

MOBILITY

Home Exercises of Shoulder



Before Home Exercises of Shoulder

Can I do shoulder exercises if I have shoulder pain?

Generally, you can start exercising even if you have significant pain. In fact, exercise decreases shoulder pain and improves movement and function.

Should I first talk to my healthcare provider before doing shoulder exercises?

Talk to your healthcare provider especially if you have any questions or if you think it may be important to take specific precautions. Usually, shoulder exercises are safe, especially if you first warm up your body. You can warm up your body by walking or moving your legs.

When should I take my pain medication if I am doing shoulder exercises?

If you normally take pain medications, take them about 30 minutes before you exercise. As exercise helps you feel better, you may be able to decrease the pain medications.



LET'S BEGIN

What shoulder exercises should I start with?

Start with gentle range of motion exercises. You can do many of these while sitting on a chair or a bed.

Are there specific range of motion exercises I should do?

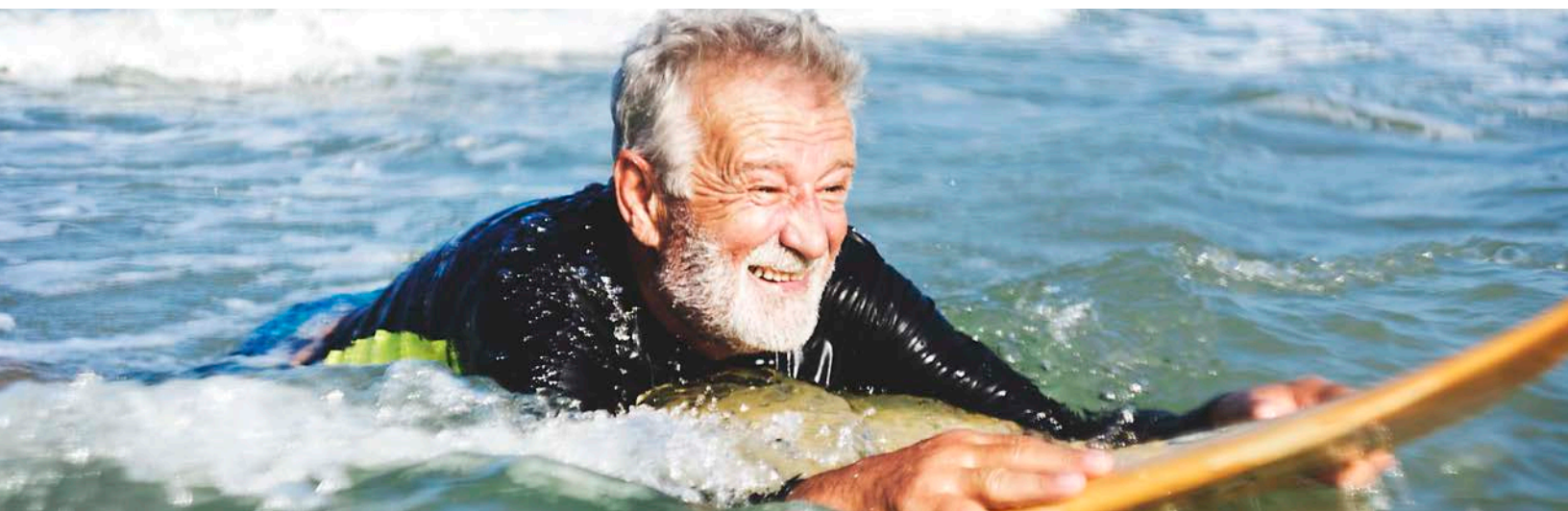
Yes - there are several types. You can do what is called a "**shoulder roll**," rotating your shoulder clockwise and counterclockwise while sitting down. You can also do a **shoulder raise** with your hands clasped together. Another exercise, called "**wall climbing**," involves placing the tips of your fingers on a wall and gently moving them up the wall. While sitting, you can also do a **sidearm rotations**: with your hands clasped together and in front of you, turn your arms from the middle to the left, then back to the middle, and then to the right. Finally, you can do a **chest stretch**. To do this, sit down, place your hands on the bed or chair behind you and gently stretch your chest out and back. **(See next page for exercises)**

