




Shoulder Health

Strength: Complete exercises 3x a week on non-consecutive days. If you are not having any major muscle fatigue or soreness after 2 weeks you may do these daily for increased benefits.

<p>Shoulder Wall Crawl/Slide</p> 	<ul style="list-style-type: none"> • Facing wall place hand at shoulder height against wall. • Using wall, slowly crawl hand with fingers or slide hand up wall as high as possible and pain free • Hold at top for 2-3 seconds and slowly slide hand back down to starting position • 2 sets of 10 reps per arm
<p>Shoulder Press with or without Weight</p> 	<ul style="list-style-type: none"> • Complete this exercise if the wall crawl/slide exercise above is too easy. • Exercise can be done with no weight or with light weights (i.e. soup cans). • Start with your hands at shoulder height while keeping shoulder relaxed and gently squeezing shoulder blades together. • Push hands/weights up over your head while keeping arms as straight up as possible. Try to avoid arms going out in front of you. • 2 sets of 10 reps
<p>Shoulder Pendulum</p> 	<ul style="list-style-type: none"> • Brace yourself with one arm on a table. Bend forward at your hips allowing your other arm to hang down towards the ground • Lightly move your arm in a circle in one direction and then repeat rotating the other direction • You may hold a light weight in your hand to increase the stretch in your shoulder • 2 sets of 10 rotations/direction per arm
<p>Shoulder Rotations</p> 	<ul style="list-style-type: none"> • Rotate arms at shoulders turning your thumbs away from your body until you feel a stretch in your chest and a squeeze between your shoulder blades, hold for 2 seconds. • Rotate arms at shoulders turning your thumbs towards your body until you feel a stretch behind your shoulders, hold for 2 seconds • Repeat as a fluid & controlled motion with a 2 second pause at the end of each rotation. • 2 sets of 10-20 reps per direction.

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Shoulder Circles



- Extend arms out to your sides and make arm circles forwards.
- Repeat the above making arm circles backwards
- **2 sets of 10 reps/direction**

Flexibility – Complete exercises daily; Can be done multiple times a day.

Chest Doorway Stretch



- Start standing in a doorway with your elbow slightly above shoulder height and your elbow and forearm resting against the front of the door frame.
- Step forward with your inside leg until you feel a stretch in your chest and shoulder.
- **2 sets per arm; hold for 20-30 seconds**

Trapezius Stretch



- Start by holding onto your wrist, pull it so it is held around the opposite hip
- Lightly lean your head away from the hand that is being held until you feel a mild stretch along the side of your neck and trapezius you are leaning away from
- **2 sets per arm; hold for 20-30 seconds**

Shoulder Stretch



- Raise arm to shoulder level or slightly below and cross it over the mid-line of the body
- Use the other arm to pull the raised arm closer towards the chest, creating a stretch along the shoulder region of the raised arm
- **2 sets/arm; hold for 20-30 seconds**

Chair/Counter Lower Back Stretch



- Start standing with your hands flat on the top of a countertop or chair.
- Hang onto the counter for balance and with a slight bend in your knees, bend forward at your hips and push your butt backwards until you feel a light stretch in your lower back
- **2 sets; hold for 20-30 seconds**