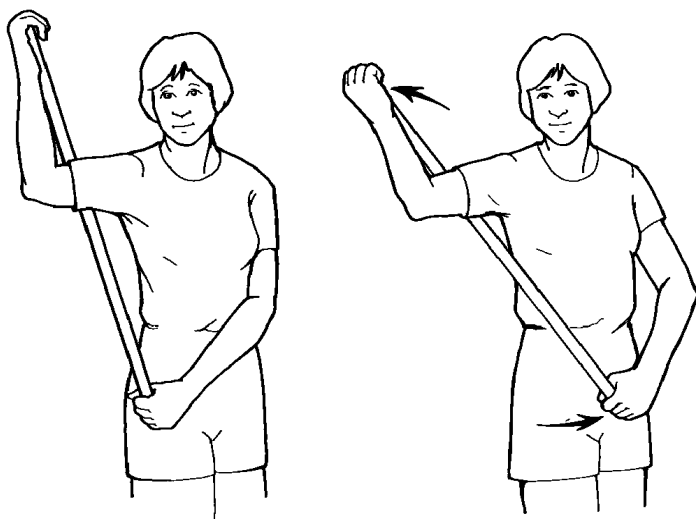
Slowly move shoulder to starting position.

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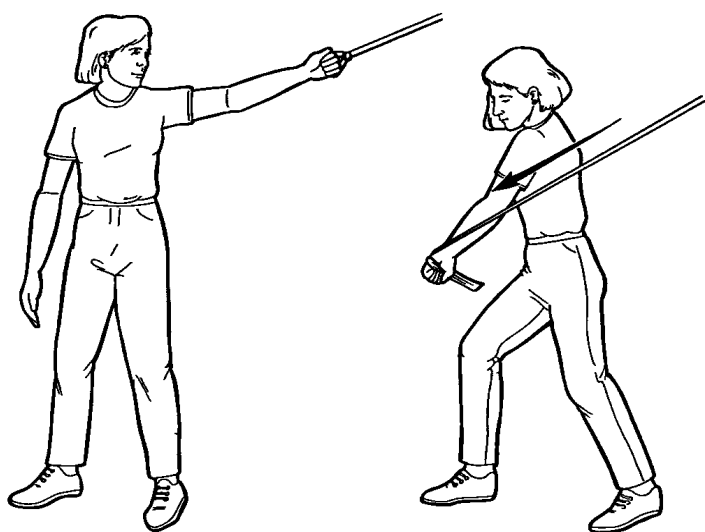
1. Anchor rubber tubing to solid object
2. Grasp tubing with arm across body as shown
3. Pull arm outward and downward, letting your head follow the full movement
4. Notice that the hand rotates as the arm movement occurs
5. Hold this for 5 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

Slowly move shoulder to starting position.



1. Stand holding stick as shown, with arm up and out to side
2. Using stick for assistance, rotate shoulder and forearm backward
3. Hold this for 5 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

Slowly move shoulder to starting position.



1. Anchor rubber tubing to solid object
2. Grasp tubing with arm away from body as shown
3. Pull arm inward and downward, letting your head follow the full movement
4. Notice that the hand rotates as the arm movement occurs
5. Hold this for 5 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

Slowly move shoulder to starting position.



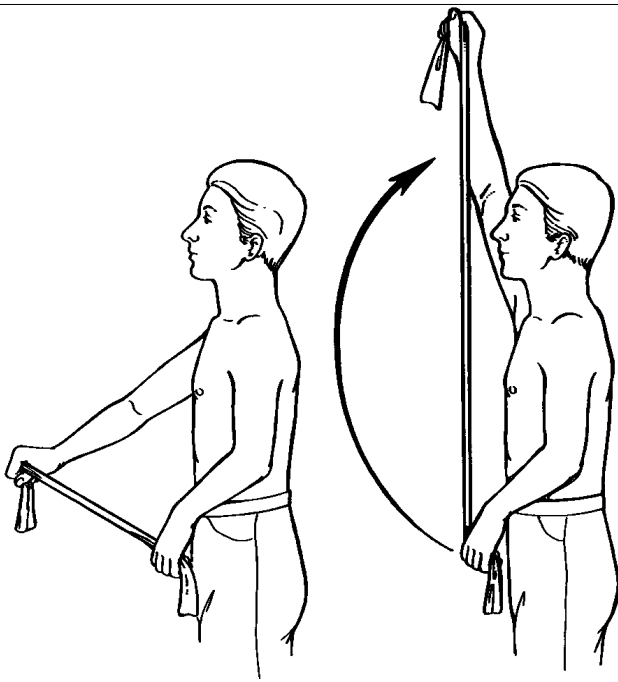
1. Begin with arm down and slightly away from body, hand positioned as shown
2. Move arm inward and upward, letting your head follow the full movement
3. Notice the position of the hand changes from beginning to end
4. Hold this for 5 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

Slowly move shoulder to starting position.



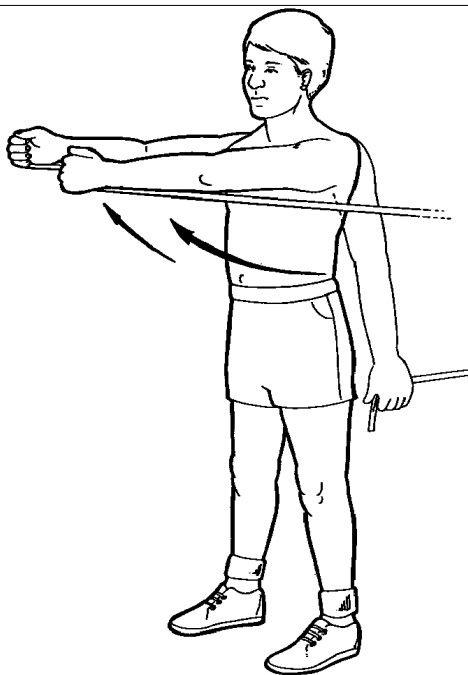
1. Begin with arm up and across body, hand positioned as shown
2. Move arm outward and downward, letting your head follow the full movement
3. Notice the position of the hand changes from beginning to end
4. Hold this for 5 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

Slowly move shoulder to starting position.



1. Stand holding rubber tubing as shown
2. Raise arm up overhead as far as you can
3. Hold this for 5 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

Slowly move shoulder to starting position.



1. Anchor rubber tubing to a solid object
  2. Stand holding rubber tubing in both hands
  3. Raise arms out in front of your body as shown
  4. Hold seconds and slowly lower
- Hold this for 5 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

Slowly move shoulder to starting position.



1. Stand grasping elbow with other hand as shown
2. Pull the elbow and arm across your chest so that you feel a stretch
3. Hold this for 5 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

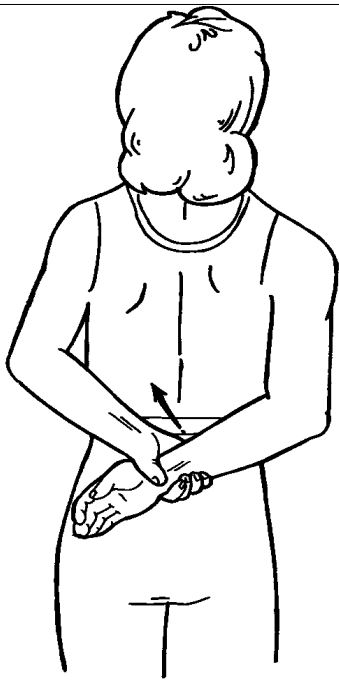
Slowly move shoulder to starting position.



1. Bend elbow and hold in front of body
2. Grasp the arm with the other hand as shown
3. Try to rotate the arm inward toward your body, but resist the movement with the other hand
4. Hold this for 5 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

Slowly move shoulder to starting position.

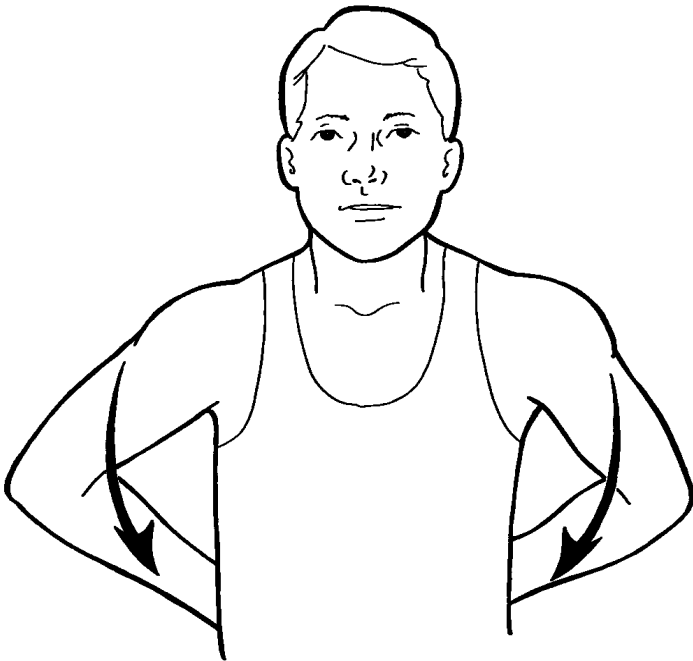




1. Reach behind back with the arm
2. Grasp the arm with your other hand
3. Try to pull the arm upward as shown so that you feel a stretch
4. Hold this for 5 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

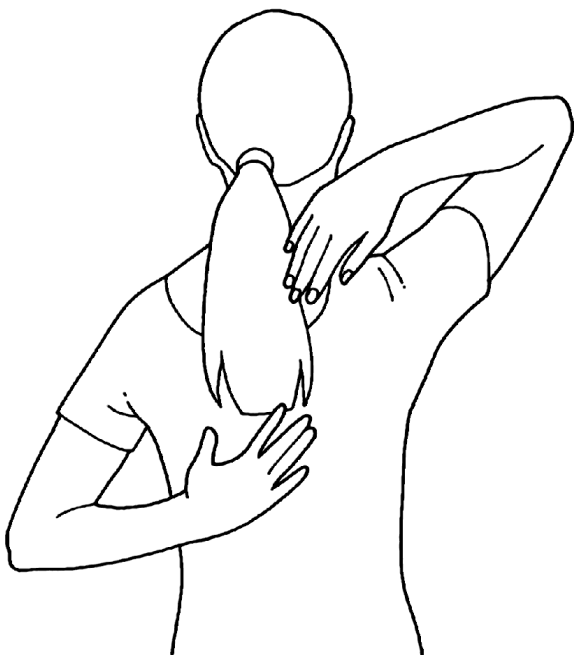
Slowly move shoulder to starting position.

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1. Reach up behind back as shown
2. "Walk" your hands up your back as far as you can
3. Hold this for 5 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

Slowly move shoulder to starting position.



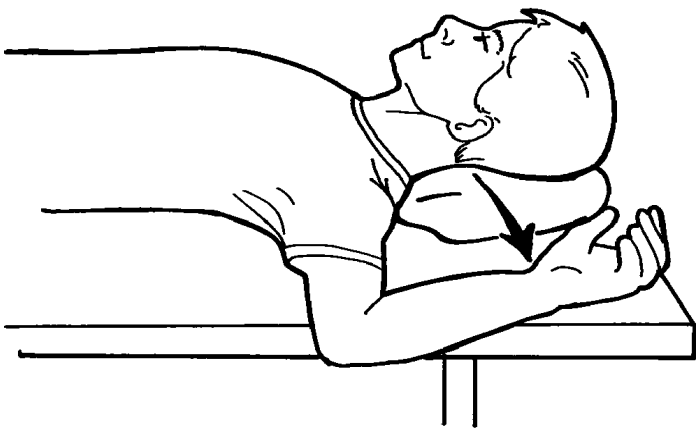
Stand or sit.

Bring your arms alternately behind your neck and back.

Hold this for 5 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

Slowly move shoulder to starting position.

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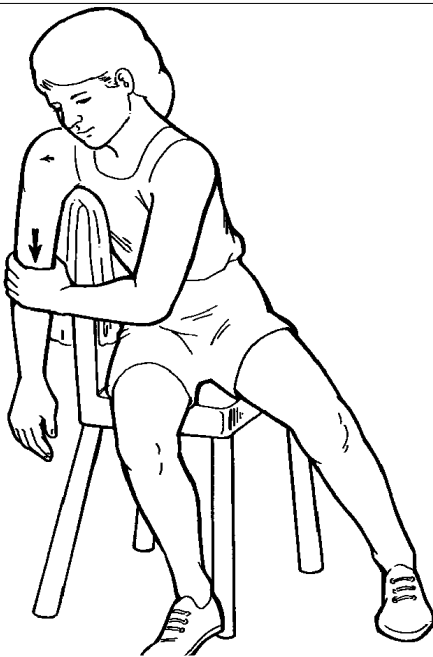


1. Lie on back with arm out to side as shown
2. Let the weight of your arm rotate your shoulder backward
3. Hold this for 5 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

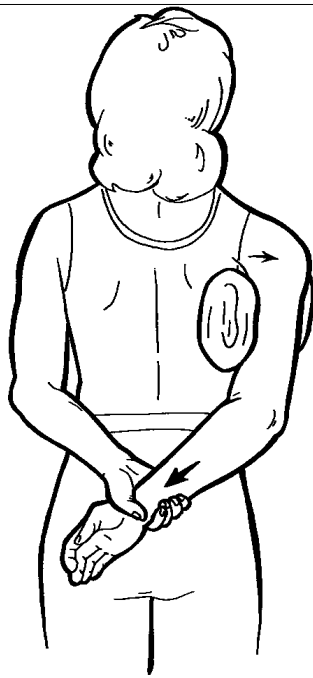
Slowly move shoulder to starting position.



1. Place a rolled towel 4 inches thick under arm
2. Grasp forearm with other hand and pull across body as shown
3. Hold this for 25 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

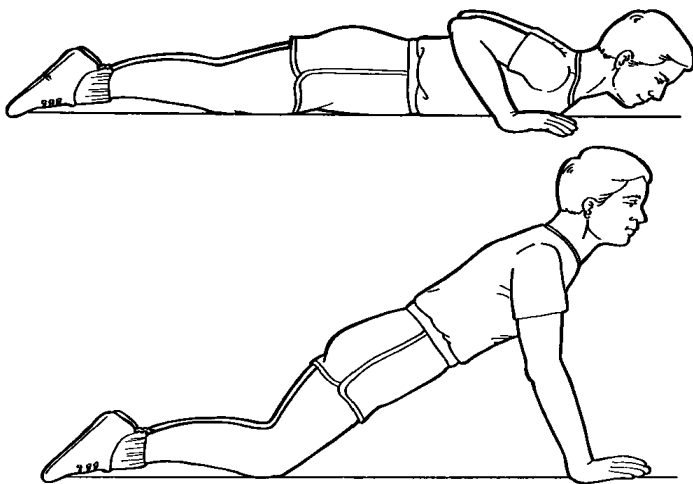


1. Support arm over back of chair as shown
2. Relax the arm as much as possible
3. Grasp the arm with your other hand and pull downward
4. Hold this for 25 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.



