

Level 1

Potential Inclusion Criteria:

- Ache in the shoulder that gets worse with movement
- Shoulder range of motion loss

Goals:

- Manage / control pain
- Keep shoulder moving daily
- Decrease stiffness

Requirements For Progression:

- Timeline varies between each individual but exercises should be increased as pain improves and ROM increases
- Decrease in pain/ discomfort

1. Shoulder Pendulum | Circles

Sets: 2-3 | **Reps:** 15-20 |
Frequency: 3 x Daily

Preparation:

- Stand next to a counter or chair, using your strong arm to balance yourself
- Lean slightly forwards and let your weak arm dangle towards the floor

Execution:

- Sway your hips to get your arm moving in small circles



Arm swings in circles - hips do the work

2. Shoulder External Rotation AAROM (Stick)

Sets: 2-3 | Reps: 15

Frequency: 3 x Daily

Preparation:

- Lie on your back, sit, or stand
- Hold a stick / cane as shown with elbows bent at 90 degrees

Execution:

- Use your strong arm to help rotate your weak arm away from your body
- Keep your elbows bent and close against your sides at all times
- Return to the start position in a controlled manner



Start Position



Rotate arm - keep elbow tucked

3. Shoulder Flexion PROM | Full Range (Pulley)

Sets: 2-3 | Reps: 15

Frequency: 3 x Daily

Preparation:

- Sit with your back to the door
- Pulley anchored overhead

Execution:

- Pull down with one arm to raise the affected arm



Back to door, pulley anchored above



Pulley assists arm overhead

4. Shoulder Abduction PROM (Pulley)

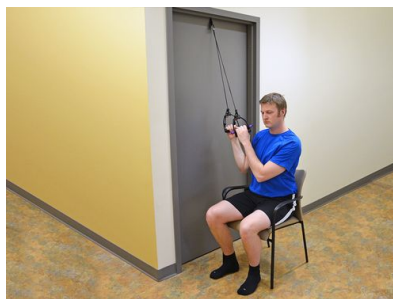
Sets: 2-3 | Reps: 15 |
Frequency: 3 x Daily

Preparation:

- Sit with your side to the door
- Pulley anchored overhead

Execution:

- Pull down with one arm to raise the affected arm



Side to door, pulley anchored above



Pulley assists arm overhead

5. Shoulder Internal Rotation Stretch (Towel)

Sets: 3 | Reps: 15 |
Frequency: 3 x Daily

Preparation:

- Sit or stand with good posture
- Hold a towel behind back with the arm to be stretched on the bottom

Execution:

- Use strong arm to pull bottom hand up back



Start Position



Pull hand up back with strong arm

6. Shoulder Flexion Isometric | Elbow Bent

Sets: 2-3 | Reps: 8-15 |
Frequency: Daily

Preparation:

- Stand in front a wall or doorframe, elbow bent as shown

Execution:

- Push your fist against the wall

Tip:

- Use a pillow to avoid hurting your hand



Push fist against wall

7. Shoulder Extension Isometric | Elbow Bent

Preparation:

- Stand in front of a wall or doorframe, elbow bent as shown

Execution:

- Push elbow backward, against the wall

Tip:

- Use a pillow to avoid hurting your elbow



Push elbow backward against wall

8. Shoulder Internal Rotation Isometric

Sets: 2-3 | Reps: 8-15 |
Frequency: Daily

Preparation:

- Stand with good posture facing a wall or doorframe
- Hold your arm by your side, elbow at 90 degrees, palm facing wall or doorframe

Execution:

- Rotate your hand inwards into the wall or doorframe
- Keep your elbow at your side



Rotate hand into doorframe

9. Shoulder External Rotation Isometric

Sets: 2-3 | Reps: 8-15 |
Frequency: Daily

Preparation:

- Stand with good posture facing a wall or doorframe
- Hold your arm by your side, elbow at 90 degrees, palm facing away from wall or doorframe

Execution:

- Rotate your hand outwards into the wall or doorframe
- Keep your elbow at your side



Rotate hand outward into doorframe

Level 2

When Can I Start Level 2?

