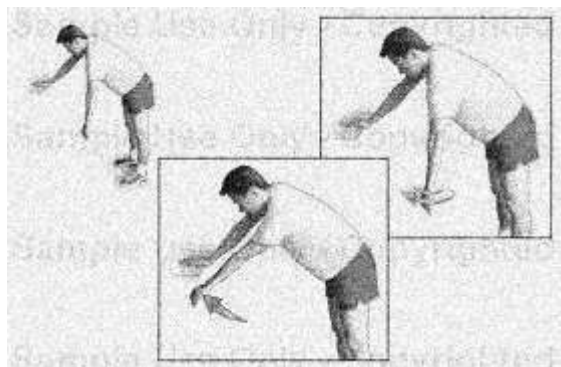


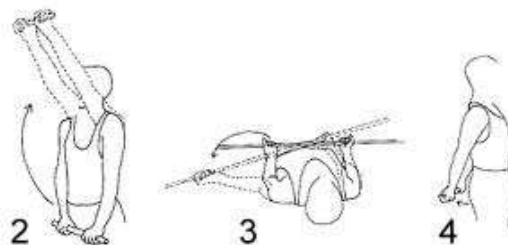
# SHOULDER EXERCISES

In addition to these exercises, use a cold Pack to shoulder at least twice a day.

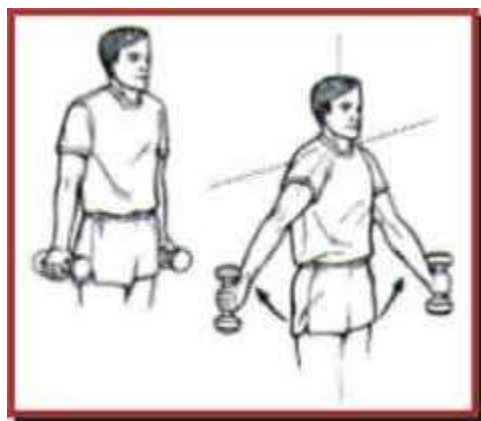
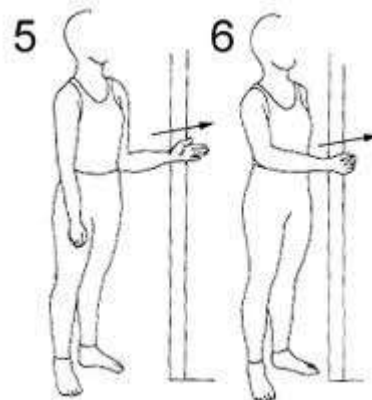


**The Pendulum.** Bend forward at the waist and let the affected arm hang freely toward the ground. Support the upper body on a table or countertop with the other arm. Begin to sway the arm back and forth, generating small circles with the dangling limb. When this can be done comfortably, repeat the exercise holding a small weight to assist with the pendulum motion and to add mild pull to the shoulder. The 'pendulum' should be mastered before proceeding with other exercises. Begin with two sets of 10 repetitions in both clockwise and counterclockwise directions and work up to three sets of 20 repetitions

**Wand flexes.** Begin by lying on your back holding a broomstick in both hands with an overhand grip and the arms above the chest. (Fig 3) Move the broomstick with elbows fully extended until your arms are overhead. The affected shoulder is fully relaxed while the other arm guides the broomstick back overhead to the point of tolerable discomfort. Hold your arms overhead for 2 to 5 seconds before returning to the starting position. Repeat this same process while standing holding the broomstick in front of your body. (Fig 2) Lastly, hold the broomstick with both hands behind your back, and try to lift it as far as possible. (Fig 4) Hold the position for 2 to 5 seconds then release. Do each of these exercises 3 to 5 times.



**Isometric Rotation.** While standing facing an open door frame or post, keep your elbow tightly against your side, place the palm of your hand on the door frame, and apply steady inward pressure like you are trying to swing your arm across your body. Hold this pressure for 30 seconds, then release. (Fig 6) Repeat this 5 times. Now place the back of your hand against the door frame, and again keeping your elbow tightly against your side, apply a steady pressure outward like you are trying to swing your arm away from your body. Hold this for 30 seconds then release. Repeat this 5 times. (Fig 5)



**Weight Workout.** While holding no more than a 5 pound weight in both hands, begin to spread your arms outward while keeping your elbows locked and arms straight, and rotating your arms inward. Begin with 2 sets of 10 repetitions, building up to 3 sets of 20 repetitions.