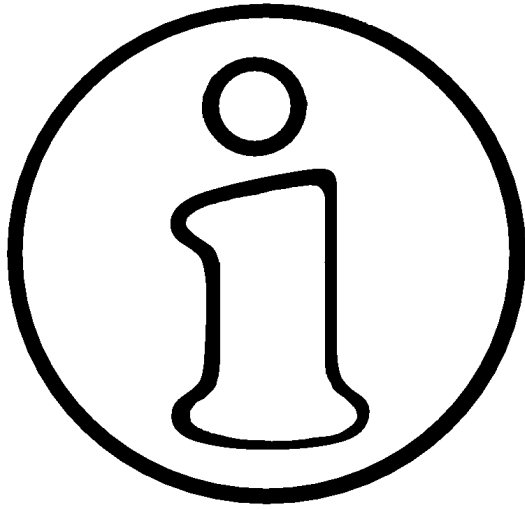
1. Place a rolled towel 4 inches thick under arm
2. Grasp forearm with other hand and pull behind back and downward as shown
3. Hold this for 5 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

Slowly move shoulder to starting position.



1. Assume position on floor as shown
2. Straighten arms to raise your trunk up (push-up)
3. Hold this for 5 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

Slowly move shoulder to starting position.



When you have an acute shoulder injury, there is a logical way to attempt to return to more normal activities. An accurate diagnosis is most important.

It is always of utmost need to go to your doctor both primary and if needed, your orthopedic specialist in order to get a proper examination and diagnosis. When the condition has been identified, it is then time to find out what to do.

Rest and proper order of exercise and rehabilitation, regain of optimal painless range of motion, return of strength and stability and finally to normal activities of daily living and work related activities are the proper road back to being healthy.

When your condition is acute and then transforms to sub-acute and possibly chronic, your doctor will tell you when it is time to attempt progressing to additional exercise and activities.

When your condition becomes sub-acute and it is time to go from complete rest to some activities, here are some general guidelines.

As with all conditions, always check with your doctor before proceeding.

## LIGHT ACTIVITY GUIDELINES

You are now allowed to perform these activities with your affected arm. The first time you use your arm for a new activity you may have some slight soreness. If you have pain for more than one hour after performing an activity or the pain is severe, you are not yet ready to perform that activity.

### EXAMPLES:

#### WASHING AND DRESSING

You may attempt to:

- wash your hair
- apply lotion
- shave
- pull on loose clothing

You should not:

( Continues... )

( ...Continues )

- put on heavy boots
- put on jeans or tight pants
- put on pantyhose

## DRIVING

You may be able to:

- drive an automatic transmission car with power steering

You should not:

- drive a stick-shift car or one without power steering
- change a tire
- perform repairs on a car

## SHOPPING

You may attempt to:

- pick up items weighing less than one pound (0,5 kg)

You should not:

- pick up items weighing one pound or more
- steer the cart
- carry the grocery bags

## COOKING AND EATING

You may attempt to:

- wash and dry cups, utensils and small plates, bowls etc.
- use a fork to eat

You should not to:

- wash plates, pots and pans
- use a knife to cut difficult-to-cut foods
- carry pots and casserole dishes
- perform heavy chopping

## LAUNDRY

You may attempt to:

- load clothes into the washing machine
- fold laundry that is dry
- put laundry away

You should not:

- take wet laundry out of the washer
- wring out wet laundry
- carry the laundry basket

## YARD WORK

You are allowed to:

- perform light tasks

You should not:

- rake
- shovel, dirt or snow
- use shears
- use the lawn mower or weed eater

( Continues... )

( ...Continues )

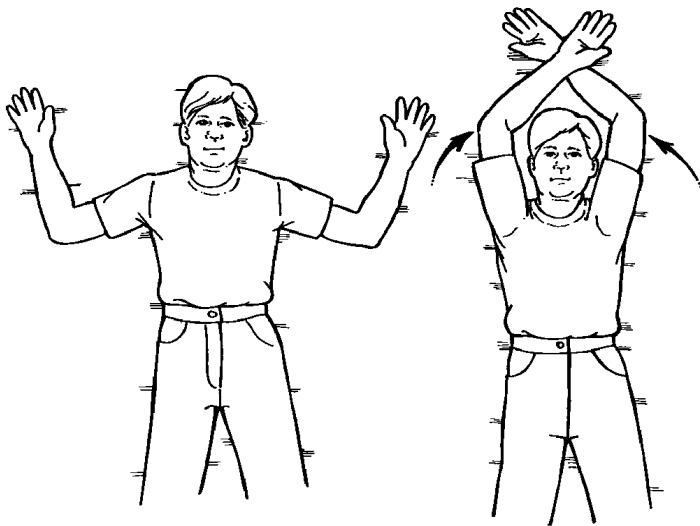
## CLEANING

You may attempt to:

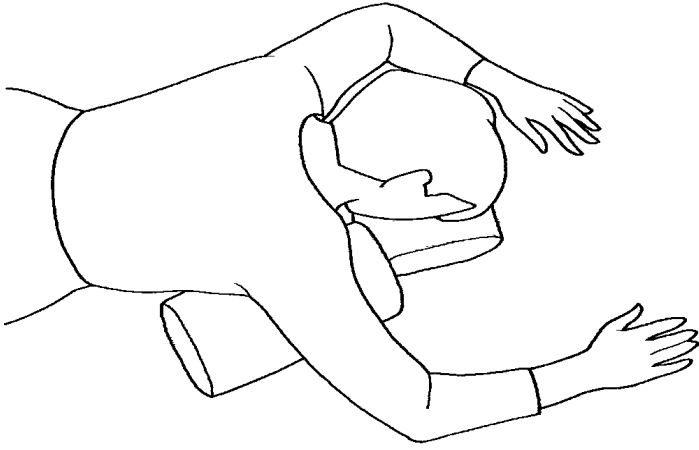
- dust
- put small items away

You should not:

- vacuum
  - move heavy items
  - move furniture
  - use a scrub brush
  - lift a pail of water
- 



1. Lie on back with arms positioned as shown
2. Keeping arms against floor, raise them overhead
3. Hold this for 30-60 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

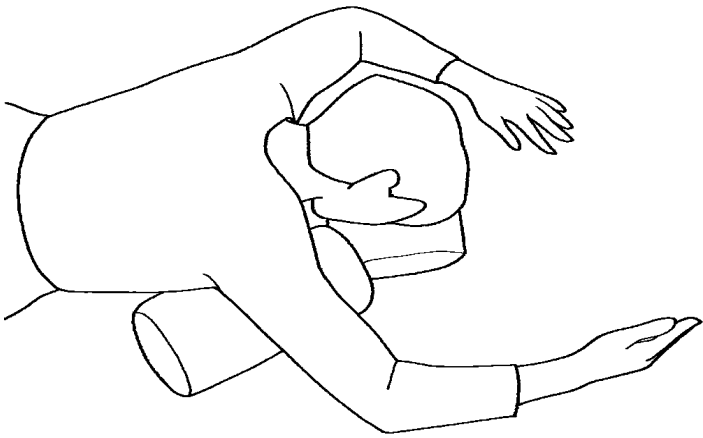


Lie on your stomach. Place a towel roll under your forehead and one under the front of your shoulder. You may also place a pillow under your arm. Tighten your shoulder blade muscles and pull the shoulder blade down and inwards towards your spine.

Do not shrug your shoulder or pull it straight downwards.

Hold this for 5 seconds, repeat 5 times for 2 sets. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.





Lie on your stomach. Place a towel roll under your forehead and one under the front of your shoulder. You may also place a pillow under your arm. Your arm should be slightly bent at the elbow. Tighten your shoulder blade muscles and pull the shoulder blade down and inwards towards your spine.

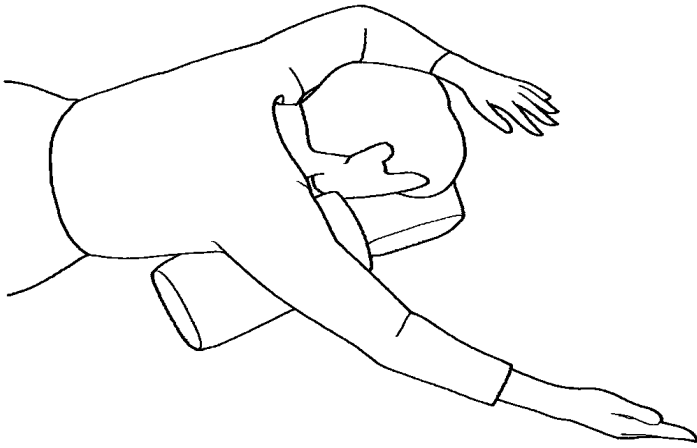
Lift your arm off of the pillow, being careful not to shrug your shoulder.

Hold this for 5 seconds, repeat 5 times for 2 sets. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

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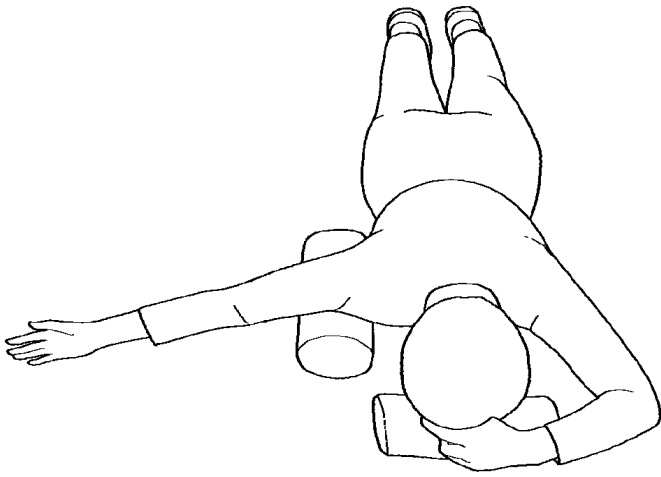
1. Lie on belly with arm overhead
2. Raise arm upward as far as you can
3. Hold this for 30-60 seconds, repeat 2-3 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.



Lie on your stomach. Place a towel roll under your forehead and one under the front of your shoulder. You may also place a pillow under your arm. Your arm should be straight. Tighten your shoulder blade muscles and pull the shoulder blade down and inwards towards your spine.

Lift your arm off of the pillow, being careful not to shrug your shoulder. Once you can do this exercise for the recommended number of repetitions, you may add a light weight if your therapist agrees.

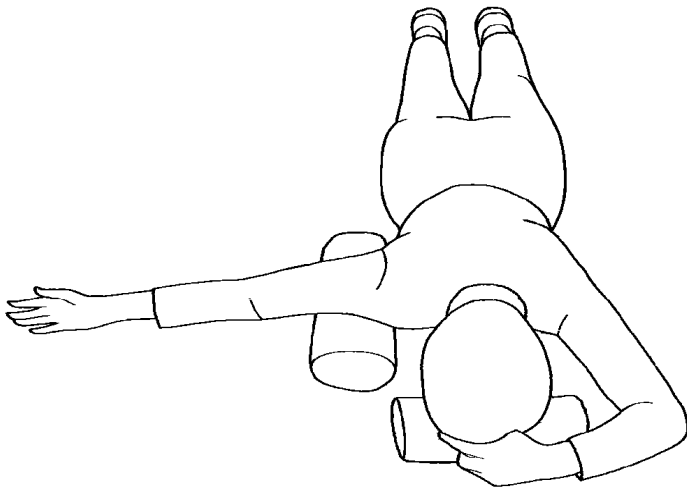
Hold this for 5 seconds, repeat 5 times for 2 sets. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.



### Starting position

Lie on your stomach with your arm off the side of the bed. The edge of the bed should be just above your elbow. Place a small rolled up towel under your forehead to allow your neck to be straight. Place another small rolled up towel under the front of your shoulder.

Hold this for 5 seconds, repeat 5 times for 2 sets. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.



### Ending position

Straighten your elbow and turn your arm so your thumb faces upwards. Contract the muscles that are between your shoulder blade and your upper arm bone.

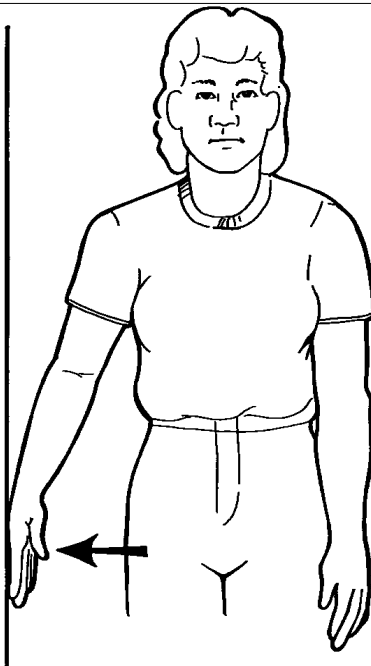
Lift your arm upwards very slightly off of the bed. Do not let your shoulder shrug.

Hold this for 5 seconds, repeat 5 times for 2 sets. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

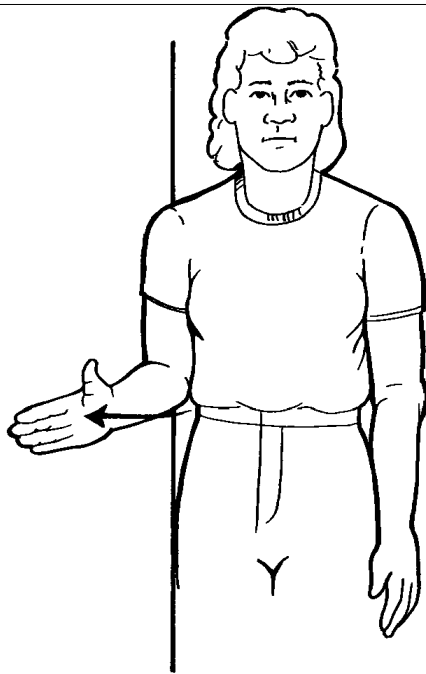
As you improve and progress you may progress to adding a light weight to this exercise.



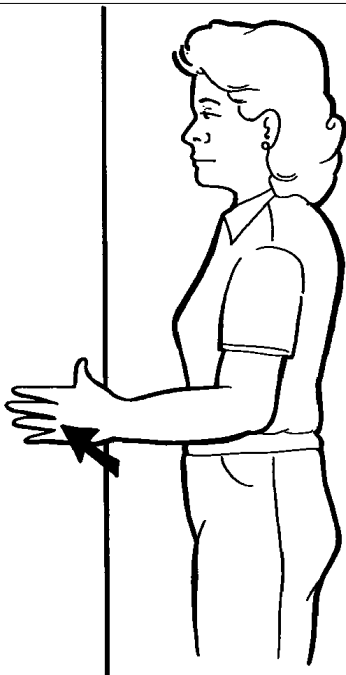
1. Place arm slightly away from body
2. Place the other hand on arm as shown
3. Try to raise the arm out to the side, but resist the motion with your other hand
4. Hold this for 30-60 seconds, repeat 2-3 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.



