

## Clinician Notes

TSA Phase 2 ( weeks 2-5)

STEP 1



STEP 2



### 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.

STEP 1



STEP 2



### 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.

STEP 1



STEP 2



### 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.

STEP 1



STEP 2



### 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.

STEP 1



### 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 doorway 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.

STEP 1



### Standing Isometric Shoulder External Rotation with Doorway

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

#### Setup

Begin in a standing upright position to the side of a doorway 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.

STEP 1



STEP 2



### 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 doorway 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 1



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.

STEP 1



STEP 2



### 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 doorway 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.

STEP 1



STEP 2



### Supine Shoulder Flexion Extension AAROM with Dowel

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

**Setup**

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.

STEP 1



STEP 2



### 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.