







HOME EXERCISE PROGRAM: SHOULDER

Disclaimer: This home exercise program is designed to provide general instruction for activities that can be performed with little to no equipment. This program was created using HEP2go.com and was approved by your provider. If video reference is needed for the exercises below, please visit the HEP2go website and reference the video # listed with your exercise.

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| <p>1</p>  <p>SCAPULAR RETRACTIONS</p> <p>Draw your shoulder blades back and down to pinch them together.</p> <p>Repeat 10 Times Hold 3 Seconds Complete 3 Sets Perform 1 Times a Day</p> | <p>4</p>  <p>SHOULDER - ISOMETRIC EXTERNAL ROTATION</p> <p>Gently press your hand into a wall using the back side of your hand. Maintain a bent elbow the entire time.</p> <p>Repeat 5 Times Hold 10 Seconds Complete 3 Sets Perform 1 Times a Day</p> |
| <p>2</p>  <p>SHRUGS</p> <p>Raise your shoulders upward towards your ears as shown. Shrug both shoulders at the same time.</p> <p>Repeat 10 Times Hold 3 Seconds Complete 5 Sets Perform 1 Times a Day Video # VVL69YBFR</p> | <p>5</p>  <p>SHOULDER - ISOMETRIC EXTENSION</p> <p>Gently push your a bent elbow back into a wall.</p> <p>Repeat 5 Times Hold 10 Seconds Complete 3 Sets Perform 1 Times a Day</p> |
| <p>3</p>  <p>SHOULDER - ISOMETRIC FLEXION</p> <p>Gently push your fist forward into a wall with your elbow bent.</p> <p>Repeat 5 Times Hold 10 Seconds Complete 3 Sets Perform 1 Times a Day</p> | <p>6</p>  <p>WAND FLEXION - STANDING - PALMS DOWN</p> <p>In the standing position, hold a wand/cane/broomstick with both arms. Raise the wand/cane up allowing your unaffected arm to perform most of the effort. Your affected arm should be partially relaxed. Raise as high as you can, without pain.</p> <p>Repeat 10 Times Hold 1 Second Complete 5 Sets Perform 1 Times a Day Video # VVYLTKN8K</p> |