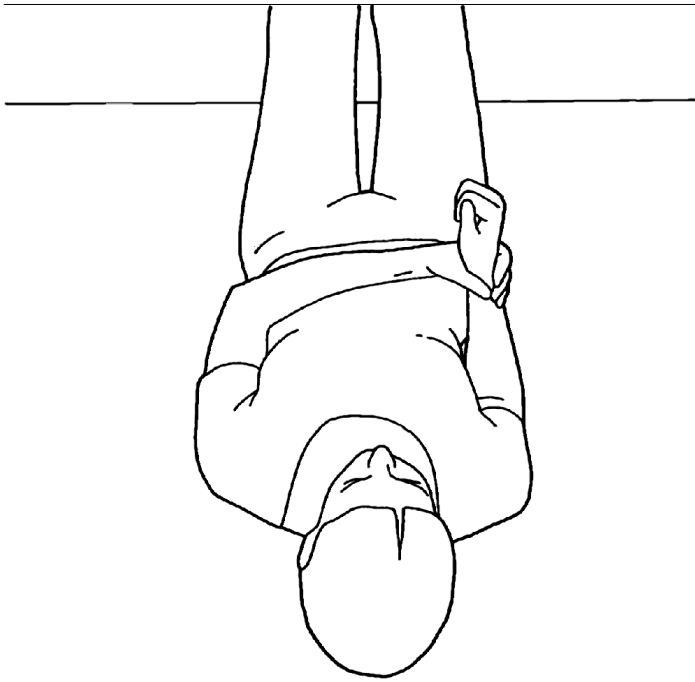
1. Place arm straight against wall
2. Try to raise arm out to side, but resist the motion with the wall
3. Hold this for 30-60 seconds, repeat 2-3 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.



1. Place arm against wall with elbow bent as shown
2. Try to push the arm outward, but resist the motion with the wall
3. Hold this for 30-60 seconds, repeat 2-3 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.



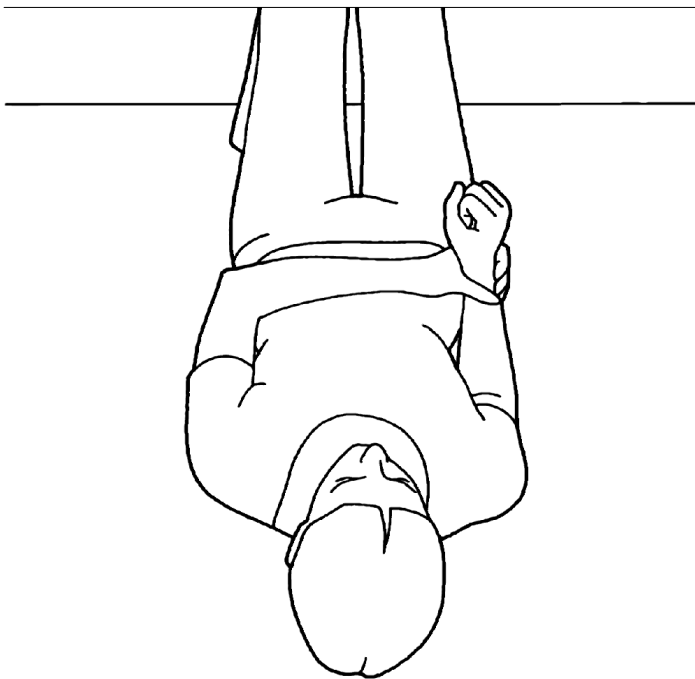
1. Place arm against wall with elbow bent as shown
2. Try to push the arm inward, but resist the motion with the wall
3. Hold this for 30-60 seconds, repeat 2-3 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.



Lying on your back. Elbow bent at a right angle close to your body. Hold on to your wrist with the other hand.

Try to move your hand outwards while resisting any movement with the other hand.

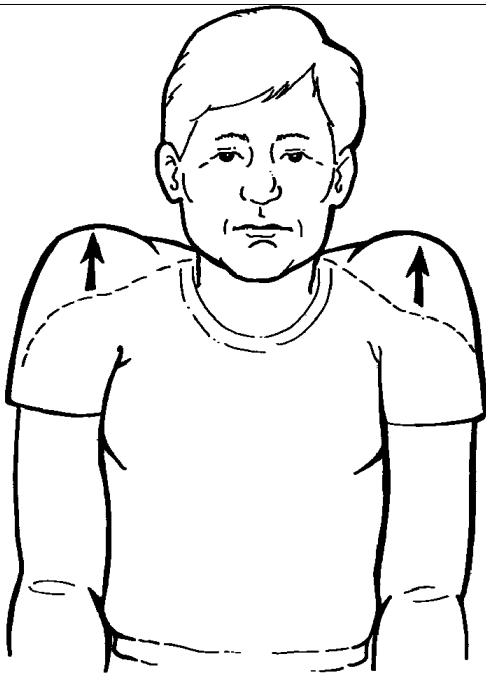
Hold this for 5 seconds, repeat 5 times for 2 sets. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.



Lying on your back. Elbow bent at a right angle close to your body. Hold on to your wrist with the other hand.

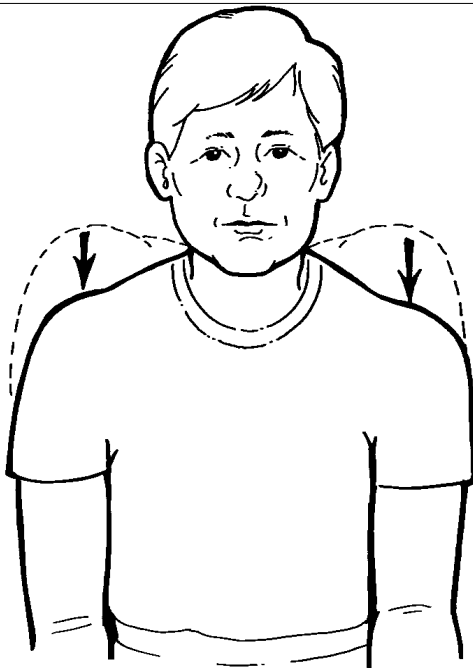
Try to move your hand inwards while resisting any movement with your other hand.

Hold this for 5 seconds, repeat 5 times for 2 sets. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.



1. Begin with shoulders relaxed
2. Pinch shoulders upward toward ears
3. Hold this for 5 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

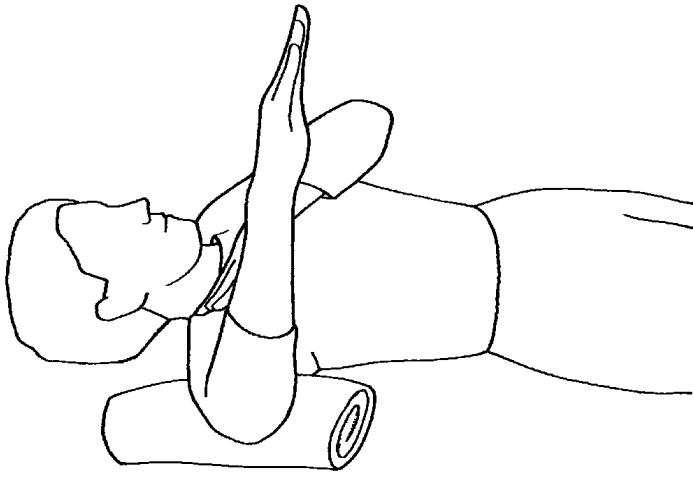
Slowly move shoulder to starting position.



1. Sit or stand as shown
2. Try to press your shoulders downward as far as you can
3. Hold this for 5 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

Slowly move shoulder to starting position.





### Starting position

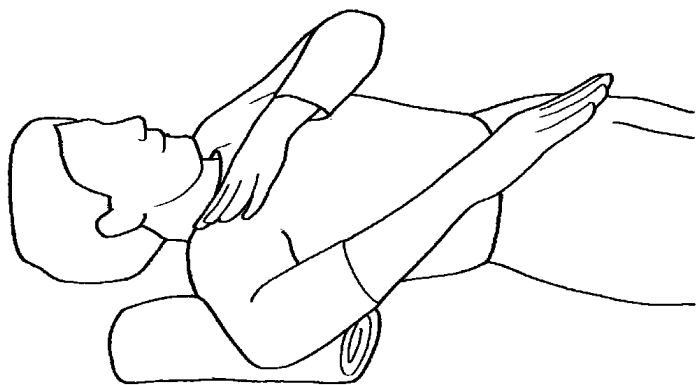
Lie on your back on the floor or in bed with a small towel roll under your upper arm near your elbow.

Keep your upper arm at a 90 degree (right) angle away from your body. Also keep your elbow bent to a 90 degree angle.

Place your other arm on top of your shoulder to keep the front of your shoulder from moving up off of the ground.

Hold this for 5 seconds, repeat 5 times for 2 sets. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

As you improve and progress you may progress to adding a light weight to this exercise.



### Ending position

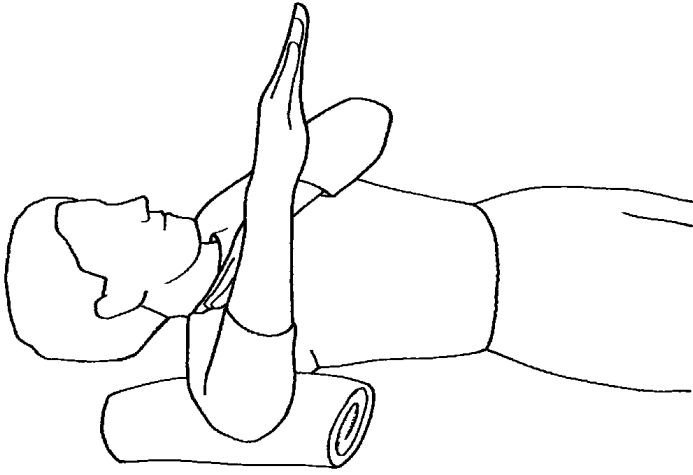
Bring your forearm downwards, keeping your elbow bent and your arm at a 90 degree (right) angle from your side. Your palm faces downwards. Use your other arm to keep the shoulder from moving up off of the floor or bed.

As you perform this exercise, you may need to adjust your upper arm position as it will tend to slide down closer to your body.

Also your elbow will tend to straighten so be careful to watch the position of the arm. Your elbow should remain at a 90 degree (right) angle.

Hold this for 5 seconds, repeat 5 times for 2 sets. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

As you improve and progress you may progress to adding a light weight to this exercise.



### Starting position

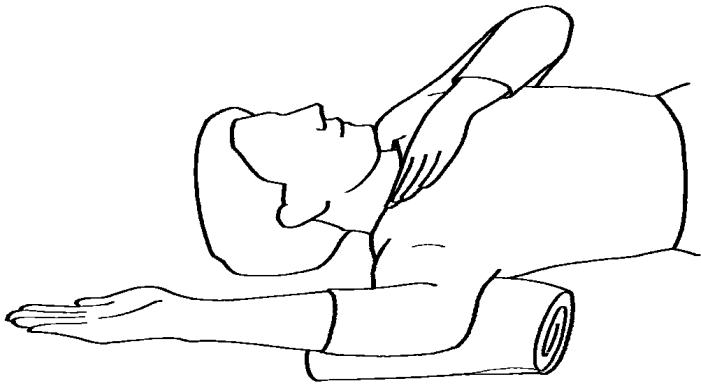
Lie on your back on the floor or in bed with a small towel roll under your upper arm near your elbow.

Keep your upper arm at a 90 degree (right) angle away from your body. Also keep your elbow bent to a 90 degree angle.

You may place your other arm on top of your affected shoulder.

Hold this for 5 seconds, repeat 5 times for 2 sets. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

As you improve and progress you may progress to adding a light weight to this exercise.



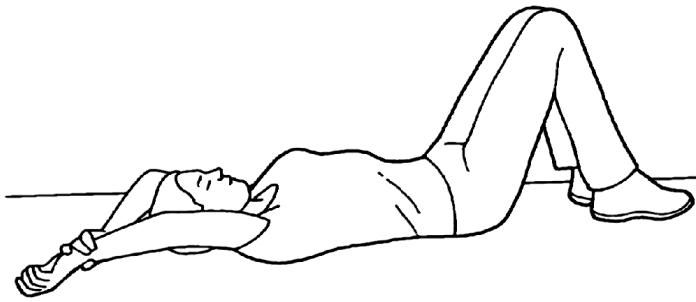
### Ending position

Move your forearm so it is moving towards your head and down towards the floor or bed. Keep your elbow bent to a 90 degree (right) angle and your arm at a 90 degree (right) angle from your side. Your palm faces downwards. Your elbow will tend to bend more than 90 degrees so be careful to watch the position of the elbow.

You may keep your other arm on top of your affected arm to support it.

Hold this for 5 seconds, repeat 5 times for 2 sets. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

As you improve and progress you may progress to adding a light weight to this exercise.



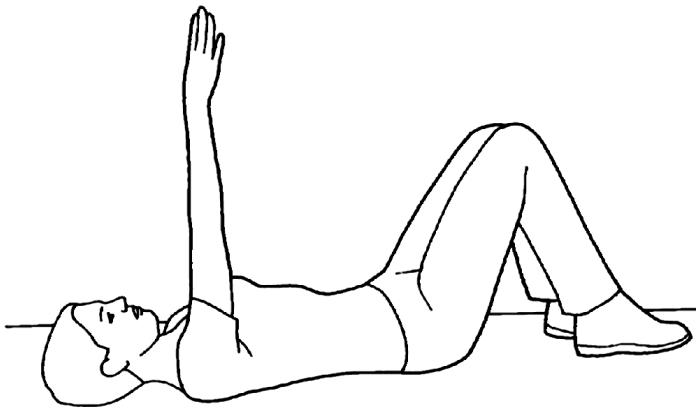
Lying on your back with elbows straight.

Use one arm to lift the other arm up keeping it as close to the ear as possible.

Hold this for 5 seconds, repeat 5 times for 2 sets. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

As you improve and progress you may progress to adding a light weight to this exercise.

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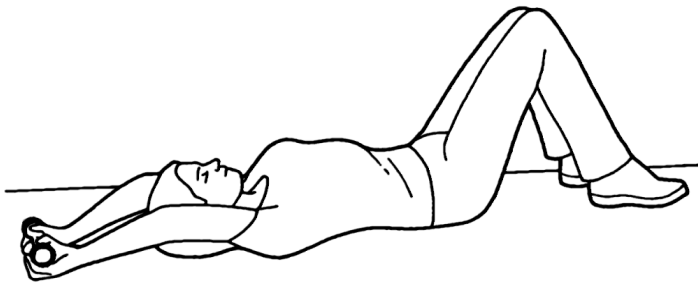


Lying on your back, elbow bent.

Straighten your arm towards the ceiling.

Hold this for 5 seconds, repeat 5 times for 2 sets. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

As you improve and progress you may progress to adding a light weight to this exercise.



