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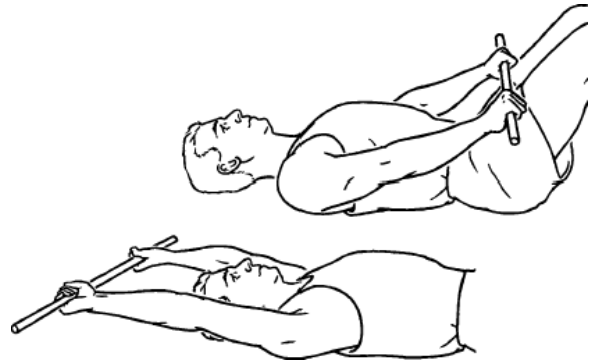
Updated 2021

Home Exercise Program for Shoulder Pain

Exercise: Arm Forward Lying (Flex/Supine) Wand Stretch
Area: Shoulder

Exercise Description:

1. Lie on back with knees bent on firm surface grasping wand in both hands shoulder width apart.
2. Keep elbows straight throughout exercise.
3. Move wand with both arms overhead bringing upper arms toward ears until stretch is felt and hold.
4. Slowly return to starting position, relax, and repeat.

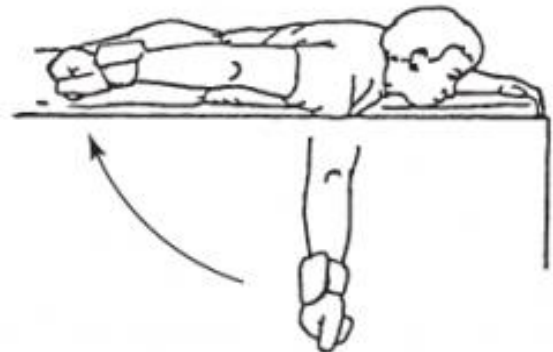


What to feel? Stretching of the shoulders and ribs
How many/often? 2 set/ 10 set repetitions 2 times per day
How much weight? 0 pounds Hold for: 0 seconds
Desired Benefits: Increase joint mobility

Exercise: Arm Back Lying (Extension/Prone)
Area: Shoulder

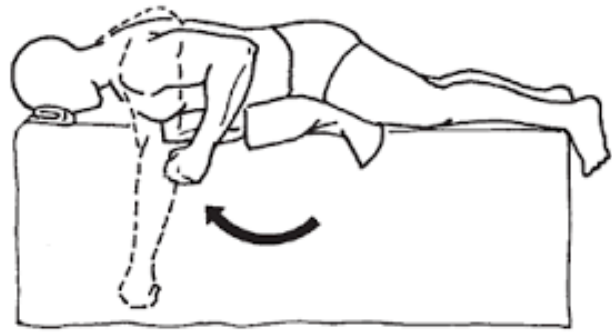
Exercise Description:

1. Lie on stomach on firm surface, arm and shoulder off edge, elbow straight, and hand pointing down.
2. Lift arm backward, keep elbow straight moving hand toward hip, and hold.
3. Slowly return to starting position, relax, and repeat.



What to feel? Tightening behind the shoulder
How many/often? 2 set/ 10 set repetitions 2 times per day
How much weight? 0 pounds Hold for: 0 seconds
Desired Benefits: Increase muscle strength

Exercise: Arm Back Lying
(Extension/Prone) Elbow Bent
Area: Shoulder



Exercise Description:

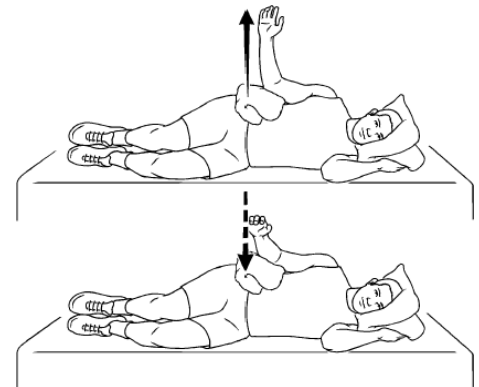
1. Lie on stomach on firm surface, arm and shoulder off edge, elbow straight, and hand pointing down.
2. Lift arm back bending elbow and keeping upper arm next to side.
3. Slowly return to starting position, relax, and repeat.

What to feel? Tightening behind shoulder and shoulder blade
How many/often? 2 set/ 10 set repetitions 2 times per day
How much weight? 0 pounds Hold for: 0 seconds
Desired Benefits: Increase muscle strength

Exercise: Rotate Arm Out with towel Roll (External Rotation) Sidelying
Area: Shoulder

Exercise Description:

1. Lie on uninvolved side, upper arm against side with towel roll Under arm.
2. Bend upper arm at elbow to 90 degrees, keep wrist straight.
3. Keep elbow bent at 90 degrees throughout exercise.
4. Lift hand off stomach until forearm reaches just past horizontal.
5. Slowly return to starting position, relax, and repeat.

