

Clinician Notes

TSA Phase 2 (weeks 2-5)



Standing Shoulder Flexion AAROM with Pulley in Front

REPS: 10 | SETS: 1 | DAILY: 1 | WEEKLY: 7

Setup

Begin standing upright with a pulley anchored at the top of a doorway in front of you, holding a handle in each hand.

Movement

Pull down with your uninvolved arm, allowing your involved arm to be lifted straight in front of you. Hold, then slowly return to the starting position and repeat.

Tip

Make sure to keep your arms and back straight and do not shrug your shoulders during the exercise.



Seated Shoulder Flexion Towel Slide at Table Top

REPS: 10 | SETS: 1 | DAILY: 1 | WEEKLY: 7

Setup

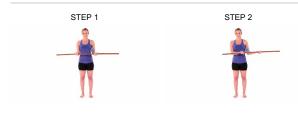
Begin sitting facing a table or counter top with your hand resting flat on a towel.

Movement

Slowly lean forward to slide your hand and towel across the table. Return to the starting position and repeat.

Tip

Try to avoid shrugging your shoulder during the exercise and make sure your hand stays on the table.



Shoulder External Rotation ROM to 30 degrees with Dowel

REPS: 10 | SETS: 1 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with a towel roll under one arm, elbow bent 90 degrees, holding a dowel in both hands. Your involved arm should have the palm facing up.

Movement

Using the dowel to guide the motion, slowly rotate your arm away from your body to 30 degrees (small rotation). Return to the starting position and repeat.

Tip

Make sure to keep your elbow bent throughout the movement and let the movement come from your uninvolved arm.



Shoulder Internal Rotation ROM with Dowel

REPS: 10 | SETS: 1 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with a towel roll under one arm, elbow bent 90 degrees, holding a dowel in both hands. Your involved arm should have the palm facing down.

Movement

Using the dowel to guide the motion, slowly rotate your arm toward your body. Return to the starting position and repeat.

Tip

Make sure to keep your elbow bent throughout the movement and let the movement come from your uninvolved arm.



Standing Isometric Shoulder Internal Rotation at Doorway

REPS: 10 | SETS: 1 | HOLD: 5 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position facing a doorframe with your involved arm bent and a towel between the inside of your hand and the doorframe.

Movement

Gently press your hand inward into the towel. Hold, then relax and repeat.

Tip

Make sure to maintain good posture and do not shrug your shoulder. There should be little to no movement during the exercise.



Standing Isometric Shoulder External Rotation with Doorway

REPS: 10 | SETS: 1 | HOLD: 5 | DAILY: 1 | WEEKLY: 7

Setun

Begin in a standing upright position to the side of a doorframe with your involved arm bent and a towel between the back of your hand and the doorframe.

Movement

Gently press your hand outward into the towel. Hold, then relax and repeat.

Tip

Make sure to maintain good posture and do not shrug your shoulder. There should be little to no movement during the exercise.



Standing Isometric Shoulder Flexion with Doorway - Arm Bent

REPS: 10 | SETS: 1 | HOLD: 5 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position facing a doorframe with your involved arm bent and a towel between your hand and the doorframe.

Movement

Gently press your hand forward into the towel. Hold, then relax and repeat.

Tip

Make sure to maintain good posture and do not shrug your shoulder. There should be little to no movement during the exercise.





STEP 2

Standing Isometric Shoulder Abduction with Doorway - Arm Bent

REPS: 10 | SETS: 1 | HOLD: 5 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position in the center of a doorway with your involved arm bent and a towel between your arm and the doorframe.

Movement

Gently press your arm out to the side into the towel. Hold, then relax and repeat.

Tip

Make sure to maintain good posture and do not shrug your shoulder. There should be little to no movement during the exercise.



Standing Isometric Shoulder Extension with Doorway - Arm Bent

REPS: 10 | SETS: 1 | HOLD: 5 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position facing away from a doorframe with your involved arm bent and a towel between your elbow and the doorframe.

Movement

Gently press your elbow backward into the towel. Hold, then relax and repeat.

Tip

Make sure to maintain good posture and do not shrug your shoulder. There should be little to no movement during the exercise.





Supine Shoulder Flexion Extension AAROM with Dowel

REPS: 10 | SETS: 1 | DAILY: 1 | WEEKLY: 7

Setun

Begin lying on your back. Use a dowel to assist one arm into a vertical position.

Movement

Use the dowel to move your arm up and down in a vertical direction.

Tip

Make sure to allow your supportive arm to guide the motion with the dowel. Do not move through pain or arch your back.



Supine Shoulder Horizontal Abduction Adduction AAROM with Dowel

REPS: 10 | SETS: 1 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your back. Use a dowel to assist one arm to a vertical position.

Movement

Use the dowel to move your arm side to side in a horizontal direction.

Tip

Make sure to allow your supportive arm to guide the motion with the dowel. Do not move through pain or arch your back.