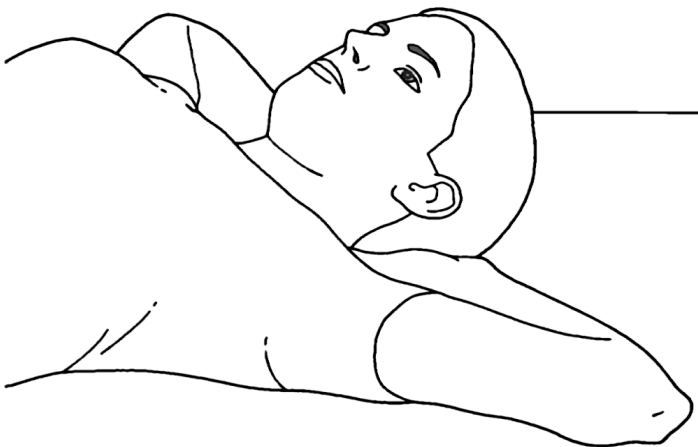
Lying on your back with knees bent. Hold a weight in both hands and rest it on your stomach.

Lift your arms straight up and over your head to the floor. Hold approx. 20 secs. (Breathe normally) - return to starting position.

Hold this for 5 seconds, repeat 5 times for 2 sets. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

As you improve and progress you may progress to adding a light weight to this exercise.

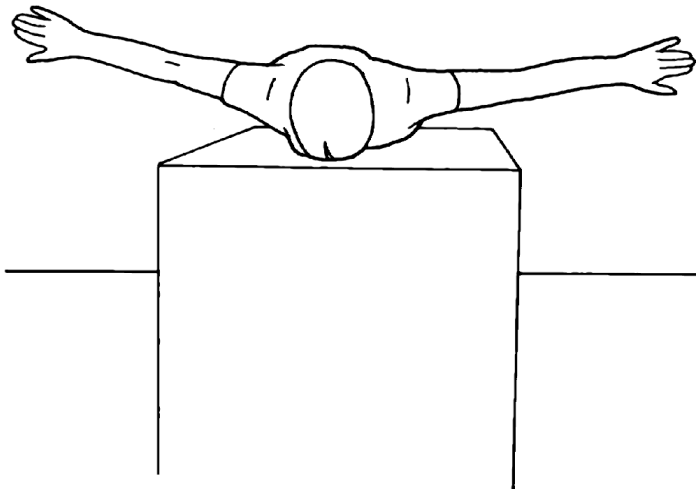
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Lying on your back with hands behind your neck and elbows pointing towards the ceiling.

Move elbows apart and down to touch the floor.

Hold this for 5 seconds, repeat 5 times for 2 sets. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.



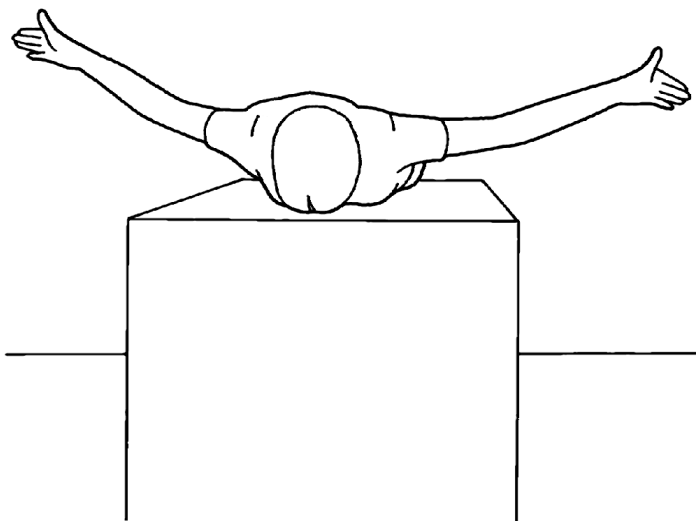
Lying face down with your arms out to the side.

Lift both your arms toward the ceiling with your little fingers leading the movement.

Hold this for 5 seconds, repeat 5 times for 2 sets. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

As you improve and progress you may progress to adding a light weight to this exercise.

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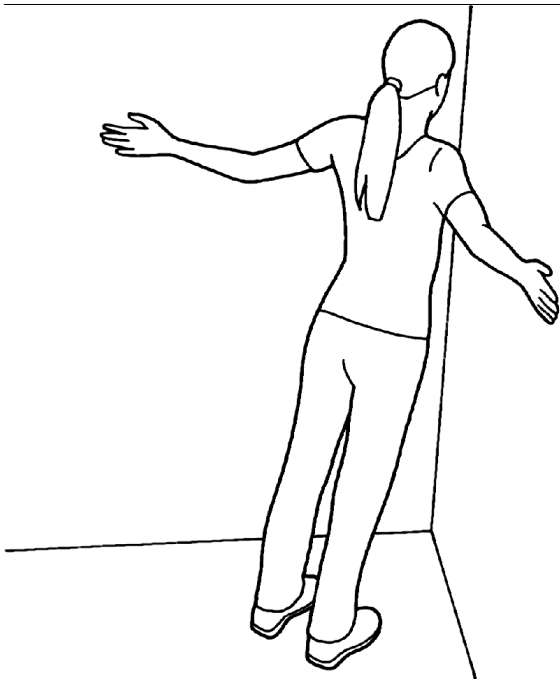


Lying face down with your arms out to the side.

Lift both your arms toward the ceiling with your thumbs leading the movement.

Hold this for 5 seconds, repeat 5 times for 2 sets. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

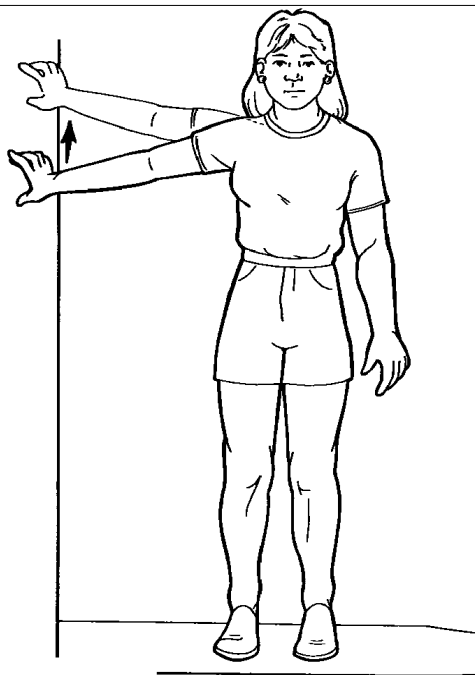
As you improve and progress you may progress to adding a light weight to this exercise.



Stand in a corner of a room, facing the corner. Lift both arms to horizontal position against the walls.

Let your upper trunk lean into the corner until you feel the stretching of your chest muscles. Stretch approx. 20 secs.

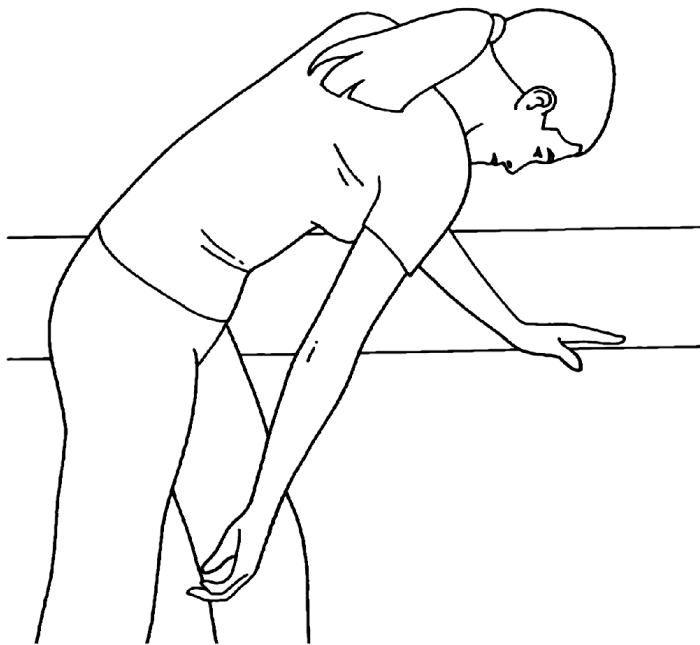
Repeat 5 times.



1. Stand near a wall as shown
2. Slowly "walk" your fingers up the wall, so that you feel a stretch
3. Hold this for 5 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

Slowly move shoulder to starting position.

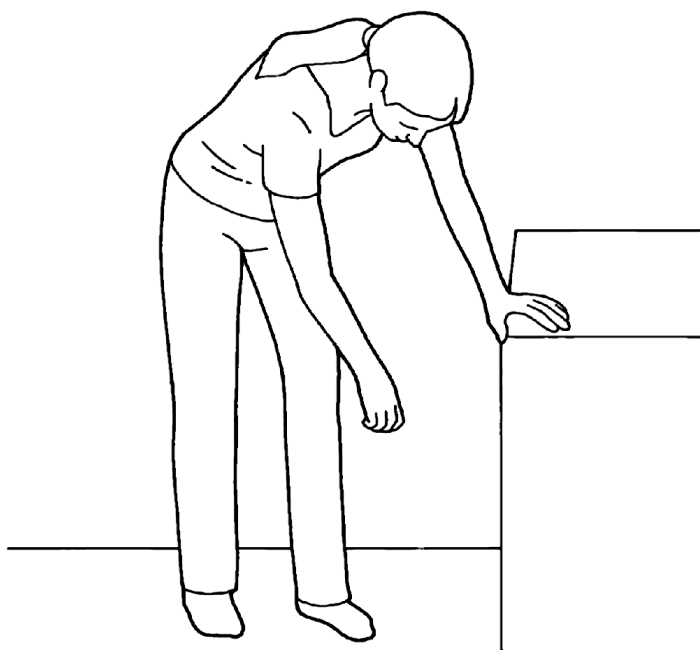




Stand leaning on a table with one hand.

Let your other arm hang relaxed straight down. Swing your arm forwards and backwards.

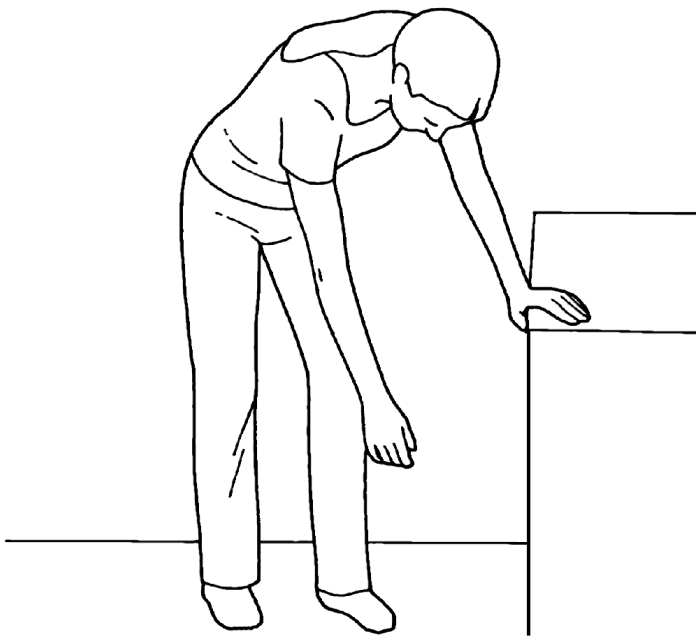
Hold this for 30-60 seconds, repeat 2-3 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.



Stand leaning on a table with one hand.

Let your other arm hang relaxed straight down. Swing your arm to your left and then to your right.

Hold this for 30-60 seconds, repeat 2-3 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

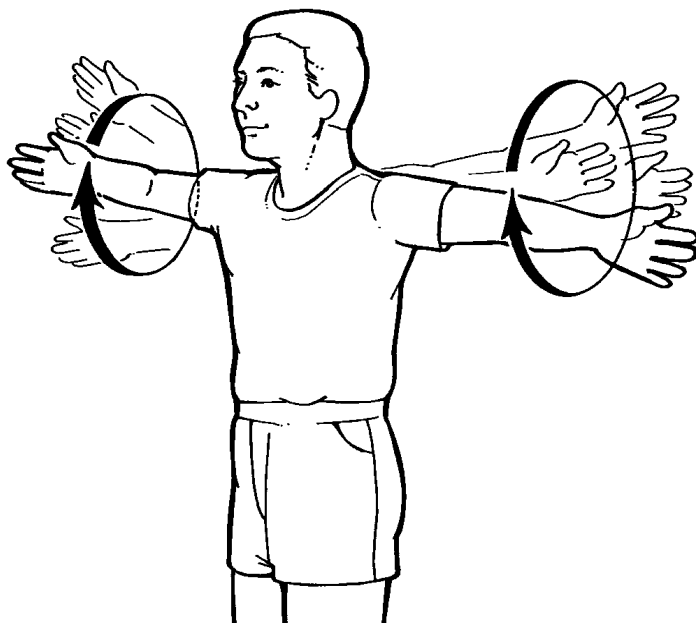


Stand leaning on a table with one hand.

Let your other arm hang relaxed straight down. Swing your arm as if drawing a circle on the floor. Change direction.

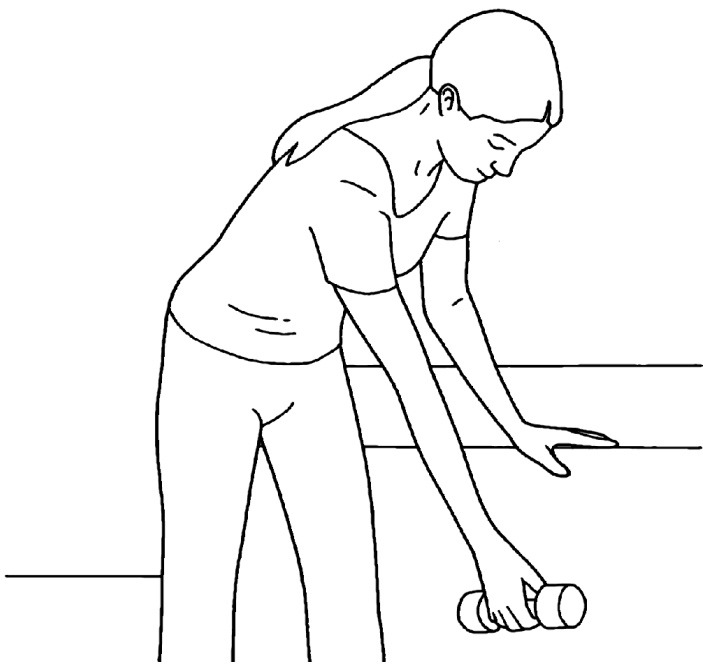
Hold this for 30-60 seconds, repeat 2-3 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

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1. Hold arms out to sides as shown
2. Begin making small backward circles
3. Now begin making forward circles
4. Repeat slowly 10 times in each direction

As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.



Stand leaning on a table with one hand. Hold a 1-2 kg weight in the other hand.

Let your arm hang relaxed straight down. Then let it swing relaxed in various directions. Strive for 10-20 cm swings and do the exercise approx. 5-10 min.

