

### **Advanced Shoulder Strengthening Rehabilitation**

This protocol is intended to guide clinicians and patients through the post-operative course for Advanced Shoulder Strengthening

Specific intervention should be based on the needs of the individual and should consider exam findings and clinical decision making. If you have questions, contact the referring physician.

### **PHASE 4: Advanced Shoulder Strengthening**

Rehabilitation Goals

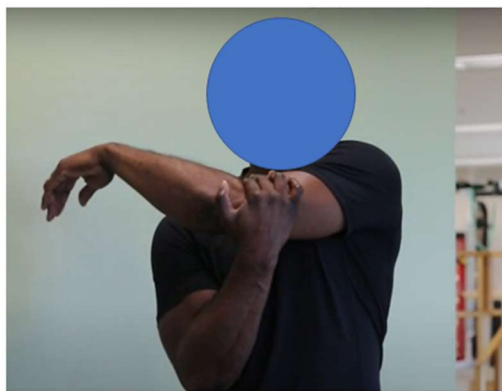
- Aggressive ROM if abnormal motion
- May continue TheraBands if dumbbells are uncomfortable
- Strengthening should continue 3x/week for up to 12 months to maximize outcome

### **Warm UP**

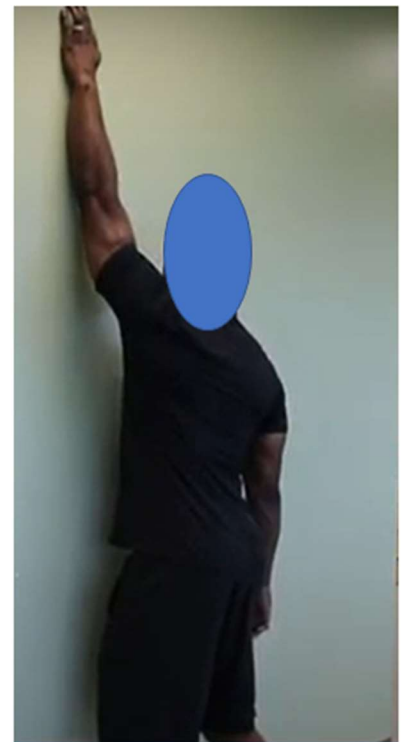
Always warm up prior to strengthening.



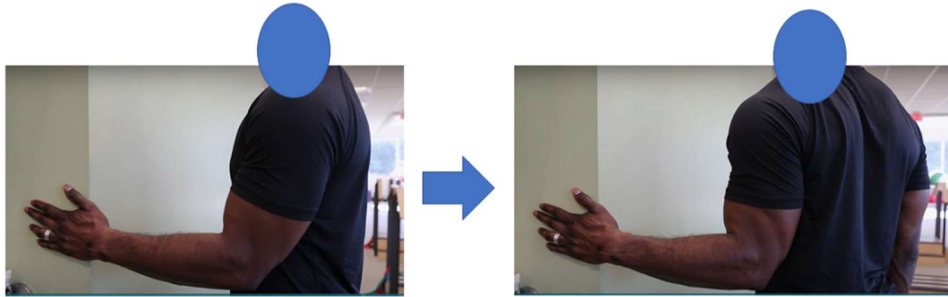
Warm Up Stretch: Behind Back with Stick



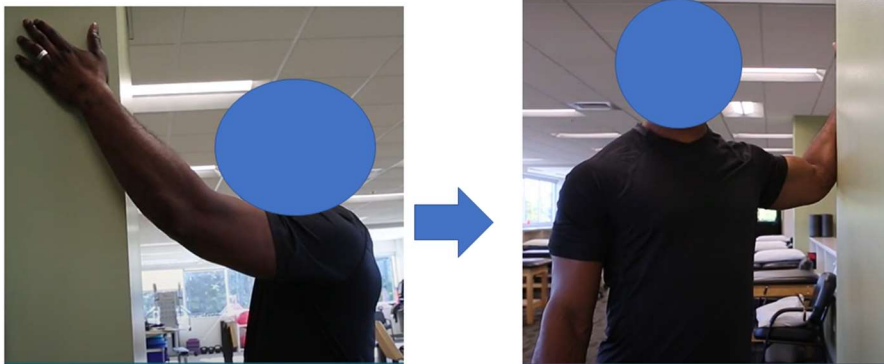
Warm Up Stretch: Cross Body



Warm Up Stretch: Wall Slide



Warm Up Stretch: ER @ side



Warm Up Stretch: ER @ side  
above shoulder

Next, Begin with Elevation and Abduction using a light dumbbell

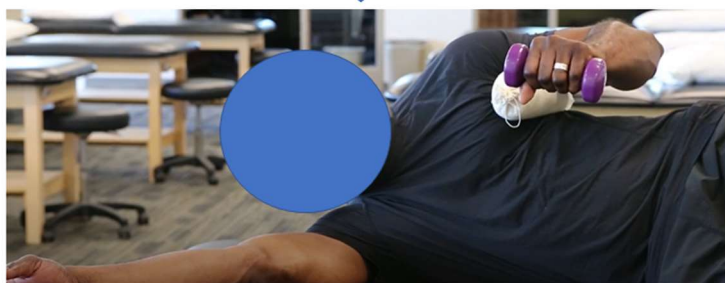
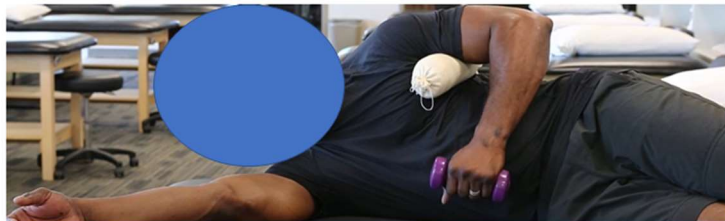


Dumbbell Elevation and ABduction

Then Move on to Rotational work.