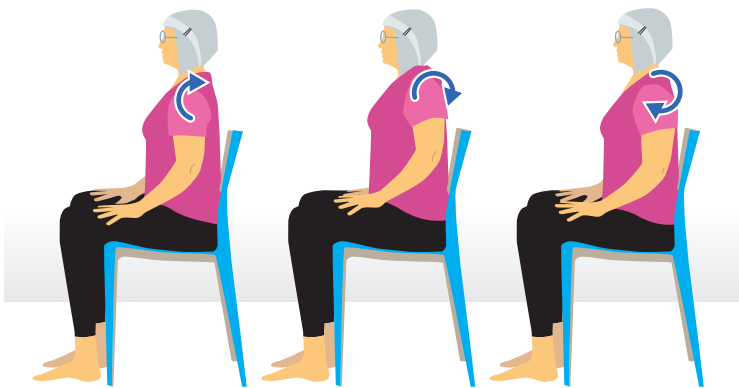
How many times should I repeat these exercises?

Repeat each exercise a few times per session. And aim to do a few sessions every day.

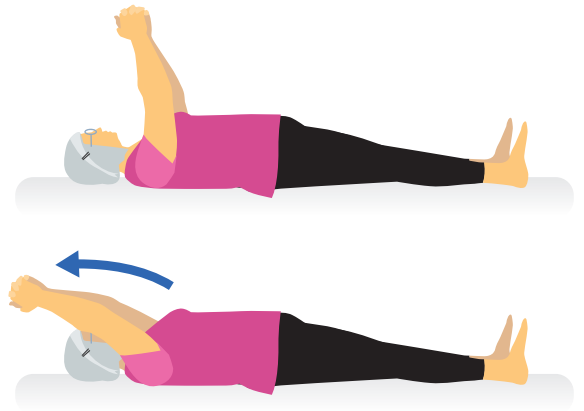
Should I do these shoulder exercises the same every time?

As you do the shoulder raises with hands clasped, wall climbing, sidearm rotations, and chest stretches, gradually increase the range of your stretches.

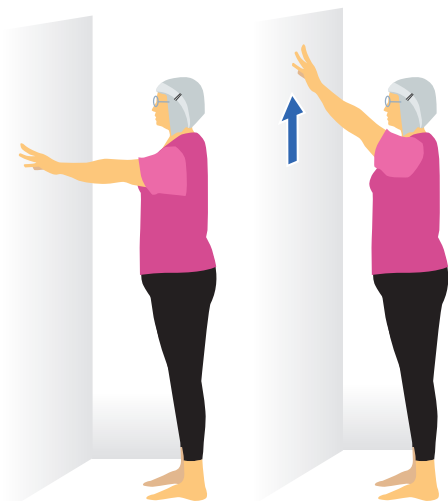




SHOULDER ROLL (ROTATION)



SHOULDER RAISE WITH HANDS



(FINGER) WALL



SIDEARM ROTATION



CHEST STRETCH

WHAT'S NEXT?

What Exercise Should I do Next ?

Next, try some exercises to build strength. There are several strengthening exercises you can do.

Try a **shoulder squeeze**, moving the muscles in your upper back toward your spine and then relaxing.

You can also try a **chair press up**: sit in a chair with your feet on the ground and push against the arm while your hands holding the arm rests of a chair. After this feels comfortable, do the same thing but try to lift your body out the chair slightly this time as you push down.

You can also do a **wall push-up**: put your hands against a wall and extend your arms. Then bend your elbows and allow your body to move closer to the wall. Next, extend your arms again.

There are some additional strength-building exercises you can do after you consult with your healthcare provider.

You can do strength exercises with weights, especially the **bicep curl**. To do this, sit up straight in a chair with your feet on the ground. Hold a weight in your hand and bend your elbow to move the weight closer to your head and then back down.

You can also try a **chair push-up**. Place your hands on opposite sides of a chair seat and plant your feet on the ground so that there is a straight line from the top of your head to your heels. Bend your elbows and allow your body to move closer to the seat of the chair, then extend your arms.

