

Covenant Medical Group • Orthopaedics

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SHOULDER STRENGTHENING EXERCISES

EXERCISE INSTRUCTIONS

1. Internal Rotation

- With knees bent, lie on your back on a firm surface.
- Grasping a 1-2 lb. dumbbell or soup can in your hand, bend that arm to a right angle (90 degrees), resting your elbow and forearm palm up at your side.
- Keeping your elbow next to your side, slowly raise your hand and forearm toward your stomach.
- Slowly return your forearm to the pillow.
- Repeat 10 times/3 times a day.

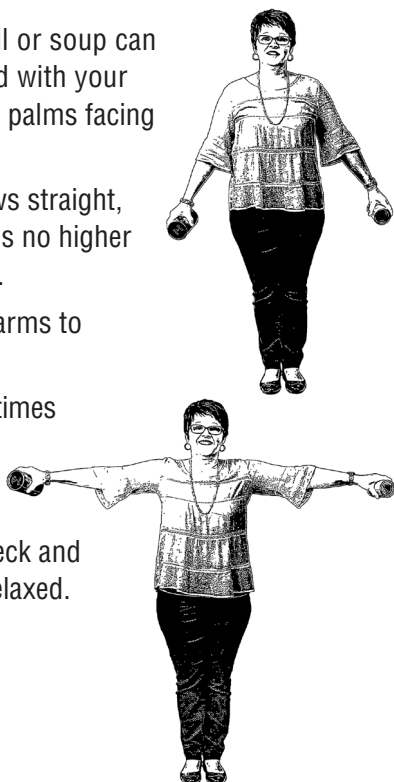
Caution: Support your head with a pillow.



2. Side Raise

- Holding a dumbbell or soup can in each hand, stand with your arms at your sides, palms facing your body.
- Keeping your elbows straight, slowly lift your arms no higher than shoulder level.
- Slowly lower your arms to starting position.
- Repeat 10 times/3 times a day.

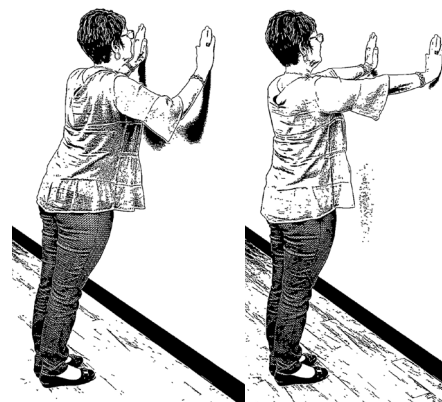
Caution: Keep your neck and shoulders relaxed.



3. Wall Push-Ups

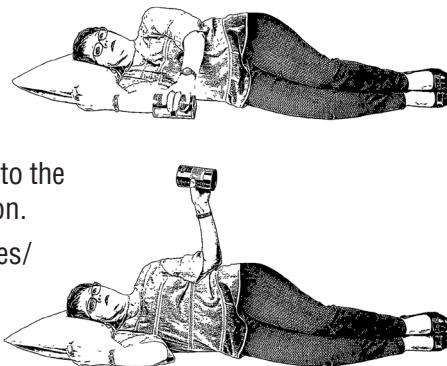
- Standing about an arm's length away with your feet and hands shoulder width apart, place the palms of your hands on the wall.
- Keeping your knees straight and heels on the ground, **slowly** bend your elbows and lean forward as far as you comfortably can, then push away from the wall.
- Repeat 10 times/3 times a day.

Caution: Wear shoes to avoid slipping.



4. External Rotation

- Lie on your side with your head supported by a pillow or your arm.
- Grasp a dumbbell or soup can with the top hand and bend your arm to a right angle (90 degrees), resting your forearm against your stomach.
- Keeping your elbow against your hip, slowly lift the dumbbell until your forearm is slightly higher than your elbow.
- Return slowly to the starting position.
- Repeat 10 times/3 times a day.



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5. Front Raise



- Stand with your palms facing back and your hands at your sides, grasp a dumbbell or soup can in each hand.
- Slowly raise your arm in front of your body as high as you comfortably can, keeping your back and elbow straight.
- Return slowly to the starting position.
- Repeat 10 times/3 times a day.

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

6. Ceiling Punch

- Shrug your shoulders up and down toward the ceiling.
- Repeat 10 times/3 times a day.

