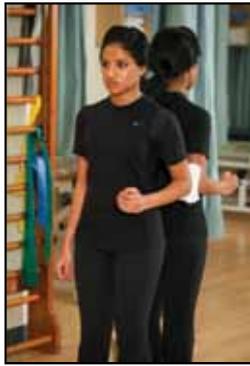


10. Isometric extension

Stand with the arm to be exercised bent at the elbow, back of elbow against a towel against the wall. Push and hold for _____ seconds, repeat _____ times, _____ sets



11. Isometric abduction

Stand with the arm to be exercised bent at the elbow, elbow against a towel against the wall. Push and hold for _____ seconds, repeat _____ times, _____ sets.



12. Isometric internal rotation

Stand with the arm to be exercised bent at the elbow, hand against a towel against the wall. Push the hand in as the elbow pops out a little. Hold for _____ seconds, repeat _____ times, _____ sets.



13. Isometric external rotation

Stand with the arm to be exercised bent at the elbow, back of hand against the wall, towel against the wall. Push the hand out as the elbow tucks in. Hold for _____ seconds, repeat _____ times, _____ sets.



Shoulder 2

Exercise Instructions

Post Fracture/Post Surgery



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Now that you've got your shoulder moving, it is time to start the strengthening phase of your recovery.

You may have some initial discomfort with these exercises, but they should not be painful.

Do not push through the pain.

Perform 2-3 times daily.

If you encounter any problems please notify your doctor or physiotherapist.

1. AA shoulder flexion against the wall

Stand facing a wall. The hand of the arm to be exercised is on the wall, towel in hand. Slide the towel up as high as you can, leaning in with the body. Hold ____ seconds, repeat ____ times.



2. AA shoulder abduction against wall

Stand sideways to a wall. The hand of the arm to be exercised is on the wall, towel in hand. Slide the towel up as high as you can, leaning in with the body. Hold ____ seconds, repeat ____ times.



3. AA external rotation ROM at corner of wall

Stand at the corner of a wall, the hand of the arm to be stretched is against the wall. Turn the body away from the hand until a stretch is felt in the shoulder. Hold for ____ seconds, repeat ____ times.



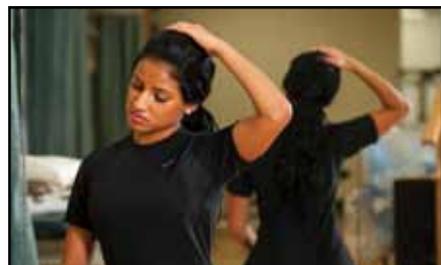
4. AA internal rotation ROM standing with towel

Stand with a towel over your non-injured shoulder and the hand to be stretched resting on your low back, palm facing outward. Pull the towel up, bringing the hand up as high as you can, holding for ____ seconds, repeat ____ times.



5. Upper fibres trapezius stretch

Stand or sit. Tilt head to ____ shoulder. Gently grasp side of head with ____ hand until a gentle stretch is felt in neck. Hold ____ seconds, repeat ____ times.



6. Levator scap stretch

Stand or sit. Look at ____ hip. Gently grasp back of head with ____ hand until a gentle stretch is felt in neck. Hold ____ seconds, repeat ____ times.



7. Pectoralis stretch in doorway

Stand in a doorway or in the corner, one foot in front of the other. Place both forearms against the wall or doorway. Bend the front leg, leaning in until a stretch is felt in the chest. Hold ____ seconds, repeat ____ times.



8. Mid rows with a theraband

Stand or sit. Theraband anchored around a banister or doorknob, ends in both hands. Stand tall, set the shoulders, squeeze the shoulders back. Row the arms. Repeat ____ times, ____ sets.



9. Isometric flexion

Stand with the arm to be exercised bent at the elbow and the fist against a towel against the wall. Push and hold for ____ seconds, repeat ____ times, ____ sets.