As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

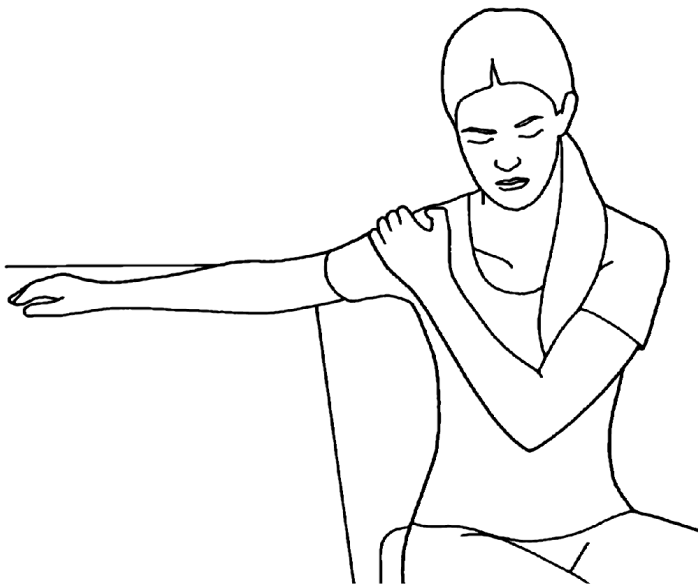
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Sit on a chair with your arm supported on a table.

With your other hand push the top of your upper arm outwards. Hold approx. 20 secs.

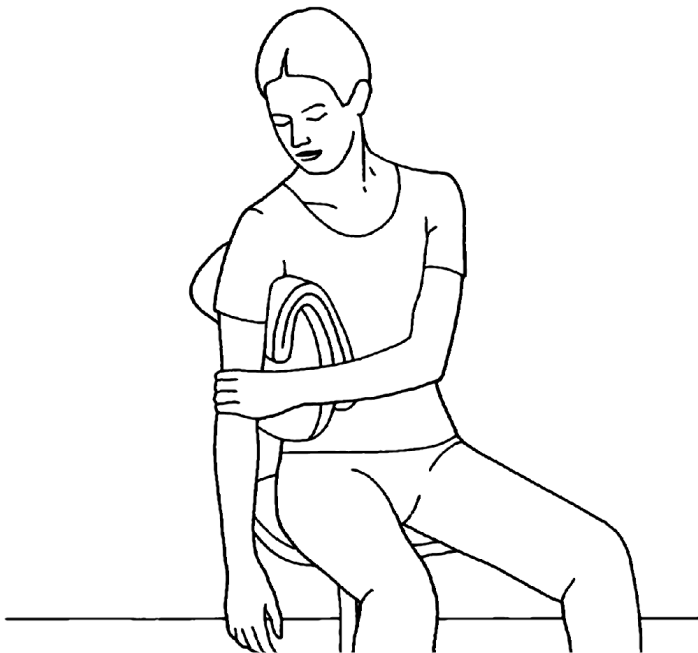
Repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.



Sit on a chair with the arm supported on a table behind you.

With your other hand push the top of your upper arm down and forwards. Hold approx. 20 sec.

Repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.



Sit sideways on a chair with your arm to be mobilised resting over the back of the chair as shown.

With your other hand pull your arm down toward the floor.

Hold this for 20 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

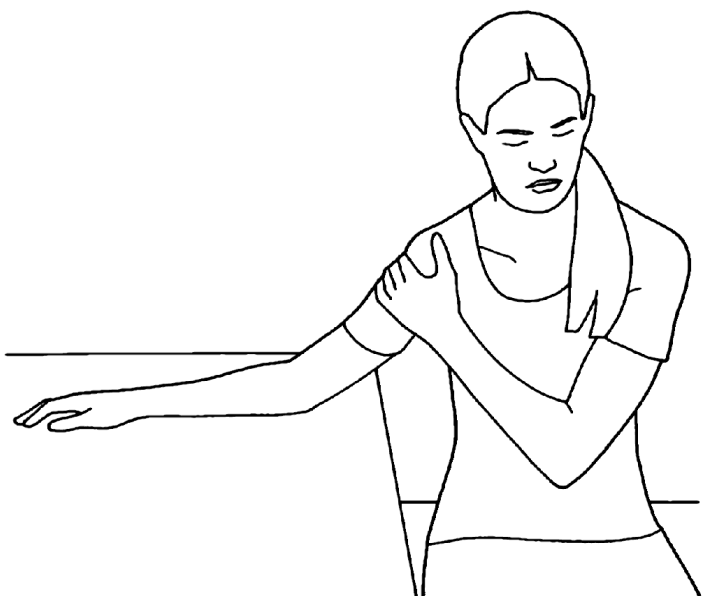


Sit on a chair with your arm supported on a table.

With your other hand push the top of your upper arm downwards.

Hold this for 30 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

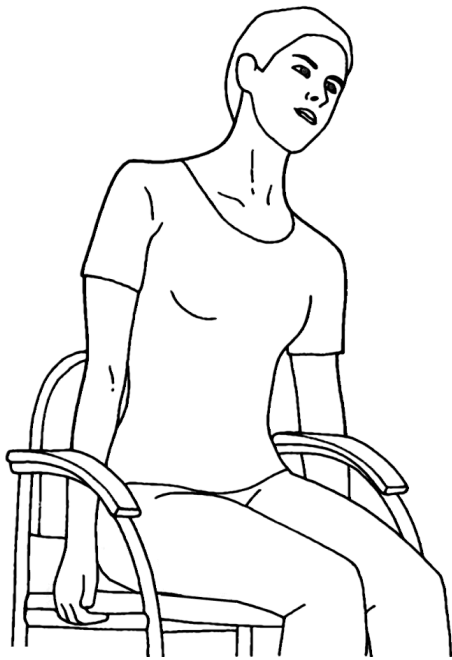
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Sit on a chair with your arm supported out to the side on a table.

With the other hand push the top of your upper arm downwards.

Hold this for 30 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

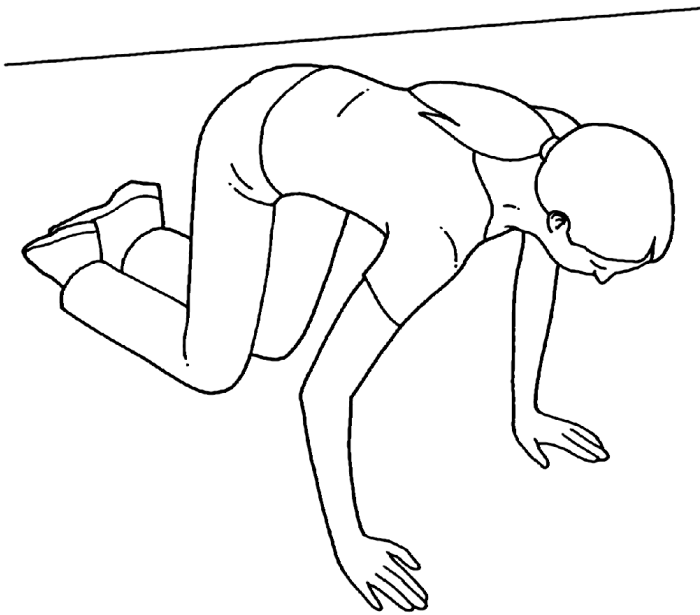


Sit holding on to the side of a chair with the arm to be stretched.

Tilt your trunk away from the fixed arm.

Hold this for 30 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

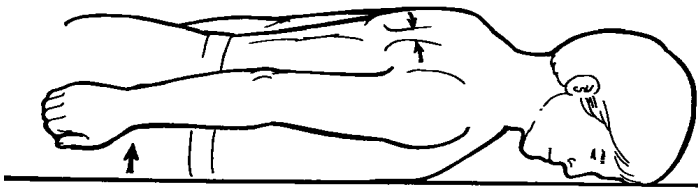
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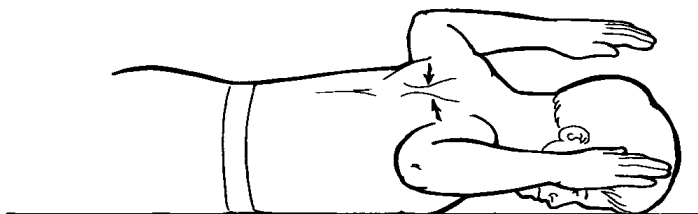
Crawling position.

Lean forward and transfer your weight onto your arms, then shift your weight backwards and to the sides.

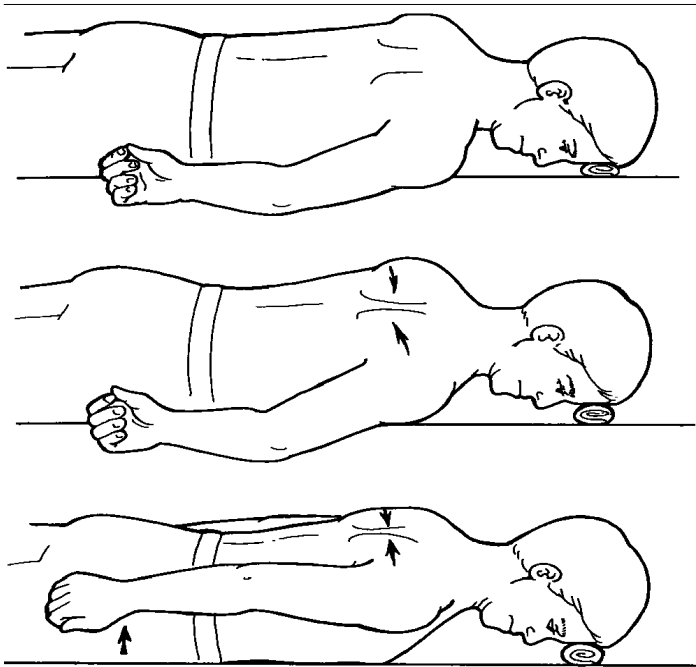
Hold this for 30-60 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.



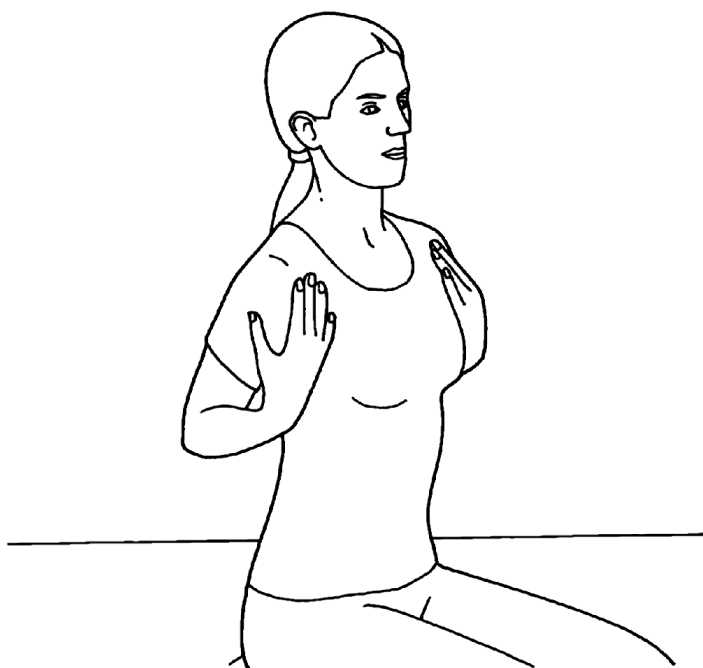
1. Lie on belly with arms resting at sides
  2. Pinch shoulder blades together
  3. Now, raise arms off floor as shown
  4. Hold this for 30 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.
- 



1. Lie on belly with arms at 90 degrees out to side
2. Pinch shoulder blades together as shown
3. Raise arms a few inches off floor
4. Hold this for 30-60 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.



1. Lie on belly with arms resting at sides
2. Pinch shoulder blades together
3. Now, raise arms off floor as shown
4. Hold this for 30-60 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

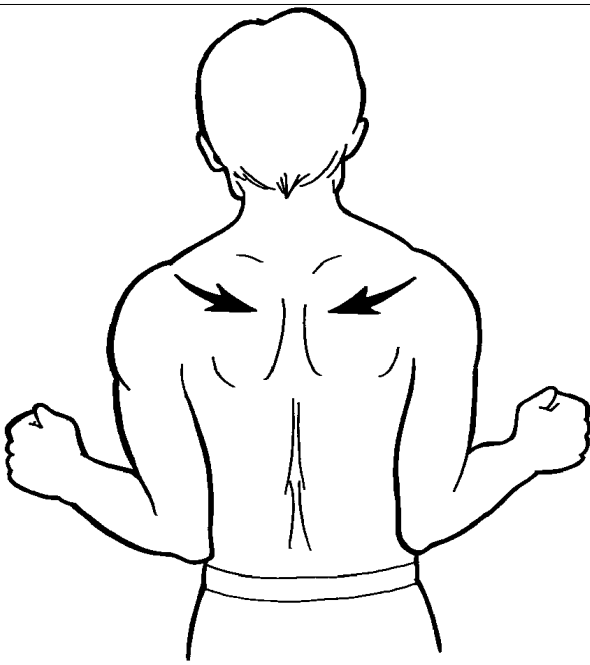


Sit with your fingers on your shoulders.

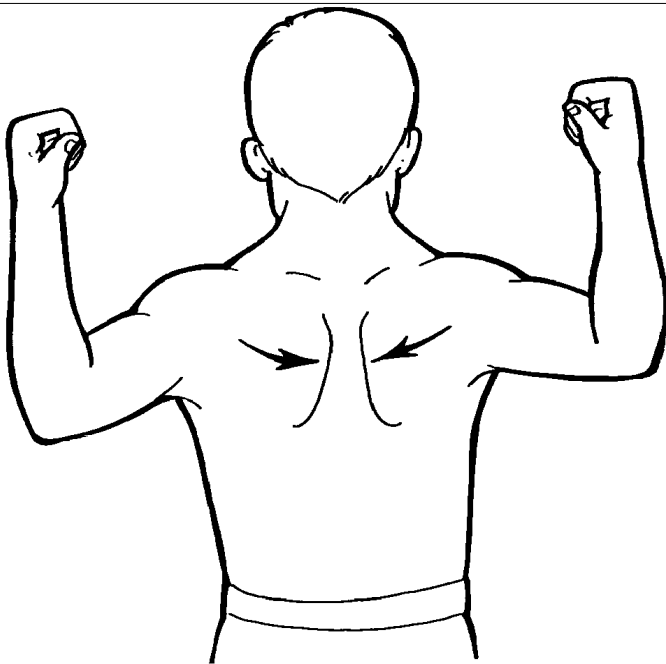
Move elbows forwards - backwards.

