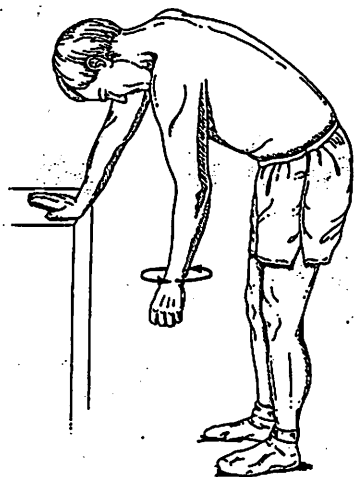




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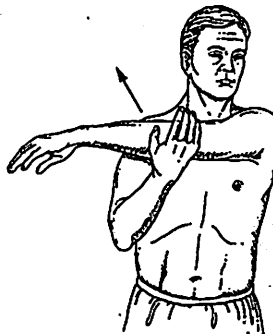
Exercises for Your Sore Shoulder

These stretching and strengthening exercises for your shoulder should be done only if they don't cause pain. Try to do these exercises twice a day. If you don't have hand weights, you can use a 15 or 16 ounce can of soup instead. If you have weights, start out with a low weight and increase the weight after you become comfortable. Don't use more than five pounds of weight. For exercises with an exercise band, the further you stand from the door, the more resistance the band gives. Start close to the door and move back until you find a comfortable resistance. For all of these exercises, start by doing three sets of 10 repetitions and work your way up to three sets of 20.



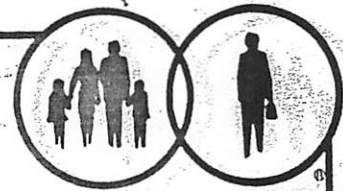
Warm-up with Pendulums

While standing, lean over so that you're directly facing the floor. Let your sore arm dangle straight down. Draw circles in the air with your dangling arm. Start with small circles and then draw bigger ones for about one minute.

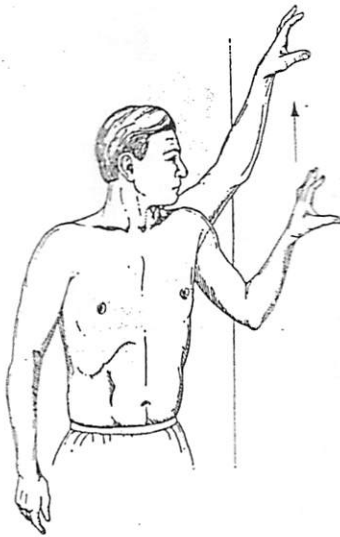


Across the Chest

While standing or sitting, use the arm that isn't sore to hold the bent elbow of the arm on the side that's sore. Pull the arm that is sore gently across your chest until you feel a good stretch of the muscles in your shoulder. If pain occurs, don't pull your arm so far across your chest. Hold the stretch position for 10 seconds and release the arm. Repeat this stretching exercise three times.

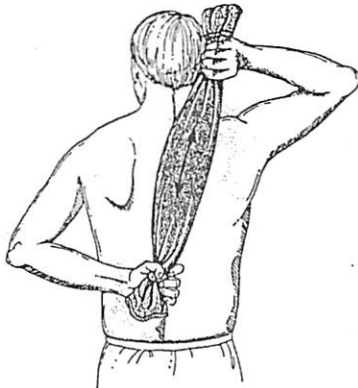


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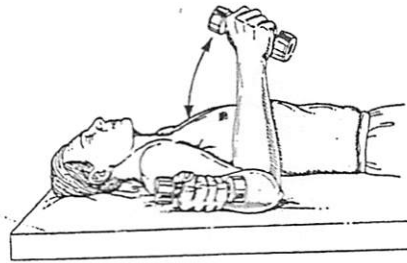
Climb the Wall

Stand with your side next to a wall and have your fingertips touching the wall. Now slowly "walk" your fingers up the wall until you feel a good stretch of your shoulder muscles, but not pain. Once your armpit is as close to the wall as is comfortable, hold the position for 10 seconds. Repeat this stretching exercise three times.



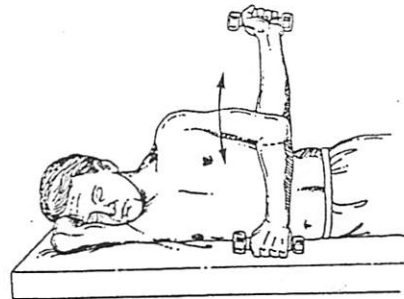
Towel Pulls

While standing, hold a towel in the hand of your sore arm and then toss the towel over your sore shoulder (don't let go of the towel). Reach behind your back with your other hand and grab the other end of the towel. With each hand holding each end of the towel, pull the towel up as far as you can comfortably. Hold your arms in this position for 10 seconds. Then pull the towel down as far as you can and hold your arms in this position for 10 seconds. Repeat this stretching exercise three times. Then put the towel over the other shoulder, switch the position of your hands and do the same stretches.

