

Shoulder Home Exercise Program PHASE 3: WEEKS 6+

General Guidelines: Be conscious and aware of your posture at all times. Avoid any exercise that elicits pain. "Tolerable discomfort is okay!"

Exercise Prescription: Perform for 10-15 minutes, 2-3 times a day. Continue stretching after strengthening has begun.

1. SIDE-LYING INTERNAL ROTATION STRETCH

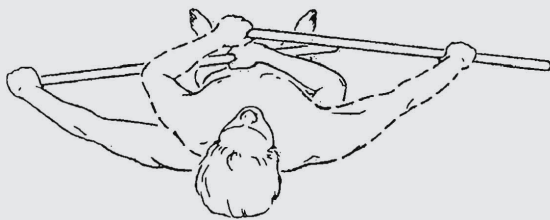
Resting surface



Lay on your involved side with the elbow parallel to the shoulder and Bent to 90°. Use the top hand to pull the forearm down toward the supporting surface.

2. AAROM WAND HORIZONTAL ABDUCTION/ADDUCTION

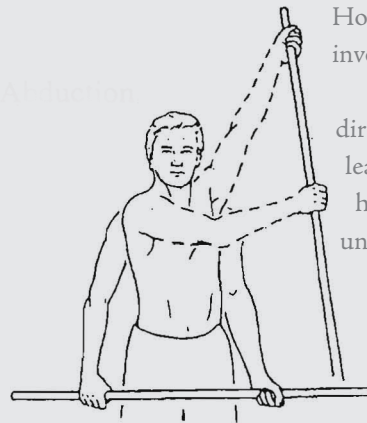
Abduction/Adduction



Keeping both palms down, push involved hand across body with the other hand. Then pull back across body, keeping arms parallel to floor. Do not allow trunk to twist. Hold a few seconds.

3. AAROM WAND ABDUCTION

Abduction



Holding wand with involved hand palm up push wand directly out to side, leading with other hand palm down, until stretch is felt. Hold a few seconds.