

Level 1

Potential inclusion criteria:

- Pain at rest or with basic daily activities
- Unable to perform overhead activities
- Sleep comfortably
- Need to build tolerance to tissue loading prior to strengthening for 10 days.

Goals:

- Reduce pain and inflammation
- Optimize function throughout your day
- Activity modification to maximize rehabilitation but minimize inflammation/irritation

Requirement for progression:

- 10-14 days of diligent adherence to program
- Able to tolerate 3 sets of 8 reps with no pain or increase in symptoms

Aerobic Exercise:

You can continue to participate in cardiovascular exercise as tolerated. Focus on proper shoulder positioning and monitor pain and symptoms throughout

1. Shoulder Flexion AAROM | Full Range (Stick)

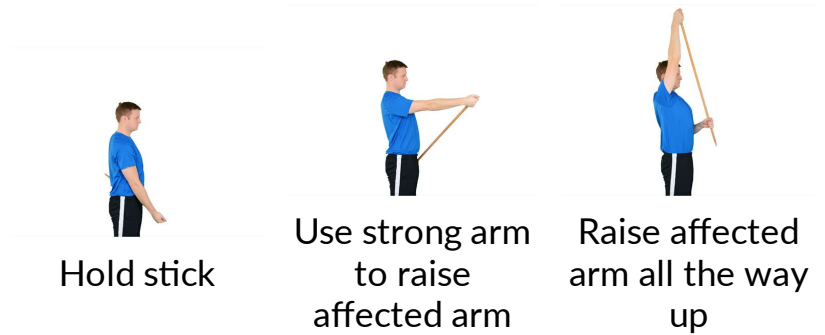
Sets: 2-3 | Reps: 8-15 |
Frequency: 2-3 x Daily

Preparation:

- Stand with good posture
- Hold the stick / cane in front of your hips as shown

Execution:

- Use your strong arm to help raise your affected arm forward and over your head
- Stop at the level causing pain. Feeling tightness or stretching is ok
- Return in a controlled manner to the original position



2. Shoulder Abduction AAROM | End Range (Stick)

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

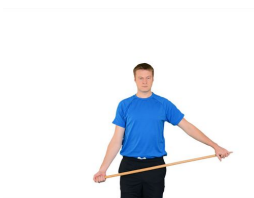
Frequency: 2-3 x Daily

Preparation

- Stand with good posture.
- Hold the stick / cane in front of your hips as shown.

Execution

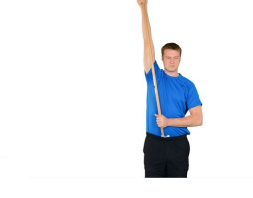
- Use your strong arm to help raise your affected arm out to the side.
- Raise overhead stopping at the level causing pain. Feeling tightness / stretching is ok
- Return in a controlled manner to the original position.



Hold cane



Use strong arm
to raise
affected arm



Raise all the
way overhead

3. Shoulder External Rotation AAROM (Stick)

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

Frequency: 2-3x 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
- Stop at the level causing pain. Feeling tightness / stretching is ok
- 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 Pendulum | Circles

Sets: 2-3 | Duration: 20 seconds |

Frequency: 2-3 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

5. Shoulder Flexion Isometric | Elbow Bent

Sets: 2 | Reps: 8-12 | Hold: 5 Seconds |

Frequency: 1-2 x Daily

Preparation:

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

Execution:

- Push your fist against the wall

Tip:

- Isometric means you are contracting your muscles but NOT moving your joint
- Use a pillow to avoid hurting your hand



Push fist against wall

6. Shoulder Extension Isometric | Elbow Bent

Sets: 2 | Reps: 8-12 |
Frequency: 1-2 x Daily

Preparation:

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

Execution:

- Push elbow backward, against the wall

Tip:

- Isometric means you are contracting your muscles but NOT moving your joint
- Use a pillow to avoid hurting your elbow



Push elbow backward against wall

7. Shoulder Internal Rotation Isometric

Sets: 2 | **Reps:** 8-12 | **Hold:** 5 Seconds |
Frequency: 1-2 x 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

Tip:

- Isometric means you are contracting your muscles but NOT moving your joint



Rotate hand into doorframe

8. Shoulder External Rotation Isometric

Sets: 2 | **Reps:** 8-12 | **Hold:** 5 Seconds |
Frequency: 1-2 x 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

Tip:

- Isometric means you are contracting your muscles but NOT moving your joint



Rotate hand outward into doorframe

Level 2

When Can I Move To Level 2:

- Completed level 1
- Able to tolerate 3 sets of 8 reps without increase in pain or symptoms

Goals:

- Progress shoulder range of motion
- Increase tolerance to load and strengthening

Requirement for progression:

- Able to tolerate max sets and reps with no pain or increase in symptoms

Aerobic Exercise:

You can continue to participate in cardiovascular exercise as tolerated. Focus on proper shoulder positioning and monitor pain and symptoms throughout