Hold this for 30-60 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

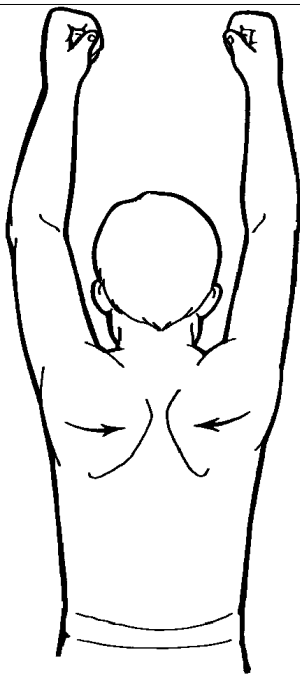




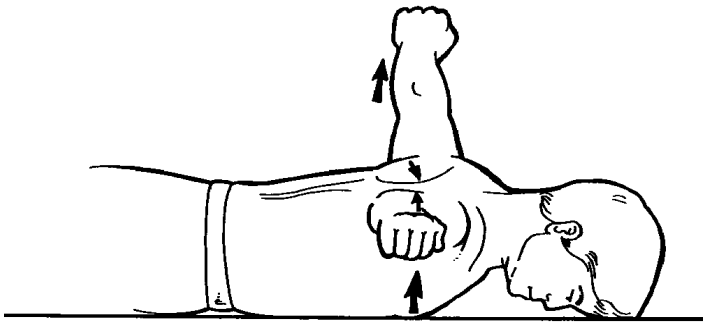
1. Stand with elbows bent to 90 degrees
2. Pinch shoulder blades together as you rotate arms outward
3. Hold this for 30-60 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.



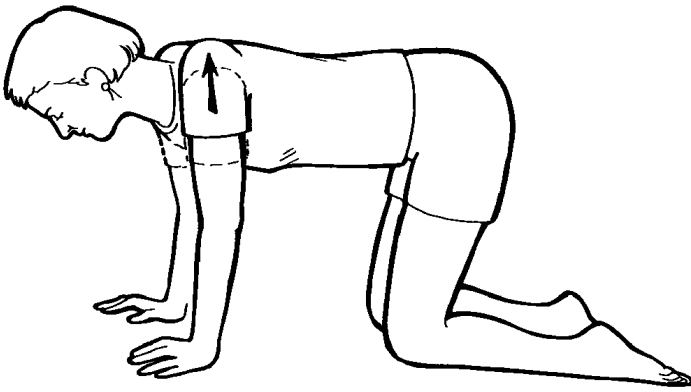
1. Stand with arms overhead as shown
2. Pinch shoulder blades together as you press your arms backward slightly
3. Hold this for 30-60 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.



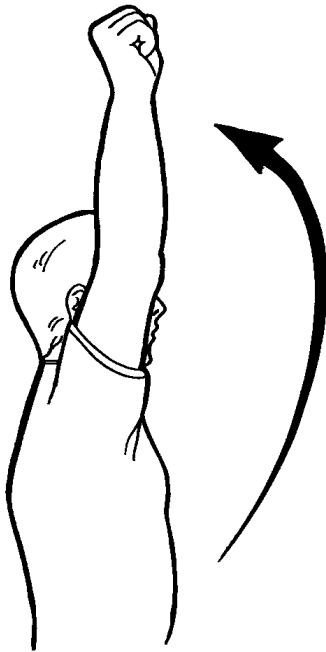
1. Stand with arms overhead as shown
  2. Pinch shoulder blades together as you press your arms backward slightly
  3. Hold this for 30-60 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.
- 



1. Lie on belly with arms at 90 degrees out to side
2. Pinch shoulder blades together as shown
3. Raise arms a few inches off floor
4. Hold this for 30-60 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.



1. Support your body on hands and knees as shown
2. Allow your body to sag downwards, and your shoulders to sag upwards
3. Hold this for 30-60 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.



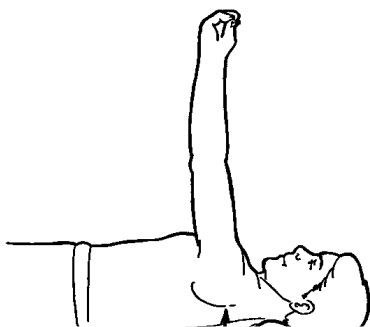
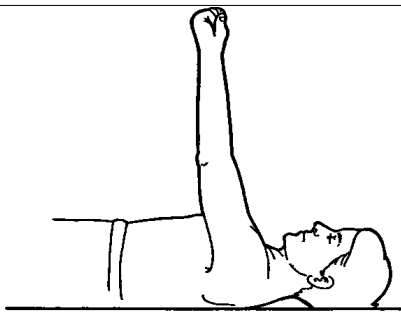
1. Stand with arm relaxed at your side
2. Raise arm up overhead as far as you can
3. Hold this for 30-60 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

Do this often throughout the day.



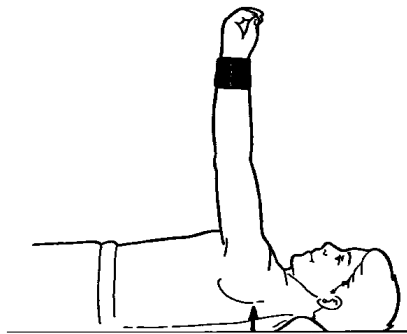
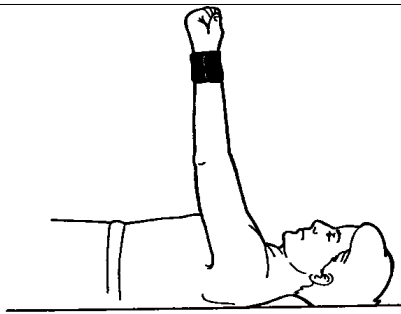
1. Stand with arms relaxed at your side
2. Raise arms up overhead as far as you can
3. Hold this for 30-60 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

Do this often throughout the day

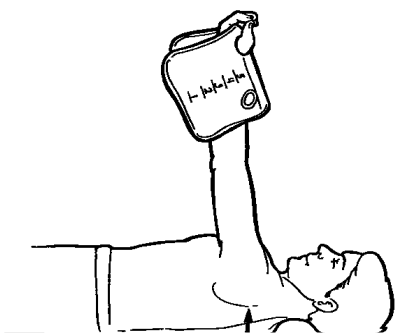


1. Lie on back with arm pointed upward as shown
2. Raise shoulder off floor as you push fist toward ceiling
3. Hold this for 20 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

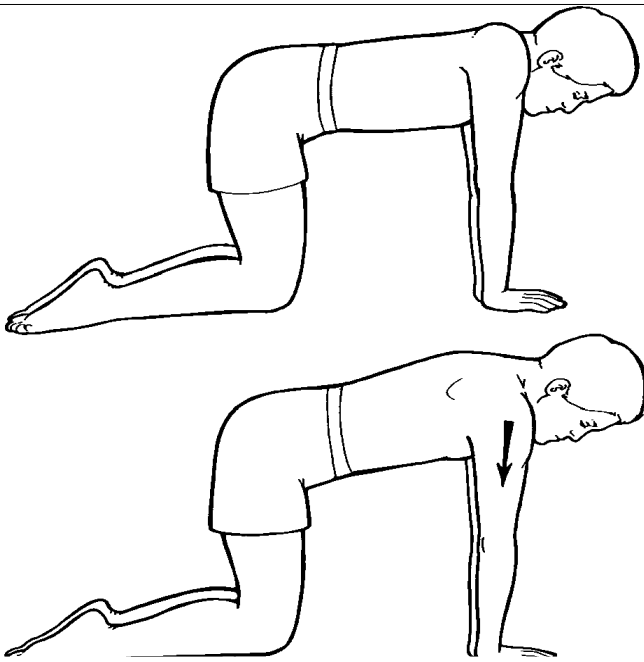
You may add light weights as your condition improves.



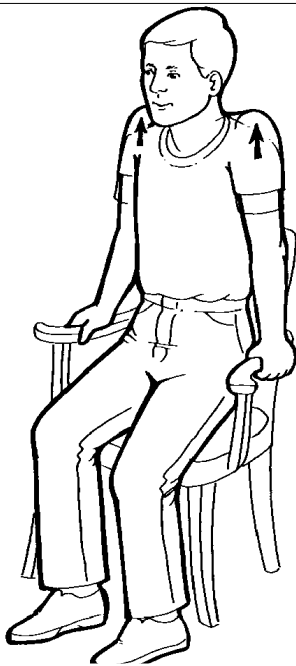
1. Place 5 lb cuff weight on wrist
2. Lie on back with arm pointed upward as shown
3. Raise shoulder off floor as you push fist toward ceiling
4. Hold this for 20 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.



1. Hold 5 lbs water weight in hand
2. Lie on back with arm pointed upward as shown
3. Raise shoulder off floor as you push fist toward ceiling
4. Hold this for 20 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

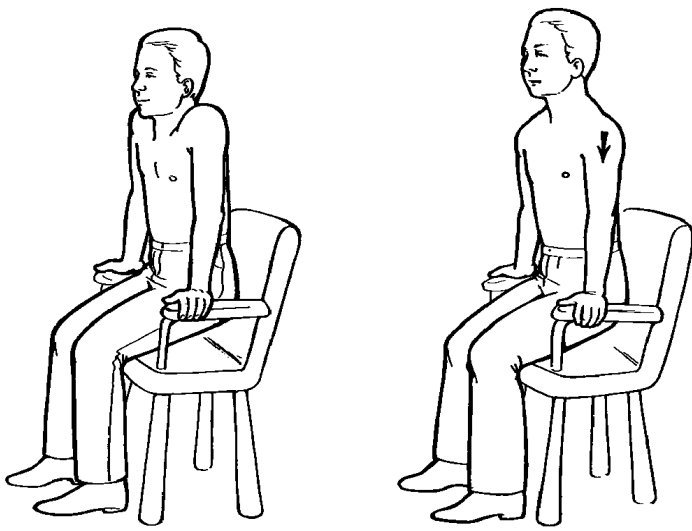


1. Assume position shown
2. Press shoulders forward as you press spine backward
3. Hold this for 20-40 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.



1. Sit in chair as shown
2. Allow your body to sag downwards, and your shoulders to sag upwards
3. Support your body with your legs as needed
4. Hold this for 5 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

Slowly move shoulder to starting position.



1. Support yourself in an armchair as shown
2. Press shoulders downward, while concentrating on holding shoulder blades stable
3. Support part of your body weight with legs as needed
4. Hold this for 5 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

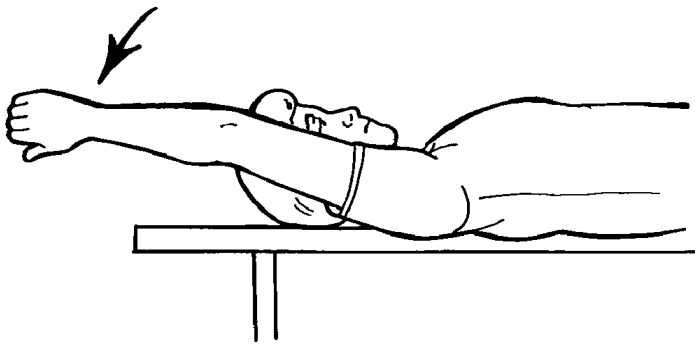
Slowly move shoulder to starting position.



1. Stand with arm at side, elbow bent as shown
2. Reach up overhead to straighten arm
3. Hold this for 30-60 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

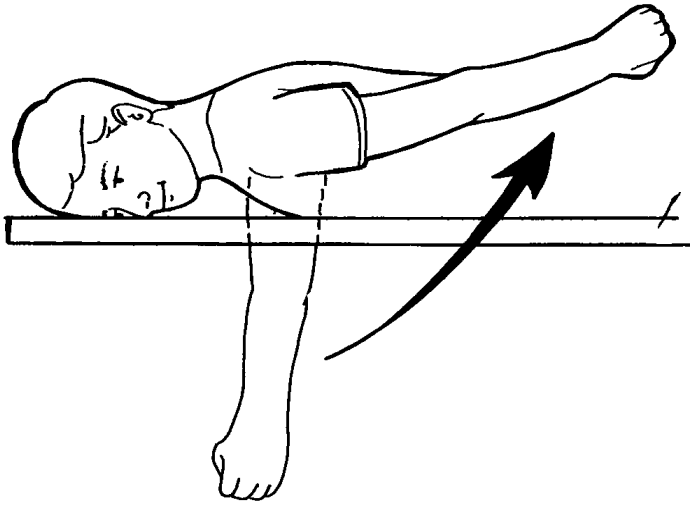


1. Stand with arms at sides, elbows bent as shown
  2. Reach up overhead to straighten arms
  3. Hold this for 30-60 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.
- 



1. Lie on back as shown raising arm overhead as far as you can
2. Relax, letting the weight of your arm provide the stretch
3. Hold this for 30-60 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

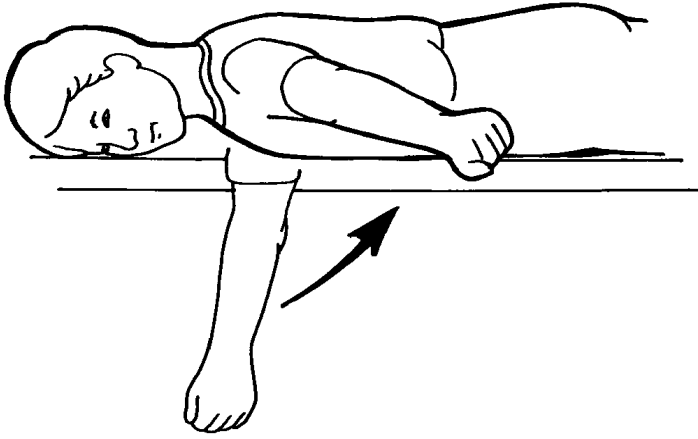




1. Lie on belly with arm off edge of bed as shown
  2. Raise arm backward
  3. Hold this for 30-60 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.
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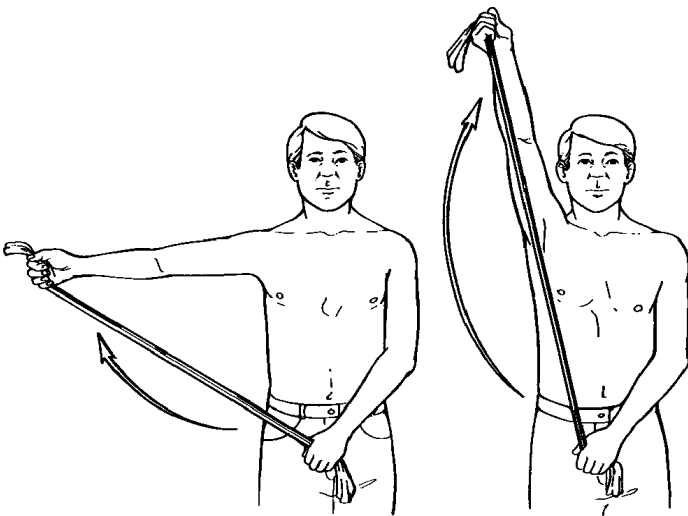


1. Lie on belly with arms resting at sides
2. Raise arms off floor as shown
3. Hold this for 30-60 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.



