

Eatontown Spine & Injury Center
40 South Street
Eatontown, NJ. 07724
Tel: 732-389-2800
Fax: 732-389-0246



Hamilton Spine & Injury Center
1351 Kuser Road, Suite 2
Hamilton, NJ. 08619
Tel: 609-585-2881
Fax: 609-585-3824

Shoulder Exercises

Consult your healthcare provider before beginning this exercise program. If you experience any pain or difficulty with any exercises, stop and consult your healthcare provider. Dr. Kovacs is not liable for any injuries incurred while using exercises or programs accessed via this website. User must wear suitable eye protection such as safety goggles to protect against possibility of eye injury as a result of the band or tube snapping towards the face if grip is lost or if the band or tube breaks.

Rockwood Protocol for Shoulder Subluxation: Burkhead & Rockwood. 1992. JBJS 74A(6):890-896.

Phase I: Complete these exercises 2 to 3 times per day, beginning with 5 repetitions each. Begin with tan or yellow Thera-Band® resistive bands, and progress to next color every 2 weeks.

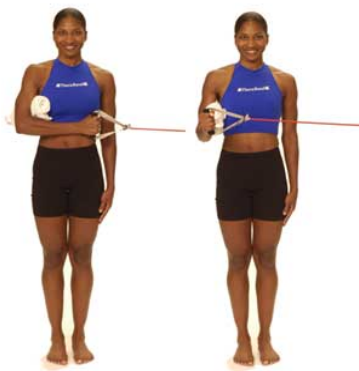
Phase II: Begin this phase once patient completes 5 repetitions of each exercise with the silver Thera-Band® resistance:

- Perform Phase I exercises with 5 to 10 pound weights
- Add shoulder shrugs and push-ups, progressing from the wall to the floor



Thera-Band Shoulder Seated Row (Medium)

Securely attach the middle of the band using a Door Anchor or Assist. Sit and grasp each end of the band and take up the slack. Pull the ends of the bands towards your chest.. Hold and slowly return. Keep your back straight. VARIATION: Perform this exercise in a sturdy chair or on an exercise ball for more challenge.



Thera-Band Shoulder External Rotation at 0 degrees

Begin with one end of the band securely attached at waist-height. (You may place a towel roll under your arm as well.) Grasp the other end of the band with tension. Pull the band away from the wall, rotating your forearm outward. Hold and slowly return.

TIP: Be sure to keep your forearm parallel to the ground, your elbow by your side, and your wrist straight.



Thera-Band Shoulder Internal Rotation at 0 degrees

Begin with one end of the band securely attached at waist-height. (You may place a towel roll under your arm as well.) Grasp the other end of the band with tension. Pull the band away from the wall, rotating your forearm inward. Hold and slowly return.

TIP: Be sure to keep your forearm parallel to the ground, your elbow by your side, and your wrist straight.



Thera-Band Shoulder Abduction to 45°

Begin with one end of the band securely attached. Grasp the other end of the band with slight tension. Place your arm in the scapular plane (slightly in front of your body). Keep your elbow flexed at 90° and lift your shoulder to 60° abduction. Hold and slowly return.



Thera-Band Shoulder Forward Punch in Standing

Begin with band wrapped around your mid back. Grasp the ends of the band in front of you with your elbows bent at your side. Extend your elbows forward and push the band away from your trunk. Hold and slowly return.

TIP: Avoid leaning back.