

SHOULDER EXERCISES

These exercises help to stretch, strengthen, and stabilize your shoulders. Before beginning an exercise, read all its instructions. While exercising, breathe normally and use smooth movements. If you feel pain, stop the exercise. If pain persists, tell your healthcare provider.

□ PENDULUM EXERCISE

- 1 Relax the arm on the injured side. Let it hang straight down. Lean slightly forward. Hold a table or chair for support with your good arm.
- 2 Slowly move the injured arm in a small circle. Reverse direction and repeat. Then, slowly swing the arm back and forth and side to side.
- 3 Do each arm movement 20 or _____ times in each direction. Do 3 or _____ sets a day.



CAUTION

- Keep your shoulders relaxed.
- Keep your back straight.

□ BROOM STRETCH

- 1 Place the palm of your _____ hand over the end of a stick (you can use a broom or a cane). Grasp farther down the stick with your other hand, palm down.
- 2 Push the end of the stick up to your _____ side as far as you comfortably can. Hold for _____ seconds. Return to starting position.
- 3 Repeat _____ times. Do _____ sets a day.



CAUTION

- Keep your back straight.
- Don't force the stretch.

□ CORNER STRETCH

- 1 Stand facing a corner, with one foot slightly in front of the other. With your elbows at shoulder level, place your forearms and hands against each wall.
- 2 Lean into the corner until you feel a stretch across your chest and shoulders. Hold for _____ seconds. Return to starting position.
- 3 Repeat _____ times. Do _____ sets a day.



CAUTION

- Keep your ears, shoulders, and hips lined up.
- Keep your back straight.

□ WALL PUSHUP

- 1 With feet and hands shoulder-width apart, place the palms of your hands on a wall and stand about an arm's length away.
- 2 Keeping your knees straight and heels on the ground, bend your elbows and lean forward as far as you comfortably can. Then push away from the wall.
- 3 Repeat _____ times. Do _____ sets a day.



CAUTION

- Wear shoes to prevent slipping.
- Tighten your stomach muscles.
- Keep your back straight. Don't bend at the waist.

INTERNAL ROTATION

- 1 With knees bent, lie on your back on a firm surface. Grasp a ____-pound weight or soup can in your ____ hand. Bend that arm at the elbow to a right angle (90 degrees), resting your elbow and forearm, palm up, on a pillow.
- 2 Keeping your elbow next to your side, raise your hand and forearm toward your stomach.
- 3 Slowly return your forearm to the pillow.
- 4 Repeat ____ times.
Do ____ sets.

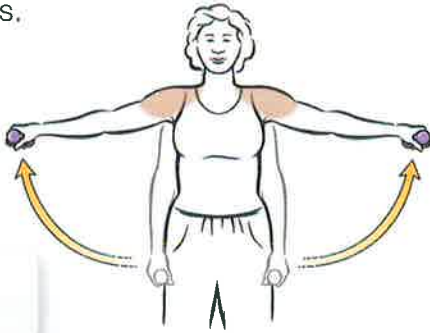


CAUTION

- Support your head with a pillow.

SIDE RAISE

- 1 Holding a ____-pound weight or soup can in each hand, stand with arms at your sides, palms facing your body.
- 2 Keeping elbows straight, slowly lift your arms no higher than shoulder level.
- 3 Slowly lower your arms to starting position.
- 4 Repeat ____ times.
Do ____ sets.



CAUTION

- Keep your neck and shoulders relaxed.

EXTERNAL ROTATION

- 1 Lie on your ____ side with your head supported by a pillow or your arm.
- 2 Place a small rolled-up towel under your top elbow. Grasp a ____-pound weight with your top hand and bend that arm at the elbow to a right angle (90 degrees), resting your forearm against your stomach.
- 3 Keeping your elbow against the towel, slowly lift the weight until your forearm is slightly higher than your elbow. Return slowly to starting position.
- 4 Repeat ____ times. Do ____ sets.

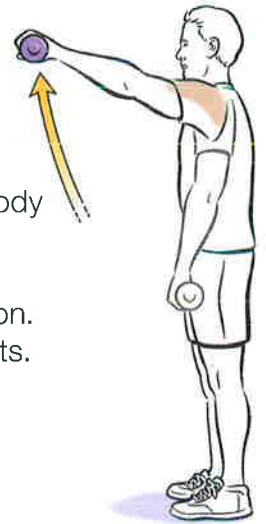
CAUTION

- Keep your elbow against the towel.



FRONT RAISE

- 1 Stand with palms back and hands at your sides. Grasp a ____-pound weight or soup can in your ____ hand.
- 2 Raise your arm in front of your body as high as you comfortably can, keeping your back and elbow straight. Return to starting position.
- 3 Repeat ____ times. Do ____ sets.



CAUTION

- Keep your hand in front of your body.
- Keep your back straight and shoulders relaxed.

This product is not intended as a substitute for professional medical care. Only your doctor can diagnose and treat a medical problem.

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