

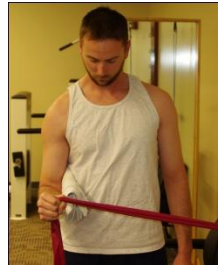
Home Strengthening Program



Internal Rotation at 0 degrees of Abduction

Standing with elbow at side, fixed at 90 degrees, thumb pointing upward. Place a towel under your elbow. Pull theraband across your body, keeping your elbow at your side. Return band slowly and in a controlled manner.

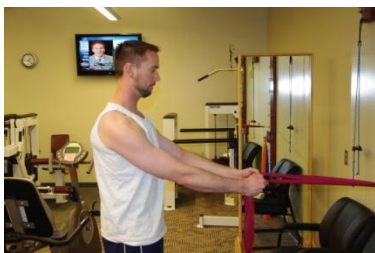
_____ Sets _____ Repetitions



External Rotation at 0 degrees of Abduction

Standing with elbow at side, fixed at 90 degrees, thumb pointing upward, and arm across front of body. Place a towel under your elbow. Pull band outward, keeping elbow at the side. Return band slowly and in a controlled manner.

_____ Sets _____ Repetitions



Theraband Row (two handed)

Start with arms extended. Simultaneously pull both arms back, bringing elbows to hips. Keep elbows bent to 90 degrees. Be careful not to bring elbows too far behind the ribcage.

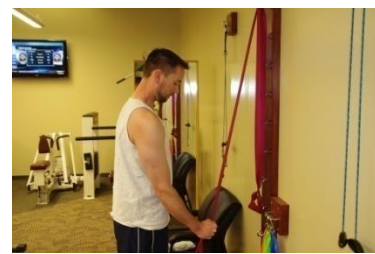
_____ Sets _____ Repetitions



Prone Row

Standing, bent over at the waist, slowly raise arm so that the elbow comes up to ribcage height.

_____ Sets _____ Repetitions



Tricep Extension

Place band over top of door. Grab theraband, keep elbow to the side, and “bend and straighten” the elbow. **Be careful NOT to let the elbow leave the side.*

_____ Sets _____ Repetitions



Prone Horizontal Abduction

Standing, bend over at the waist. Start with the arm hanging straight down. In a controlled manner, slowly raise the arm out to the side, as close to parallel to the floor as possible without pain.

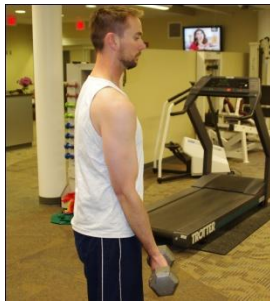
_____ Sets _____ Repetitions



Sidelying External Rotation

Lying on your side with a towel under your elbow, keep your elbow at a 90 degree angle. Slowly, raise your arm upward so your forearm becomes parallel to the floor. Slowly, return to the starting position.

_____ Sets _____ Repetitions



Bicep Curls

Standing with arm against side and palm facing upward, bend elbow upward. Hold 1-2 seconds then lower slowly.

_____ Sets _____ Repetitions



Standing, Active Assist, Shoulder Flexion

Stand, holding a cane, with your arms straight. Keeping your shoulders level, slowly raise your arms to shoulder height. Slowly lower your arms to the starting position.

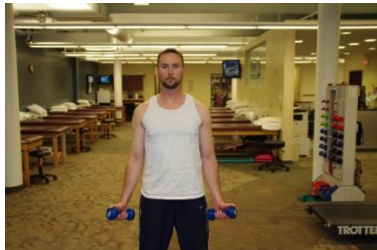
_____ Sets _____ Repetitions



Standing Shoulder Flexion

Stand with elbow straight and thumb up. Slowly raise arm to shoulder height being careful NOT to “shrug” your shoulders. DO NOT go above shoulder height. Slowly lower your arm down to the starting position.

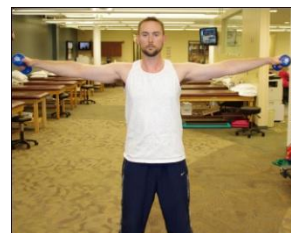
_____ Sets _____ Repetitions



Standing Shoulder Scaption

Stand with arm at the side, elbow straight, and thumb up. Raise arm to shoulder level at a 45 degree angle in front of body. DO NOT go above shoulder height. Slowly lower to starting position.

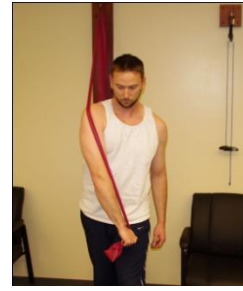
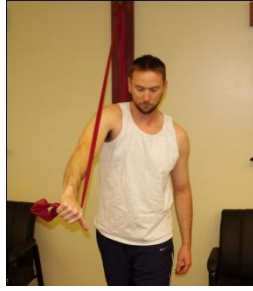
_____ Sets _____ Repetition



Standing Shoulder Abduction

Stand with arm at your side, elbow straight, and palm against your side. Raise arm to the side, palm down, until arm reaches 90 degrees (shoulder level). Slowly return to the starting position.

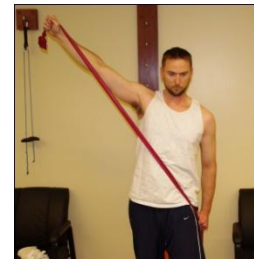
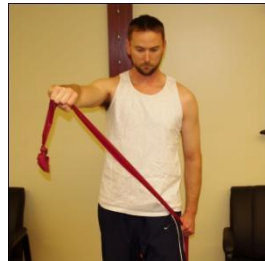
_____ Sets _____ Repetitions



Diagonal Pattern D2 Extension

Involvement hand will grab band overhead and out to the side. Pull band down and across your body to the opposite side of leg. During the motion, lead with your thumb.

_____ Sets _____ Repetitions



Diagonal Pattern D2 Flexion

Hold the band to the side with uninvolved hand. Grab band with the involved hand. Pull the band up and out across your body. During the motion, lead with your thumb.

_____ Sets _____ Repetitions

Phase I : Wall Push Ups

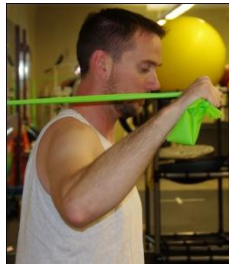
Phase II : Table Push Ups



Table/Countertop Push-ups

Start with elbows extended. Place hands no more than shoulder width apart. Lower yourself down, making sure your elbows go no deeper than a 90 degree angle. Push back up as high as possible, rolling your shoulders forward after the elbows are straight. Start with a push-up into a wall, then gradually progress to a tabletop and eventually to the floor when approved/tolerated.

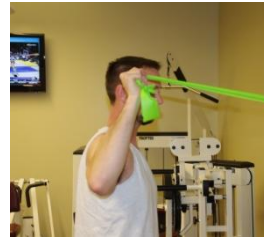
_____ Sets _____ Repetitions



Internal Rotation at 90 Degrees of Abduction

Stand with shoulder abducted to 90 degrees, externally rotated 90 degrees and elbow bent 90 degrees. Keeping shoulder abducted, rotate shoulder forward, keeping the elbow bent at 90 degrees. Return the band slowly to the starting position.

_____ Sets _____ Repetitions



External Rotation at 90 Degrees of Abduction

Stand with shoulder abducted 90 degrees and elbow flexed 90 degrees. Grip band while the other end is fixed straight ahead, slightly lower than the shoulder. Keeping the shoulder abducted, rotate the shoulder back, keeping the elbow at 90 degrees. Return the band slowly to the starting position.

_____ Sets _____ Repetitions