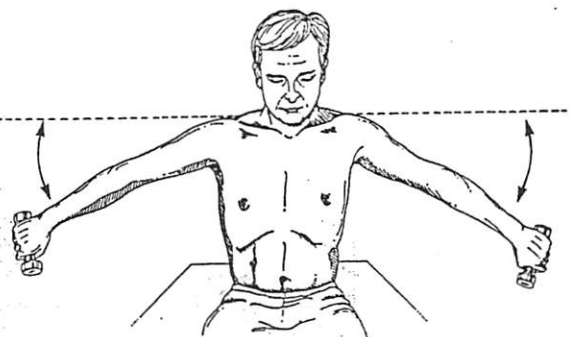


Strengthening Exercises with Weights

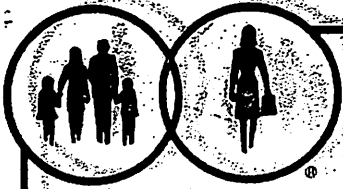
Lie on your back with your right arm next to your side. With a weight in your right hand, bend your arm so that your elbow forms a 90° angle. Lower your forearm to the side, keeping your elbow close to your side.



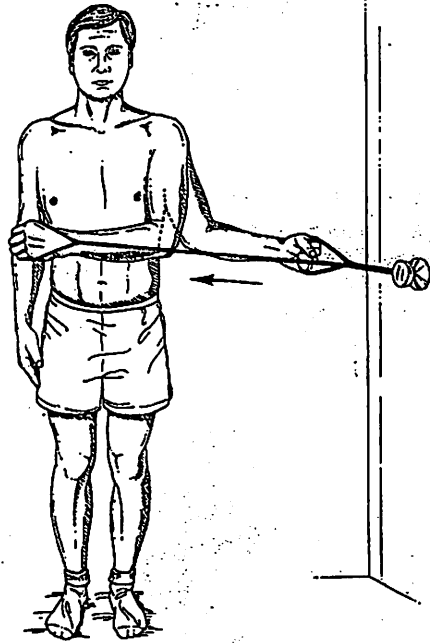
Lie on your right side with your left arm at your side. With a weight in your left hand and your forearm across your abdomen, raise your forearm. Be sure to keep your elbow near your side.



Sit upright and hold both arms out beside your body. Hold your arms a little lower than shoulder level. With weights in both hands, raise your arms until your hands are at shoulder level. Keep your thumbs pointed down.



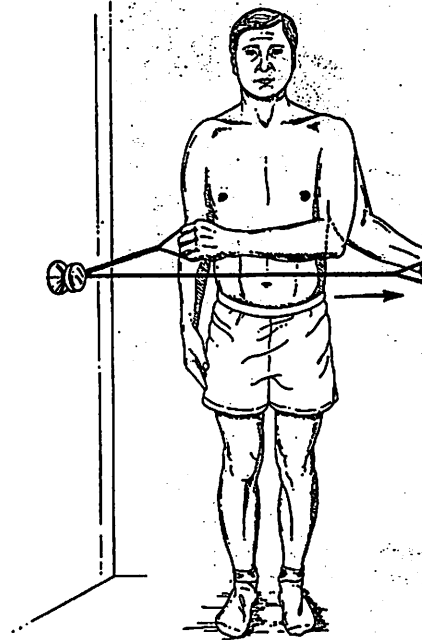
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Strengthening Exercises with an Exercise Band

Stand next to a closed door with a doorknob. Loop the exercise band around the doorknob. With your hand that is closest to the door, bend your arm at a 90° angle and grab the loop of the band. Pull the band across your abdomen.

Stand with your feet slightly apart and the exercise band under your foot. With your arm straight and your thumb pointed down, grab the loop and pull upward to shoulder level. Keep your thumb pointed down during the entire exercise.



Stand next to a closed door with a doorknob. Loop the exercise band around the doorknob. With your hand that is on the side of your body farthest from the door, grab the loop of the exercise band and pull the band across your abdomen and out to the far side. Keep your elbow bent at 90° throughout the entire motion.



This information provides a general overview on exercises for the painful shoulder and may not apply to everyone. Talk to your family doctor to find out if this information applies to you and to get more information on this subject.