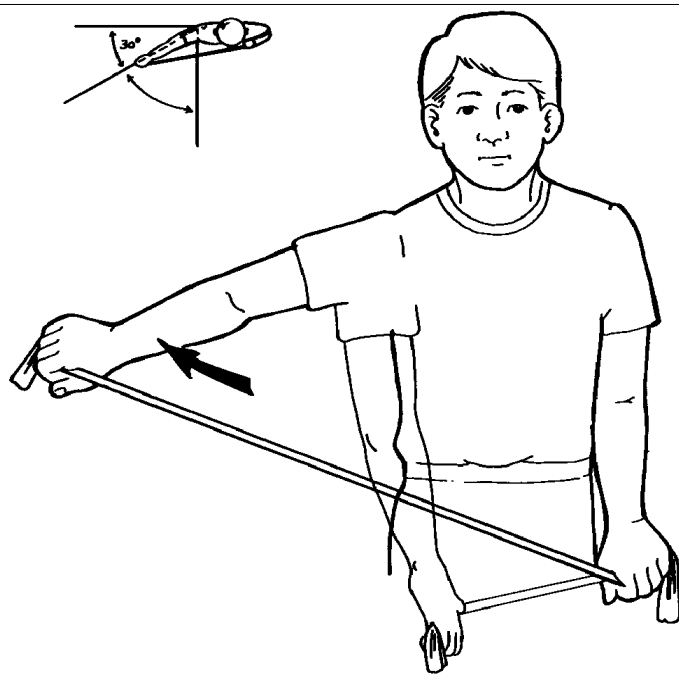
1. Lie on belly over edge of bed as shown
2. Raise arm upward, with arm at a 45 degree angle away from body
3. Hold this for 15 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

Slowly move shoulder to starting position.



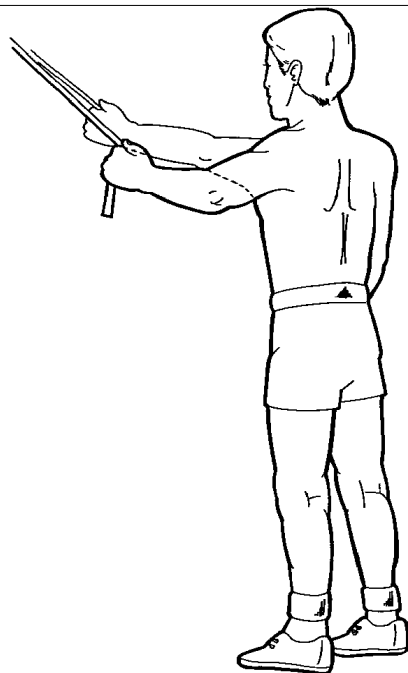
1. Stand holding rubber tubing as shown
2. Raise arm up to the side and overhead as far as you can
3. Hold this for 5 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

Slowly move shoulder to starting position.



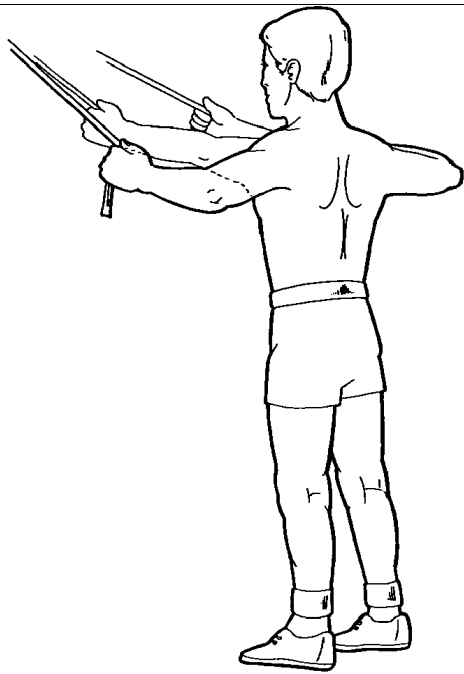
1. Place arm at side with thumb turned downward
2. Hold rubber tubing as shown
3. Raise arm upward, to just below shoulder height as shown
4. Make sure the arm is positioned 30 degrees forward as you raise it (see small diagram)
5. Hold this for 5 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

Slowly move shoulder to starting position.



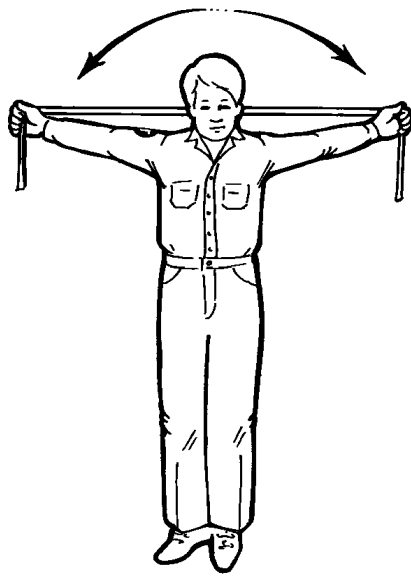
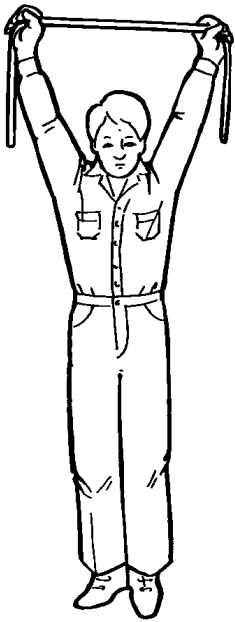
1. Anchor rubber tubing to solid object
2. Hold tubing in hand, arm straight in front of you as shown
3. Bend elbow and pull elbow straight backward (keep arm parallel to floor)
4. Hold this for 5 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

Slowly move shoulder to starting position.



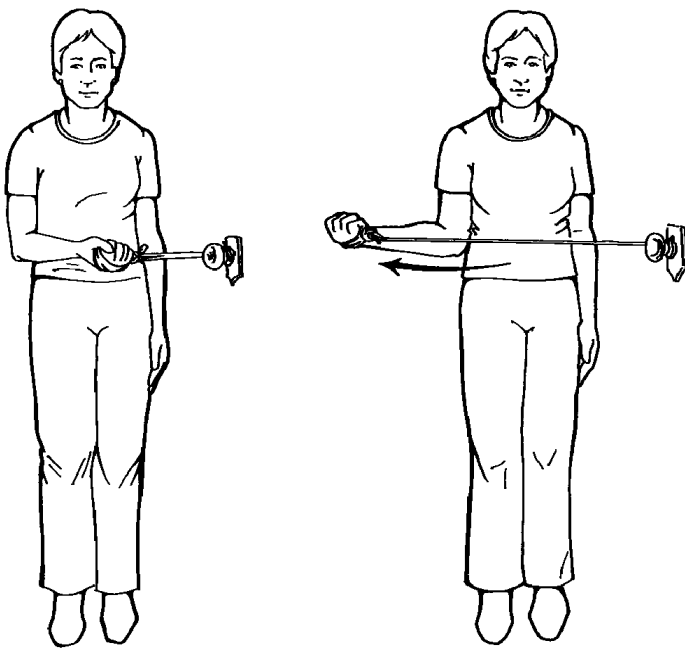
1. Anchor middle of rubber tubing to solid object
2. Hold tubing in both hands, arms straight in front of you as shown
3. Bend elbows and pull elbows straight backward (keep upper arm parallel to floor)
4. Hold this for 5 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

Slowly move shoulder to starting position.



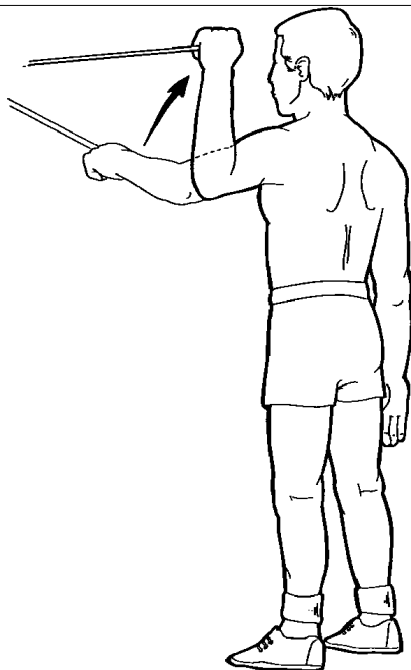
1. Grasp rubber tubing overhead as shown
2. Pull straight arms downward until your arms are parallel with floor
3. Hold this for 5 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

Slowly move shoulder to starting position.



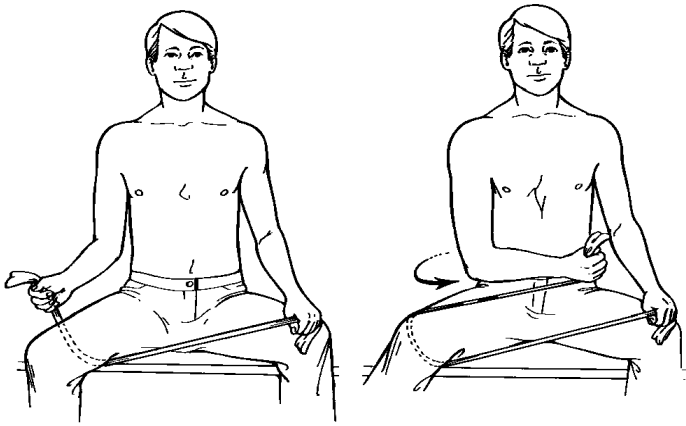
1. Anchor rubber tubing to a solid object
2. Grasp rubber tubing in hand as shown
3. Rotate arm outward, keeping elbow bent
4. Hold this for 5 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

Slowly move shoulder to starting position.



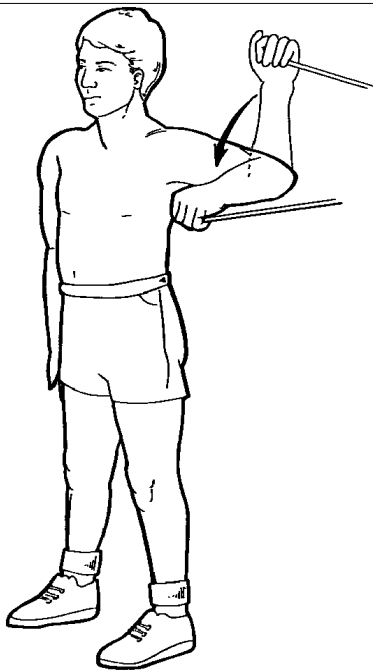
1. Anchor rubber tubing to solid object
2. Grasp rubber tubing in hand
3. Hold arm elevated with elbow bent and fist pointing forward as shown
4. Rotate arm upward from the starting position
5. Hold this for 5 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

Slowly move shoulder to starting position.



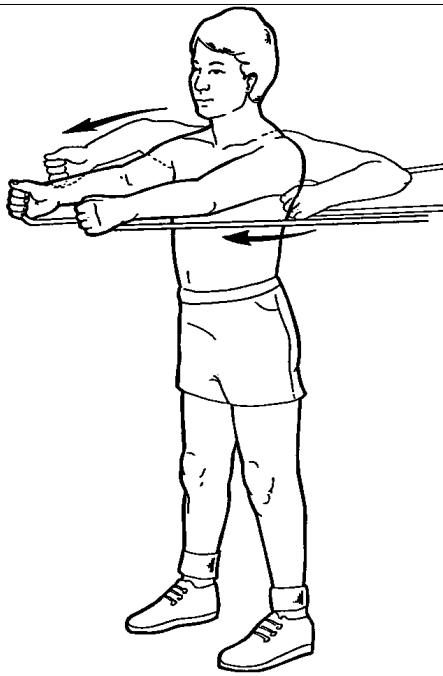
1. Wrap rubber tubing around thigh as shown
2. Keeping arms at sides and elbows bent, rotate arm inward toward body
3. Hold this for 5 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

Slowly move shoulder to starting position.



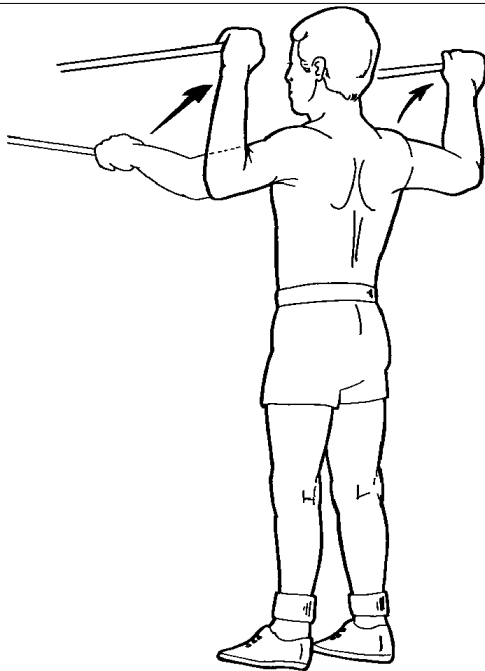
1. Anchor rubber tubing to solid object
2. Grasp rubber tubing in hand
3. To begin, keep the arm elevated with the elbow bent as shown
4. Rotate arm downward from the starting position (see diagram)
5. Hold this for 5 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

Slowly move shoulder to starting position.



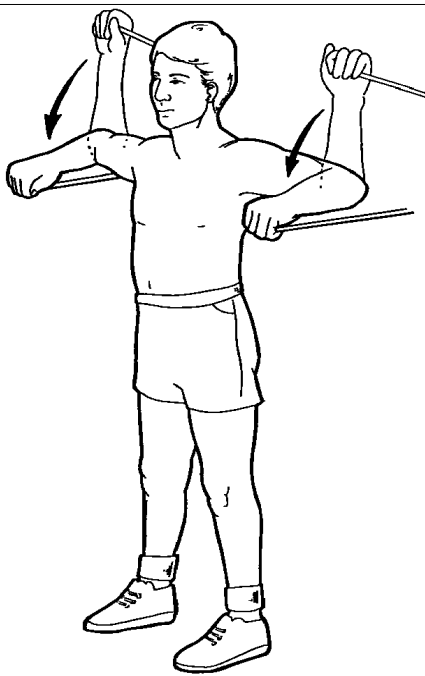
1. Anchor rubber tubing to solid object
2. Grasp tubing with both hands, elbows bent as shown
3. Extend arms straight in front of your body
4. Hold this for 5 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

Slowly move shoulder to starting position.



1. Anchor rubber tubing to solid object
2. Grasp rubber tubing in both hands
3. Hold arms elevated with elbows bent and fists pointing forward as shown
4. Rotate arms upward from the starting position
5. Hold this for 5 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

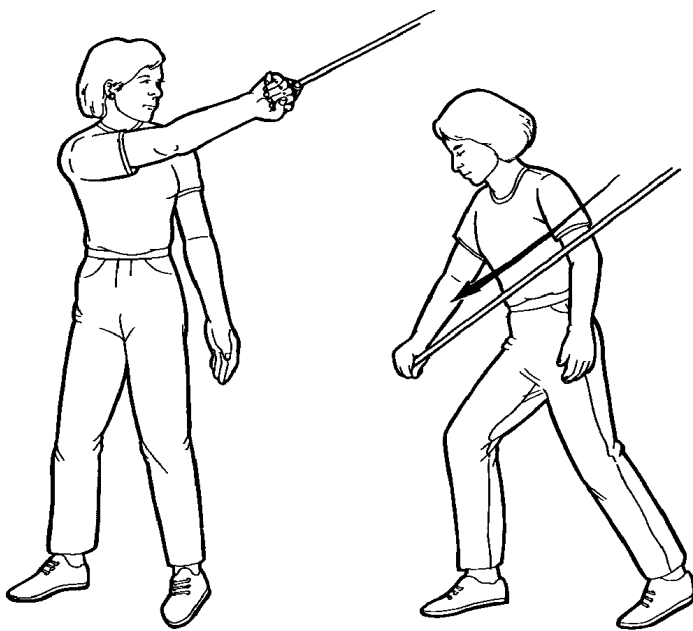
Slowly move shoulder to starting position.



