

Periscapular and Rotator Cuff Strengthening

Posterior Capsule Stretch

Lie directly on affected shoulder with head well supported by pillows. Slide your arm up level with collar bone and bend your elbow to 90 degrees. Bend your knees up to keep you stable lying on your side. Place the hand of the unaffected side just below wrist of affected side and slowly push the forearm down towards the bed/floor. Maintain elbow at 90 degrees and shoulder level throughout the stretch. Throughout the stretch you must ensure that you remain directly on the shoulder as it is common to roll backwards onto the shoulder blade. Hold stretch for at least 30 seconds and it should be held at an intensity that you find mildly uncomfortable. Repeat 5-6 times for 30 seconds each.



Posterior Capsule Stretch #2 - Hand Across Chest

In the supine position using your non-involved arm, grasp around your elbow of the involved shoulder. Use the non-involved arm to elevate the shoulder to less than 90 degrees. Gently pull your arm across your body as seen in the picture. Hold this stretch for 30 seconds and repeat 5 reps, 1 time per day.



Door Jamb Chest Stretch:

Using a door jamb, tree, or corner of a wall, extend your arm out from the torso at a right angle, and bend your elbow 90 degrees. Place your forearm against a wall (or do both at the same time, in a door jamb) and lean forward. You can even stagger your stance with one foot forward, if it feels more comfortable. Hold the stretch on each side for about 20-30 seconds.



Supine Pec Minor Stretch

With a roller or a rolled-up towel, lay down with the roll in the middle of your back. Extend your arms out to your sides and let arms relax. Allow stretch for 30 seconds. Repeat for 3 sets of 5 repetitions.



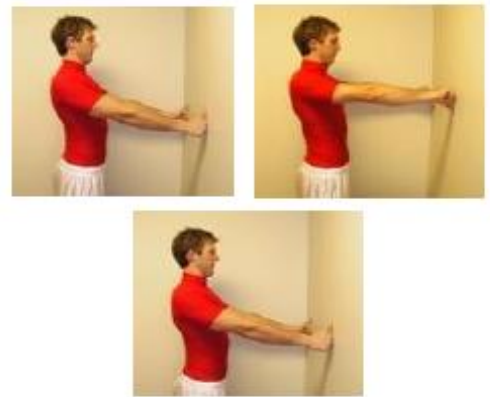
Scapular Clock

Place your opposite arm behind your head as shown to promote proper scapular positioning of the opposite scapula. Next elevate your scapula toward the 12 position as seen in Fig. A. Next depress your scapula toward 6 o'clock as seen in Fig. B. Next move your shoulder forward toward the 3 o'clock position as seen in Fig. D. Finally, move your shoulder backwards toward 9 o'clock by pinching both shoulder blades together as seen in Fig. C. Repeat this 10 times.



Thumb-tacks

Begin by placing your thumbs into the wall slightly lower than chest level and pinching your shoulder blades together as seen in the first picture. Next rotate your thumbs inward as if you were pushing a thumb-tack into the wall. Pay close attention that you are not elevating your scapula toward the 12 o'clock position as you were doing when performing Scapular clocks. Next rotate your thumbs back to the starting position and pinch your shoulder blades together again. This exercise is promoting proper scapular retraction and protraction while avoiding the common misconception of scapular elevation toward the 12 o'clock position. Repeat 3 sets of 10 repetitions.



Wall Angels

Begin in a standing position with your back pressed firmly against the wall (it is important to maintain this posture throughout the exercise). Place your hands at a 90/90 position overhead. Proceed by pinching your shoulder blades together and slowly elevate your arms while keeping your elbows bent and pressed firmly against the wall creating a snow angel-like motion. Repeat 3 sets of 10 repetitions without rest in between repetitions. Progress to increase reps with decreased sets.



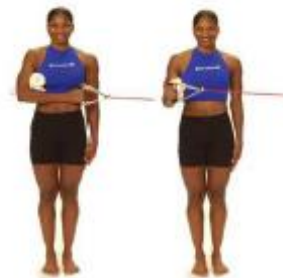
Horizontal Abduction with Theraband

Begin this exercise by setting your scapulae into the proper position by retracting and depressing them with a strengthening theraband in your hands about shoulder width apart. Pull the band apart while maintaining your proper scapular positioning, return to starting position slowly and repeat for 3 sets of 15 repetitions. Complete 1 set without relaxing.



Thera-Band Shoulder External Rotation at 0 degrees

Begin with one end of the band securely attached (to a table or other non-moveable object) at waistheight with a towel roll between your arm and torso. Grasp the other end of the band with tension. Pull the band away from the wall, rotating your forearm outward. Hold 2-3 seconds and slowly return. TIP: Be sure to keep your forearm parallel to the ground, your elbow by your side, and your wrist straight. Repeat 3 sets of 15 repetitions.



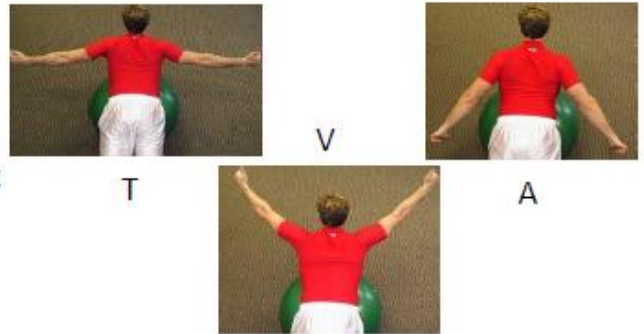
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TVA's

Begin by laying on your stomach on a stability ball or over the edge of a table. Begin in the starting position by pinching your shoulder blades together and down toward your feet. Next move your arms straight out to the side to mimic the first picture as if you were making the letter "T". The next exercise looks like the letter "V". It is very important to depress and retract your shoulder blades during this exercise. The final exercise mimics the letter "A".



6 - Pack Back

This is a 6-step exercise performed without interruption in between steps. Begin by performing a posterior delt. row by pulling your arms even with your body and keeping your shoulder blades pinched together.



(2) Externally rotate both of your arms to a comfortable position while maintaining proper shoulder blade position.



(3) Pull your shoulder blades and your arms down together down.



(4) While maintaining scapular depression (keeping your shoulder blades pulled down) raises your arms above your head to a comfortable position.



(5) Lower your arms down again to shoulder level by initiating scapular depression.



(6) Lower your arms back down to the floor to the starting position and repeat exercise as prescribed.



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