



Shoulder Rehabilitation Exercises



Introduction

Shoulder pain after an injury is often the result of strained muscles, irritated tendons, or joint dysfunction. This can lead to limited mobility, weakness, and discomfort with daily activities.

Incorporating targeted exercises can help restore strength, improve range of motion, and support the healing process by promoting better joint stability and circulation.

Scapular Clocks



Purpose: Enhance scapular mobility and proprioception.

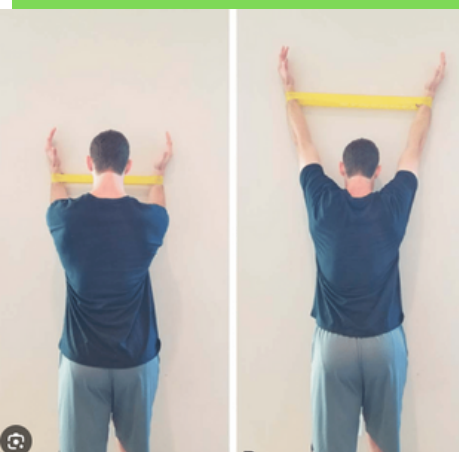
Instructions: Start by placing both hands on the wall in front of your shoulders with your arms straight and your wrists extended with a band of appropriate resistance around your wrists. Retract and depress your scapulas. Then, you will move your arms to different positions on the imaginary clock on the wall. Such as 3 o'clock, 2 o'clock, 4 o'clock

Tips:

- Retract and depress your scapula.
- Move only your shoulder blade.

Sets/Reps: 2 sets of 10 repetitions in each direction.

Wall Slides with band or Towel



Purpose: Promote upward rotation and activation of the serratus anterior.

Instructions: Stand facing a wall, placing a band around your wrist and at the wall at shoulder height. Apply gentle pressure into the wall and slide your hand upward as high as comfortable making a Y. Maintain contact with the wall throughout the movement. Slowly return to the starting position.

Tips:

- Engage your core and avoid shrugging your shoulders.

Sets/Reps: 2 sets of 10 repetitions.