STRENGTHENING EXERCISES

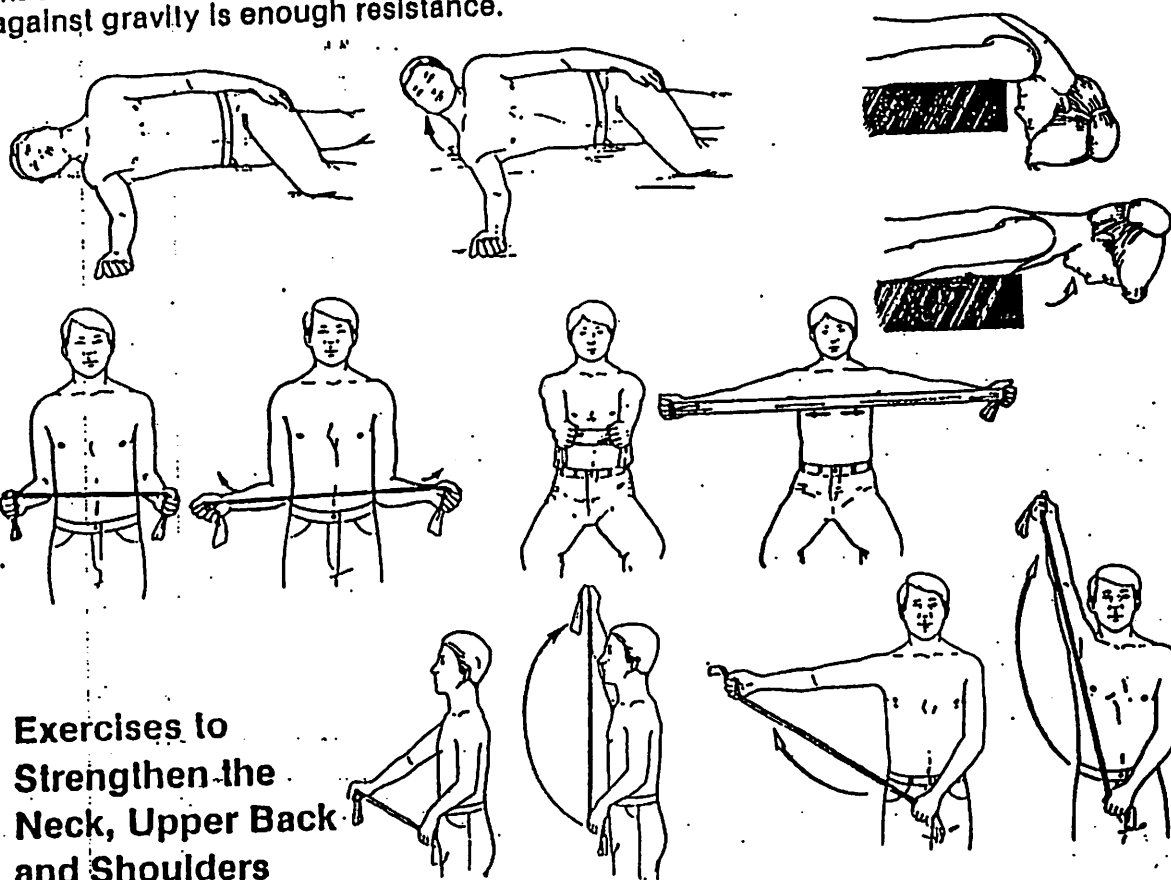
To maintain good posture and have a healthy back you must have good, well balanced muscular strength.

For strengthening exercises to be effective, the muscles must become fatigued while exercising. This increased work load causes the muscle to grow stronger. If your muscles are weak, only mild exercise will be needed to fatigue the muscle. As you grow stronger, more repetition or resistance must be added to work the muscle enough to make it grow even stronger.

Generally speaking, exercises utilizing heavy resistance and fewer repetitions build power, or muscle bulk, while exercising with mild resistance and greater repetitions build endurance.

Power is needed for heavy work activities and certain sports. Endurance is more important for good posture and most of our everyday working and living activities.

Resistance may be added to most exercises in the form of free weights, exercise machines or elastic stretch material such as rubber tubing. Sometimes just working against gravity is enough resistance.



Exercises to Strengthen the Neck, Upper Back and Shoulders

Chronic forward head posture, slumped sitting and round shoulders can cause stress on the joints and muscles in the upper back and neck. It is important to strengthen the neck and upper back muscles to correct this postural problem.

Strengthening exercises for forward head, slumped sitting and round shoulder posture and/or weakness of the muscles in the neck, upper back and shoulders are shown above. These exercises should be done once or twice daily, starting with a few of each and gradually increasing the number as tolerated. The back strengthening exercises shown on page 48 will also benefit.