1. 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

2. 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

3. 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

4. Shoulder ABC's on Wall (Ball)

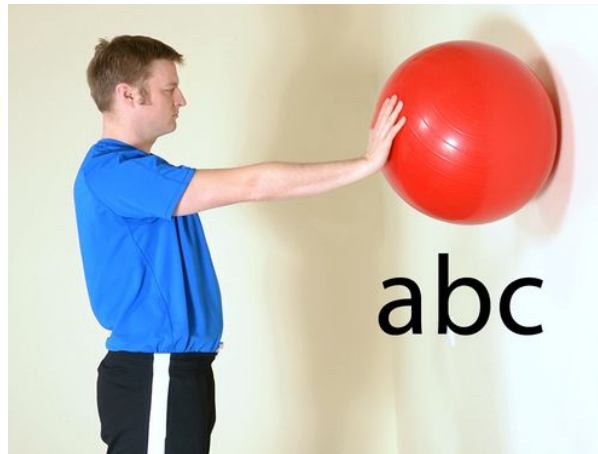
Sets: 2 | Reps: ABC's | Frequency: Daily

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

5. Shoulder Slides (Band, Wall)

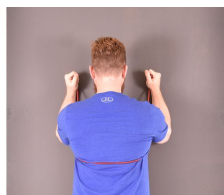
Sets: 2-3 | Reps: 8-15 | Frequency: Daily

Preparation:

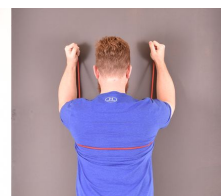
- Stand with both arms on the wall as shown
- Wrap a band around your back and hold it in your hands

Execution:

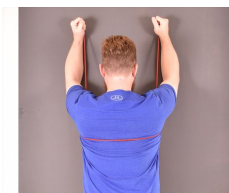
- Slide forearms up the wall
- Return to the start position



Start Position



Slide forearms up the wall



6. Shoulder Posterior Capsule Stretch (Wall)

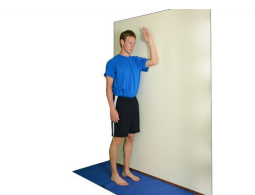
Sets: 2-3 | Hold: 20-30 Seconds |
Frequency: Daily

Preparation:

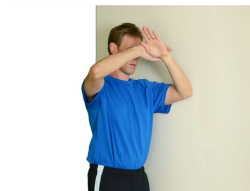
- Stand with your side to a wall
- Arm against the wall, as shown

Execution:

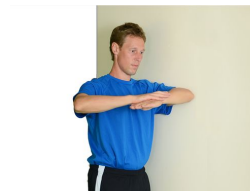
- Grasp your forearm with the opposite hand
- Turn your arm toward the floor



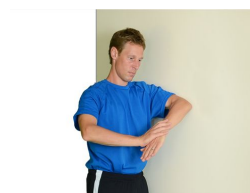
Stand beside a wall



Grasp forearm with opposite hand



Turn arm toward the floor



Go as far as you can

7. Posterior Shoulder Stretch

Sets: 2-3 | Hold: 20-30 Seconds |
Frequency: 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

Level 3

When Can I Move To Level 3:

- Completed level 2
- Able to tolerate max sets and reps without increase in pain or symptoms

Goals:

- Increase tolerance to load and strengthening

Aerobic Exercise:

You can continue to participate in cardiovascular exercise as tolerated. Focus on proper shoulder positioning and monitor pain and symptoms throughout

1. Shoulder External Rotation Concentric | 90° Abduction (Band)

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

Preparation:

- Stand with good posture.
- Raise arm out to the side at shoulder height, elbow bent to 90 degrees

Execution:

- Keeping elbow stationary, rotate arm upward
- Return to start position.



Rotate arm upwards



Slowly lower down

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

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

Preparation:

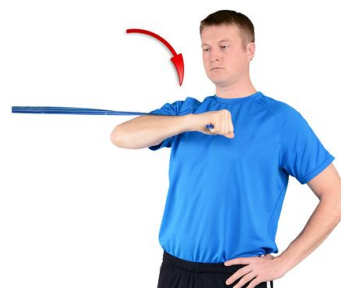
- Stand with good posture
- Raise arm straight ahead
- Bend elbow to 90 degrees (fingers are pointed towards the ceiling)

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

3. A Row (Band)

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

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'

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 D1 Pattern - Ascending (Band)

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

Preparation:

- Stand with good posture holding band in hand
- Have your arm down at your side, rotated in, thumb pointed down

Execution

- Bring your arm and hand upward and across your body against resistance
- As you do so, rotate your hand outward
- Finish with you thumb pointed upward and your hand slightly above your head



Hand at side



Raise arm upward and across

7. Shoulder D2 Pattern - Ascending (Band)

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

Preparation:

- Start with your arm across your body with your hand rotated in, thumb pointed down

Execution:

- Bring your arm up and across your body diagonally
- As you do, rotate your hand outwards
- Finish with your hand above your head and out to the side



Arm across body



Raise arm up and out to the side

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

Build back into your activity or sport, progressing time or intensity slowly by 10% per week. Be sure to discuss sport specific progressions with a G23 physiotherapist.