1. Anchor rubber tubing to solid object
2. Grasp rubber tubing in both hands
3. To begin, keep the arms elevated with the elbows bent as shown
4. Rotate arms downward from the starting position (see diagram)
5. Hold this for 5 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

Slowly move shoulder to starting position.

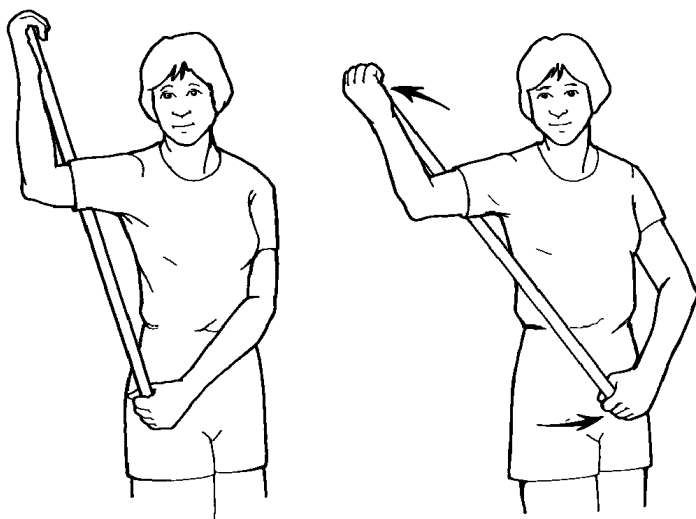
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1. Anchor rubber tubing to solid object
2. Grasp tubing with arm across body as shown
3. Pull arm outward and downward, letting your head follow the full movement
4. Notice that the hand rotates as the arm movement occurs
5. Hold this for 5 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

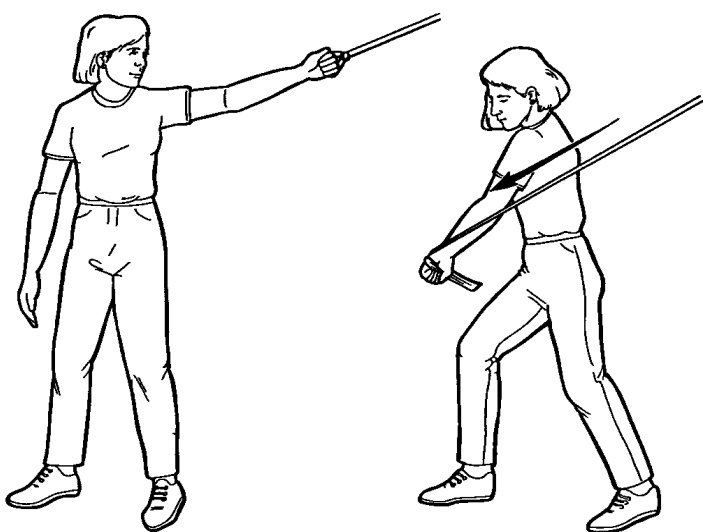
Slowly move shoulder to starting position.





1. Stand holding stick as shown, with arm up and out to side
2. Using stick for assistance, rotate shoulder and forearm backward
3. Hold this for 5 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

Slowly move shoulder to starting position.



1. Anchor rubber tubing to solid object
2. Grasp tubing with arm away from body as shown
3. Pull arm inward and downward, letting your head follow the full movement
4. Notice that the hand rotates as the arm movement occurs
5. Hold this for 5 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

Slowly move shoulder to starting position.



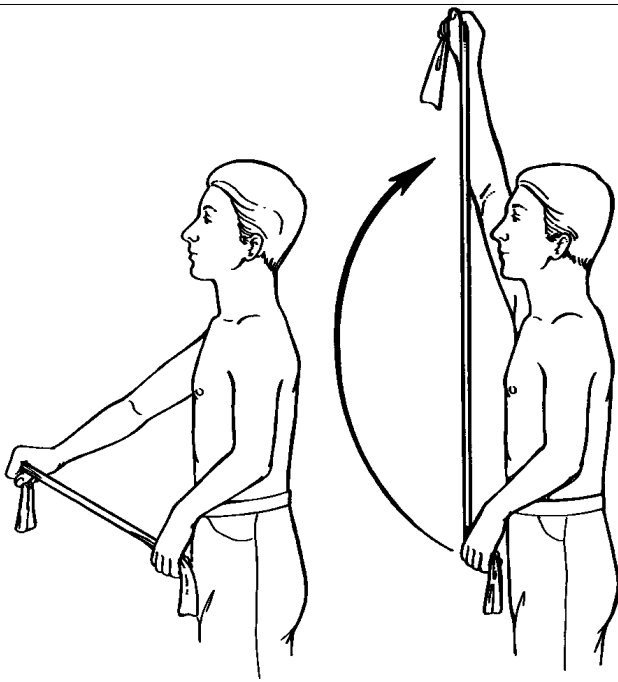
1. Begin with arm down and slightly away from body, hand positioned as shown
2. Move arm inward and upward, letting your head follow the full movement
3. Notice the position of the hand changes from beginning to end
4. Hold this for 5 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

Slowly move shoulder to starting position.



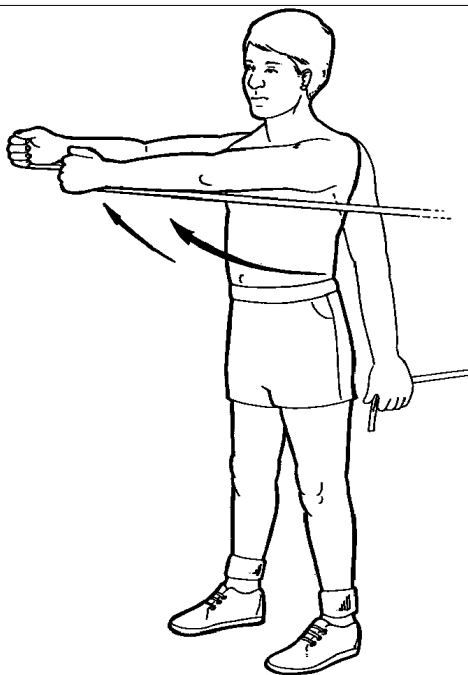
1. Begin with arm up and across body, hand positioned as shown
2. Move arm outward and downward, letting your head follow the full movement
3. Notice the position of the hand changes from beginning to end
4. Hold this for 5 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

Slowly move shoulder to starting position.



1. Stand holding rubber tubing as shown
2. Raise arm up overhead as far as you can
3. Hold this for 5 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

Slowly move shoulder to starting position.



1. Anchor rubber tubing to a solid object
  2. Stand holding rubber tubing in both hands
  3. Raise arms out in front of your body as shown
  4. Hold seconds and slowly lower
- Hold this for 5 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

Slowly move shoulder to starting position.



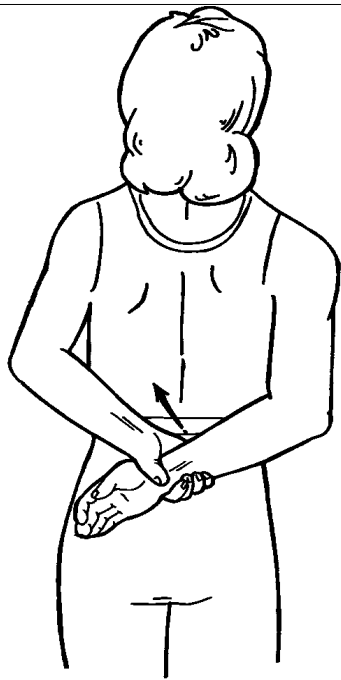
1. Stand grasping elbow with other hand as shown
2. Pull the elbow and arm across your chest so that you feel a stretch
3. Hold this for 5 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

Slowly move shoulder to starting position.



1. Bend elbow and hold in front of body
2. Grasp the arm with the other hand as shown
3. Try to rotate the arm inward toward your body, but resist the movement with the other hand
4. Hold this for 5 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

Slowly move shoulder to starting position.



1. Reach behind back with the arm
2. Grasp the arm with your other hand
3. Try to pull the arm upward as shown so that you feel a stretch
4. Hold this for 5 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

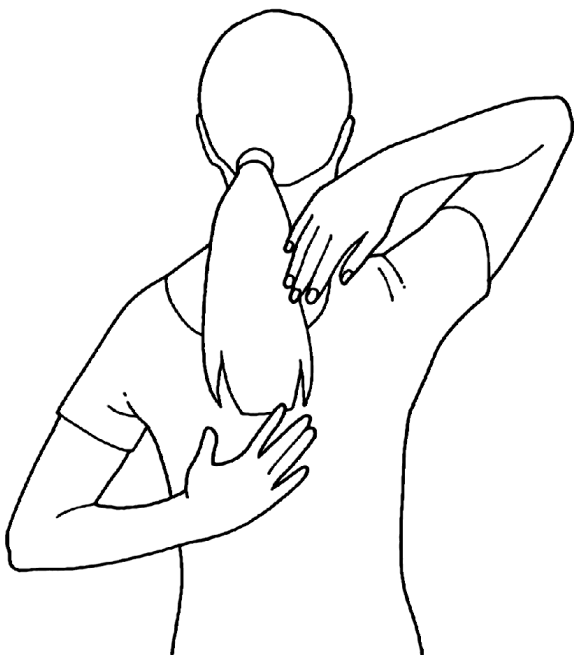
Slowly move shoulder to starting position.

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1. Reach up behind back as shown
2. "Walk" your hands up your back as far as you can
3. Hold this for 5 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

Slowly move shoulder to starting position.



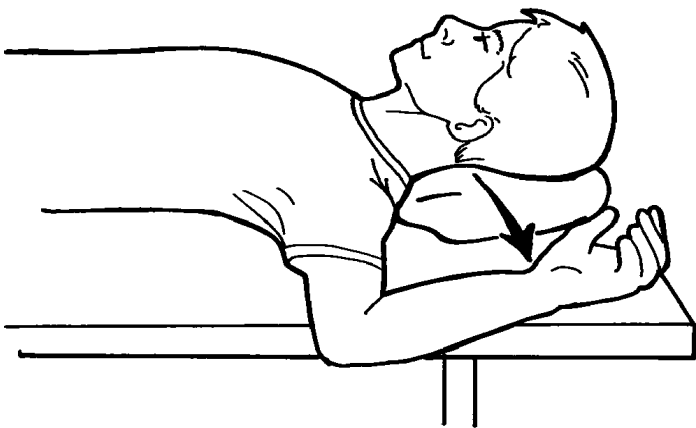
Stand or sit.

Bring your arms alternately behind your neck and back.

Hold this for 5 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

Slowly move shoulder to starting position.

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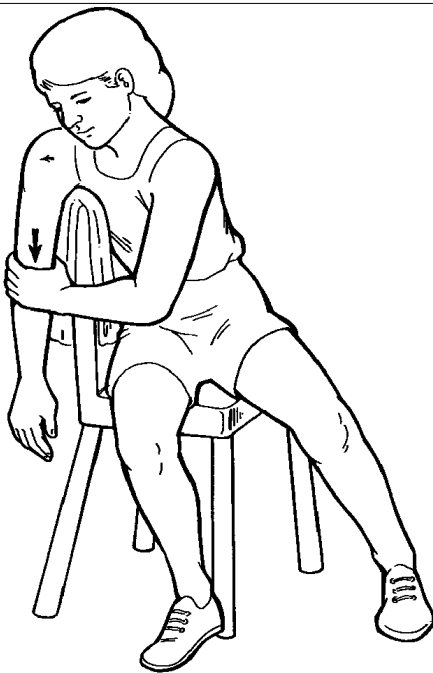


1. Lie on back with arm out to side as shown
2. Let the weight of your arm rotate your shoulder backward
3. Hold this for 5 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

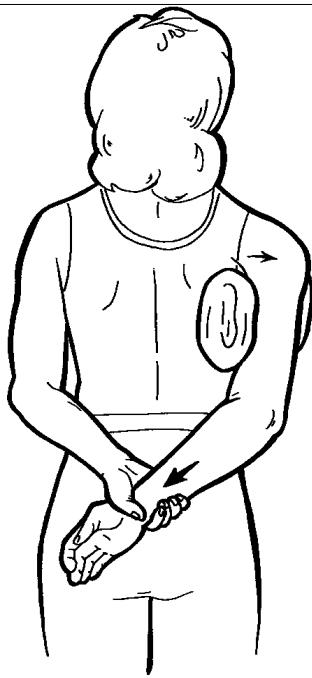
Slowly move shoulder to starting position.



1. Place a rolled towel 4 inches thick under arm
2. Grasp forearm with other hand and pull across body as shown
3. Hold this for 25 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

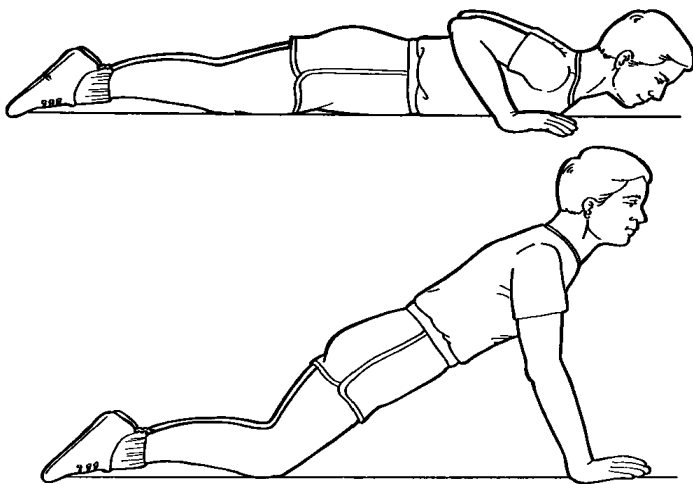


1. Support arm over back of chair as shown
2. Relax the arm as much as possible
3. Grasp the arm with your other hand and pull downward
4. Hold this for 25 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.



1. Place a rolled towel 4 inches thick under arm
2. Grasp forearm with other hand and pull behind back and downward as shown
3. Hold this for 5 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

Slowly move shoulder to starting position.



1. Assume position on floor as shown
2. Straighten arms to raise your trunk up (push-up)
3. Hold this for 5 seconds, repeat 5 times. As with all exercises, if significant pain, stop exercise. You may attempt the exercise the next day again if it does not cause significant increased pain.

Slowly move shoulder to starting position.