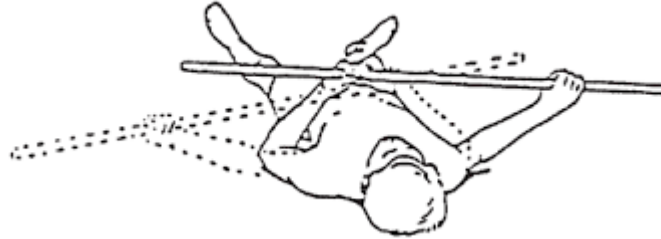


What to feel? Tightening on back shoulder
How many/often? 2 set/ 10 set repetitions 2 times per day
How much weight? 0 pounds Hold for: 0 seconds
Desired Benefits: Increase muscle strength

Exercise: Arm Sideways Lying (Abduction/Supine)
Area: Shoulder

Exercise Description:

1. Lie on back on firm surface with knees bent.
2. Grasp end of wand with hand palm up.
3. Grasp other end of wand with UNINVOLVED hand palm down.
4. Continue this arc of movement keeping arm in contact with surface until stretch is felt with upper arm approaching ear and hold.
5. Slowly return to starting position, relax, and repeat.

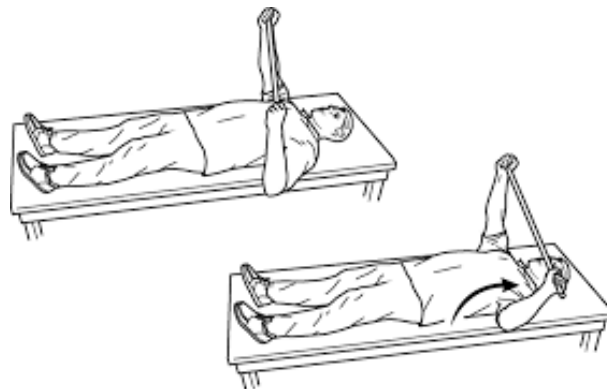


What to feel? Stretching of the shoulder
How many/often? 2 set/ 10 set repetitions 2 times per day
How much weight? 0 pounds Hold for: 0 seconds
Desired Benefits: Increase joint mobility

Exercise: Rotate Arm Out Lying (External Rotation) Wand Stretch
Area: Shoulder

Exercise Description:

1. Lie on back on firm surface with knees bent, grasp wand in both hands shoulder width apart.
2. Keep upper arms at side and elbows bent to 90 degrees.
3. Move hand away from body keeping elbow at side.
4. Use pressure from UNINVOLVED arm through the wand to assist in shoulder stretch and hold.
4. Slowly return to starting position, relax, and repeat.



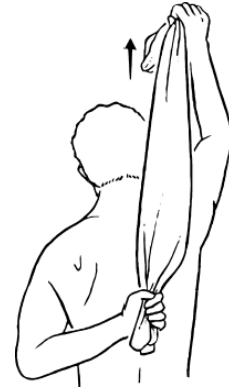
What to feel? Stretching of the shoulder
How many/often? 2 set/ 10 set repetitions 2 times per day
How much weight? 0 pounds Hold for: 0 seconds
Desired Benefits: Increase joint mobility

Exercise: Rotate Arm In (Internal Rotation) Towel behind Back Stretch
Area: Shoulder

Exercise Description:

1. Stand with good erect posture.
2. Place back of INVOLVED hand behind back.
3. Take a towel lengthwise overhead with UNINVOLVED hand and place towel behind back grasping end of the towel with hand behind the back.
4. Slowly return to starting position, relax, and repeat.

What to feel? Stretching of the shoulder
How many/often? 2 set/ 10 set repetitions 2 times per day
How much weight? 0 pounds Hold for: 0 seconds
Desired Benefits: Increase joint mobility

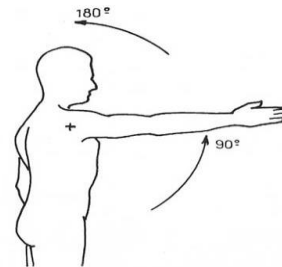


Exercise: Arm Forward (Flexion) Standing Limited Range
Area: Shoulder

Exercise Description:

1. Stand with good erect posture.
2. Arm at side with elbow straight.
3. Keeping elbow straight, raise arm forward a short distance as instructed.
4. Slowly return to starting position, relax, and repeat

What to feel? Straightening and tightening of shoulder
How many/often? 2 set/ 10 set repetitions 2 times per day
How much weight? 0 pounds Hold for: 0 seconds
Desired Benefits: Increase muscle strength



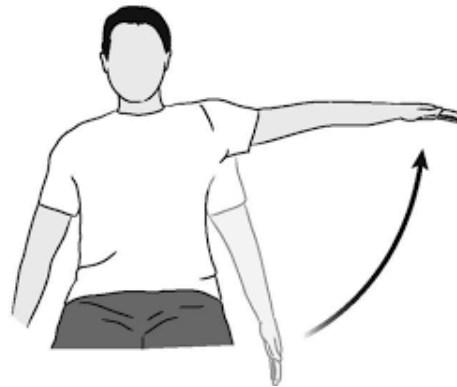
Exercise: Arm Sideways (Abduction) Standing Limited Range

Area: Shoulder

Comment: **To shoulder level, pain free**

Exercise Description:

5. Stand with good erect posture.
6. Arm at side with elbow straight.
7. Keeping elbow straight, move arm sideways a short distance as instructed.
8. Slowly return to starting position, relax, and repeat.



What to feel?

Straightening and tightening of shoulder

How many/often?

2 set/ 10 set repetitions 2 times per day

How much weight?

0 pounds Hold for: 0 seconds

Desired Benefits:

Increase muscle strength