

Covenant Medical Group • Orthopaedics

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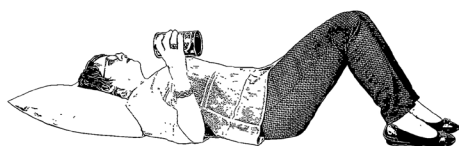
SHOULDER STRENGTHENING

- Perform these exercises for 10 minutes, 1-2 times per day.
- Do these exercises very **slowly** and with control.
- Use a 1-2 pound weight or a can of soup.

1. Internal Rotation

- With knees bent, lie on your back on a firm surface.
- Using your dumbbell lower your hand toward the floor, keeping your arm close to your side.
- **Slowly** return hand to upright position.

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.

Caution: Keep your neck and shoulders relaxed.



3. Wall Push-Ups

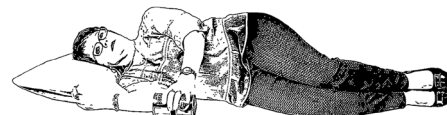
- Stand an arm's length away with your feet and hands shoulder width apart, place the palms of your hands on the wall.
- Keeping your knees straight and heels on the ground, **slowly** bend your elbows and lean forward as far as you comfortably can, then **slowly** push away from the wall.

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.



5. Front Raise



- Stand with your palms facing down 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.

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

6. Ceiling Punch

- Keeping your arm straight, **slowly** shrug your shoulders up and down toward the ceiling, doing a straight-arm punch.