Dumbbell Internal Rotation

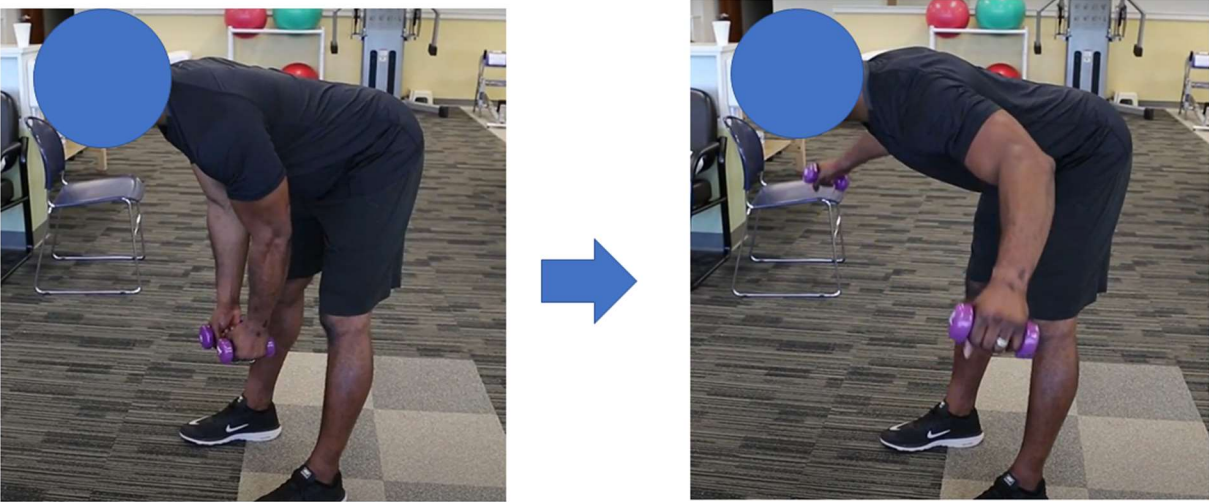


Dumbbell External Rotation

Next Try dumbbell exercises for the Back.



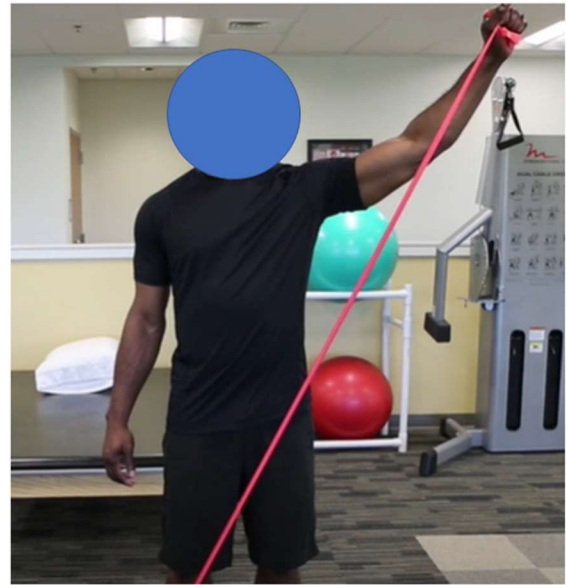
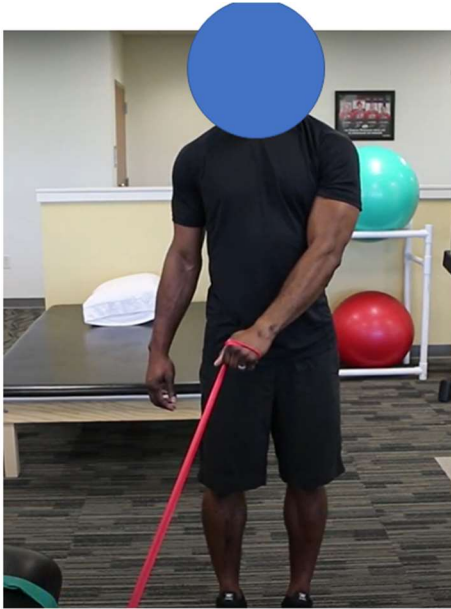
Dumbbell Bent Row



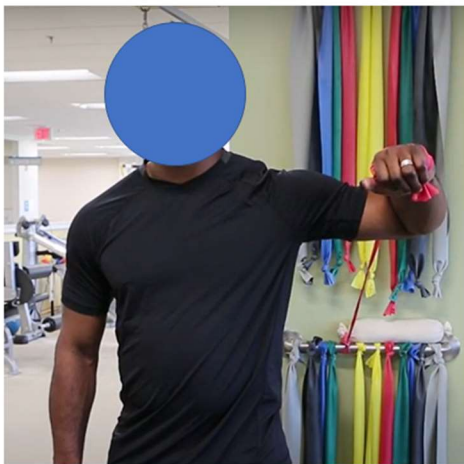
Dumbbell Posterior Raise



Then move on to Band Strengthening with a combination of exercises



Band or Dumbbell Diagonals



Band or Dumbbell Punches