

## SHOULDER

Created by Dr. Aaron Ford Feb 7th, 2024

View at [www.my-exercise-code.com](http://www.my-exercise-code.com) using code: LH399UW



### PRONE ROWS WITH EXTERNAL ROTATION

Start by lying face down with your arm hanging straight down with your elbows straight. Next, pull your arm up as you bend the elbow as shown. Then, slowly rotate your shoulder to raise your fist upwards towards your head as shown.

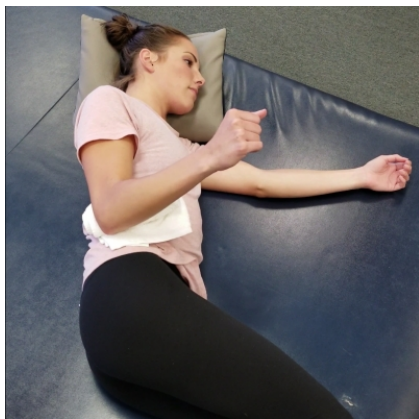
Hold a 2-3 lb. weight or water bottle in your hand.

Repeat 10 Times

Hold 1 Second

Complete 3 Sets

Perform 2 Times a Day



### Side Lying Shoulder External Rotation (ER)

Lay on your side with your affected arm on top, elbow bent 90 degrees. Rolled up hand towel placed between your elbow and your side. Start with your fist resting against your stomach, squeeze your shoulder blade back. Lift your fist toward the ceiling, (externally rotating the shoulder.) You can use a 2-3lb weight or water bottle for resistance.

Make sure to maintain your 90 degree elbow bend throughout this exercise.

Lift and lower in a slow and controlled manner.

Repeat 10 Times

Hold 2 Seconds

Complete 3 Sets

Perform 2 Times a Day



### Lateral Raise

Hold the weights at your sides with your arms straight. Bring your arms straight up at your sides to shoulder height, like a butterfly spreading its wings. Slowly lower your arms back down to your sides.

Repeat 10 Times

Hold 1 Second

Complete 2 Sets

Perform 2 Times a Day



### Shoulder Flexion stretch

Standing behind a sturdy chair or counter place your hands on the back of the support and walk back a few steps until you make an L-Shape with your body. Drop your back and arms down as flat as your shoulders will allow.

SLOWLY walk back to the chair and stand tall (DO NOT let go until you know you are NOT dizzy)  
REST and REPEAT

Repeat 5 Times  
Complete 2 Sets

Hold 5 Seconds  
Perform 2 Times a Day



### Shoulder External Rotation

With chair and body still positioned perpendicular to the table, rest the forearm of affected side on table with palm facing down and elbow bent at 90 degrees.

Slowly start to bend whole body forward until a stretch is felt in affected shoulder. When doing this exercise, the forearm should stay in place and not slide when the body is bending forward.

Repeat 5 Times  
Complete 2 Sets

Hold 5 Seconds  
Perform 2 Times a Day



### Shoulder Internal Rotation

Place a rolled up towel high up in your underarm but allow your shoulder to relax away from your ear.

Next, place this arm behind your back and reach around with your other (left) arm and hold the right wrist.

Gently with your left hand pull your right wrist down toward the left pants pocket and hold.

No pain, just stretch

Repeat 3 Times  
Complete 1 Set

Hold 20 Seconds  
Perform 1 Times a Day