- Completed level 1 goals
- Range of motion begins to improve

Goals:

- Manage / control pain
- Regain lost range of motion

Requirements For Progression:

- Timeline varies between each individual
- Improvement in range of motion
- Able to tolerate 3 sets of 8 reps with little to no discomfort or symptoms

1. Shoulder Flexion AAROM | End Range (Stick)

Sets: 2-3 | Reps: 15 |
Frequency: 2 x Daily

Preparation

- Stand with good posture
- Hold the stick / cane as shown

Execution

- Use your strong arm to help raise your affected arm above shoulder height
- Next continue all the way up in pain free range
- Lower back down to the start position above your shoulder



Start position



Use stick to raise arm overhead

2. Shoulder Abduction AAROM | End Range (Stick)

Sets: 2-3 | Reps: 15 |
Frequency: 2 x Daily

Preparation

- Stand with good posture.
- Hold the stick / cane in front of your hips as shown.
- Raise arm to above shoulder height- NOT all the way up.
- Raise to _____°, this is the starting position.



Start position - Use cane to raise affected arm straight out to the side all the way up above your head.



Raise arm all the way overhead

Execution

- Use your strong arm to help raise your affected arm straight out to the side all the way up above your head.
- Return in a controlled manner to the original position.

3. Shoulder External Rotation AAROM (Stick)

Sets: 2-3 | Reps: 15

Frequency: 2 x Daily

Preparation:

- Lie on your back, sit, or stand
- Hold a stick / cane as shown with elbows bent at 90 degrees

Execution:

- Use your strong arm to help rotate your weak arm away from your body
- Keep your elbows bent and close against your sides at all times
- Return to the start position in a controlled manner



Start Position



Rotate arm - keep elbow tucked

4. Shoulder Internal Rotation Stretch (Towel)

Sets: 2-3 | Reps: 15 Reps

Frequency: 2 x Daily

Preparation:

- Sit or stand with good posture
- Hold a towel behind back with the arm to be stretched on the bottom

Execution:

- Use strong arm to pull bottom hand up back



Start Position



Pull hand up back with strong arm

5. Posterior Shoulder Stretch

Sets: 2-3

Reps: 15

Frequency: 2 x Daily

Preparation:

- Sit or stand with good posture

Execution:

- Reach across your chest
- Use your other arm to pull a bit further



Head and eyes forward, belly button pulled in



Reach arm across body



Place opposite hand at elbow, gradually pull to stretch the back of your shoulder

6. Shoulder ABC's on Wall (Ball)

Sets: 2-3

Reps: The Alphabet

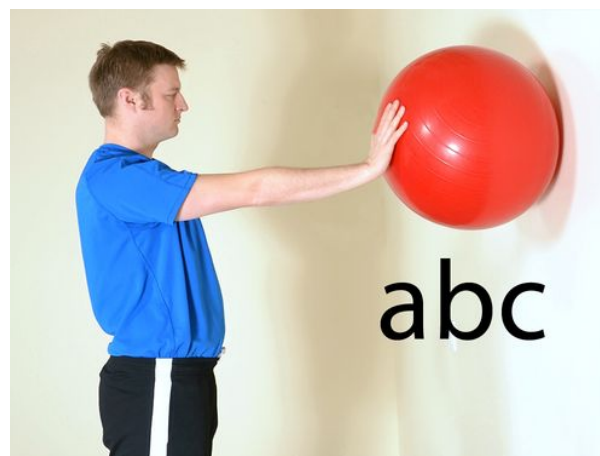
Frequency: Daily

Preparation:

- Stand with good posture, hand on ball at shoulder height

Execution:

- Trace the letters of the alphabet on the ball
- Keep elbow straight



Trace the letters of the alphabet on the ball

7. Shoulder Internal Rotation Concentric - Neutral (Band)

Sets: 2-3 | Reps: 8-15 |
Frequency: Daily

Preparation:

- Stand with good posture
- Tuck a folded towel between your body and your elbow as shown

Execution:

- Keeping elbow close to body, rotate hand inward, toward your stomach
- Return to start position



Start Position



Rotate hand inward

8. Shoulder External Rotation Concentric | Neutral (Band)

Sets: 2-3 | Reps: 8-15 |
Frequency: Daily

Preparation:

- Standing, elbow at 90 degrees
- Tuck a folded towel between your body and your elbow

Execution:

- Gently pull shoulder blades together
- Keeping elbow close to body, slowly rotate hand outward
- Return to start position



Start Position



Rotate hand outward

9. Row | Bilateral + Neutral (Band)

Sets: 2-3 | Reps: 8-15 |

Frequency: Daily

Preparation:

- Stand with good posture, feet shoulder-width apart, one foot slightly in front

Execution:

- Using the muscles between your shoulder blades, pull you shoulder blades back and down
- At the same time perform a rowing motion keeping your elbows close to your body
- Return to the start position in a slow and controlled fashion



Start Position



Row against resistance

10. A Row (Band)

Sets: 2-3 | Reps: 8-15 | Frequency: Daily

Preparation:

- Stand tall, holding band

Execution:

- Row arms to the sides to make an 'A'
- Squeeze shoulder blades
- Do not lean backward



Start position



Row arms to the sides to make an 'A'

Level 3

When Can I Start Level 3?

