

## 10. IR strengthening with theraband

Stand with the arm to be strengthened bent at the elbow. Holding onto a theraband, bring the hand across the body to the stomach. Repeat \_\_\_\_ times, \_\_\_\_ sets.



## 11. Flexion strengthening with weight

Stand tall with a weight in the hand of the arm to be exercised. Set the shoulders and bring your straight arm in front to shoulder height, pause and return. Repeat \_\_\_\_ times, \_\_\_\_ sets.



## 12. Abduction/scaption strengthening with weight

Stand tall with a weight in the hand of the arm to be exercised, thumb pointing out. Set the shoulders and bring your straight arm out to the side to shoulder height, pause and return. Repeat \_\_\_\_ times, \_\_\_\_ sets.



# Shoulder 3

## Exercise Instructions

Post Fracture/Post Surgery



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Now that you've got your shoulder moving and entered the strengthening phase of your rehab it's time to challenge your muscles for further strength gains.

There should be *no pain* while performing these exercises.

If you experience discomfort or pain after completing the following exercises it is recommended that you ice for 10 minutes.

Perform 2-3 times daily.

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

### 1. AA shoulder flexion against wall

Stand facing wall, the hand of the arm to be exercised is holding a towel against the wall. Slide arm up the wall as high as you can. Hold \_\_\_\_\_ 10 seconds, repeat \_\_\_\_\_ times.



### 2. AA shoulder abduction against wall

Stand sideways to the wall, the hand of the arm to be exercised is holding a towel against the wall. Slide arm up the wall as high as you can. Hold \_\_\_\_\_ 10 seconds, repeat \_\_\_\_\_ times.



### 3. AA external rotation ROM at a 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.



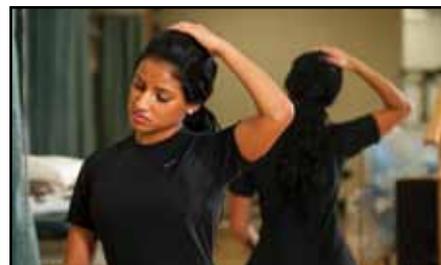
### 4. AA internal rotation ROM standing with towel

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 the \_\_\_\_\_ 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. ER strengthening with theraband

Stand with the arm to be strengthened bent at the elbow, tuck a towel between the elbow and the waist. Holding onto a theraband, bring the hand out and return. Repeat \_\_\_\_\_ times, \_\_\_\_\_ sets.