- Completed level 2 goals
- Range of motion has been regained

Goals:

- Regain strength that was lost during previous levels

Requirements For Progression:

- Timeline varies between each individual
- Tolerating max sets and reps through full range of motion

1. Shoulder Internal Rotation Concentric | 90° Flexion (Band)

Sets: 2-3 | **Reps:** 8-15 |
Frequency: Alternate Days

Preparation:

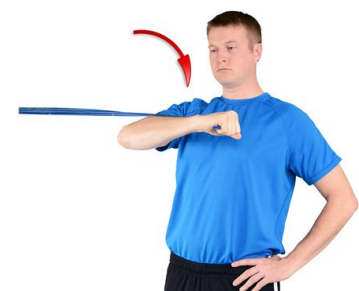
- Stand with good posture
- Raise arm straight ahead
- Bend elbow to 90 degrees (fingers are pointed towards the ceiling)

Execution:

- Keeping your elbow stationary in the air, rotate your arm downward against the resistance until your forearm is parallel with the floor
- Raise your arm to the start position



Arm straight ahead,
elbow bent



Rotate arm until forearm
is parallel with floor

2. Shoulder External Rotation Concentric | 90° Flexion (Band)

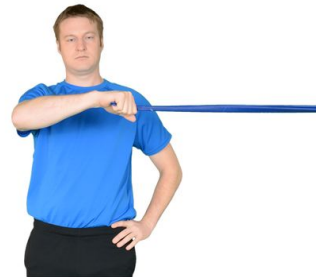
Sets: 2-3 | Reps: 8-15 |
Frequency: Alternate Days

Preparation:

- Stand with good posture
- Raise arm straight ahead
- Bend elbow to 90 degrees
(forearm is parallel with floor)

Execution:

- Keeping your elbow stationary in the air, slowly rotate your arm upward against the resistance until your hand is pointing to the ceiling
- Return to the start position



Start Position



Rotate arm against
resistance

3. Shoulder Press (Band) Sets: 2-3 | Reps: 8-15 | Frequency: Alternate Days

Preparation

- Anchor cable / tubing at floor level.
- Stand with good posture, feet shoulder width apart.
- Hold handles at level of collarbone, elbows bent. Direction of pull is down.

Execution

- Press arms straight up, toward ceiling.
- Slowly return to the start position.

Tips:

- Keep back straight. Do not lean under the resistance.



Start Position



Press arms overhead

4. T Row (Band) Sets: 2-3 | Reps: 8-15 | Frequency: Alternate Days

Preparation:

- Stand tall, holding band

Execution:

- Row arms to the sides to make a 'T'
- Squeeze shoulder blades
- Do not lean backward



Start Position



Row arms to the sides to make a 'T'

5. Y Row (Band)

Sets: 2-3 | Reps: 8-15 | Frequency: Alternate Days

Preparation:

- Stand tall, holding band

Execution:

- Row arms to the sides to make a 'Y'
- Squeeze shoulder blades
- Do not lean backward



Start position



Row arms to the side to make a 'Y'

6. Shoulder Slides (Band, Wall)

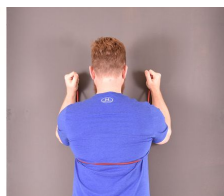
Sets: 3-2 | Reps: 8-15 | Frequency: Alternate Days

Preparation:

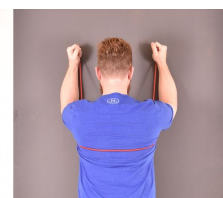
- Stand with both arms on the wall as shown
- Wrap a band around your back and hold it in your hands

Execution:

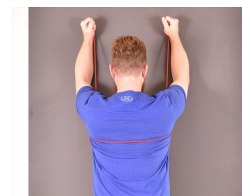
- Slide forearms up the wall
- Return to the start position



Start Position



Slide forearms up the wall



Return To Activity / Achieving Your #RISEABOVE Goal(s)

Build back into your activity or sport, progressing slowly and increasing time or intensity by 10% per week.