Finally, you can try **external rotations with a rubber band**: sit in a chair and hold the two ends of the band in each hand. Try to extend the length of the band and then let it retract. **(See next page for exercises).**

Repeat each exercise a few times per session. Aim for a few sessions a day.

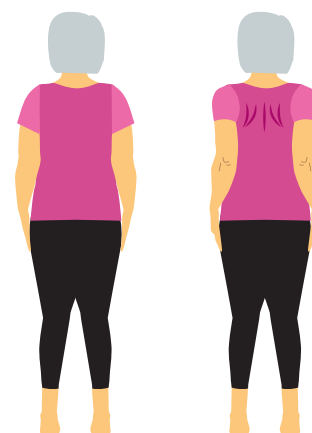
How many of these exercises should I do?



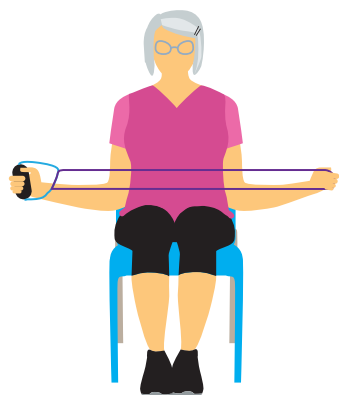
CHAIR PRESS UP/PUSHING



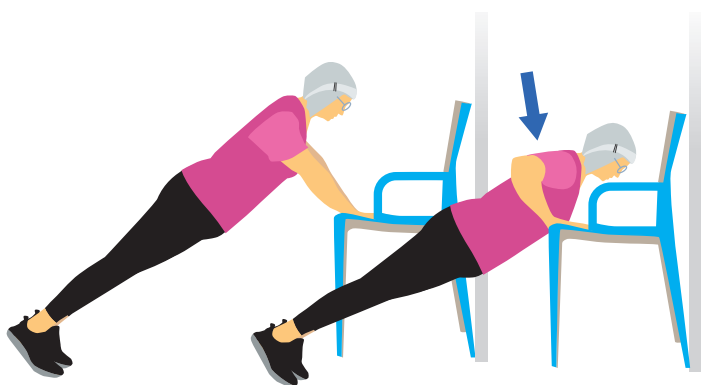
BICEPS CURL WITH WEIGHT



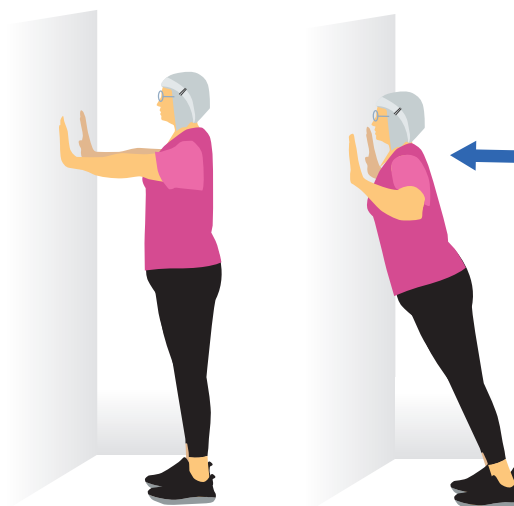
SHOULDER OR SCAPULAR SQUEEZE



SHOULDER EXTERNAL ROTATION WITH RUBBER BAND



CHAIR PUSH UP



WALL PUSH UP

WRAP-UP

Can I take a break during these exercises?

It is a good idea to take a break for 1-2 minutes between each exercise. When you are just starting out, this break might be a little longer.

How do I continue to improve over time?

Start these exercises at the easy levels. Gradually increase repetition or resistance every 3-4 days.

Will I experience pain while I am doing these shoulder exercises?

Mild discomfort and mild worsening of pain is normal during exercise and may last for 1-2 days.

When should I do these shoulder exercises if I do other forms of physical activity?

You can do other exercise, such as walking, before you do shoulder-specific exercises.

What should I do after I am done with these exercises?

You use a hot pack or a cold pack, as needed, for a few minutes. You can also drink fluids in small amounts (6-oz; 180-ml) and frequently (6 times), especially if it is hot.



CAUTIONS

When should I stop these shoulder exercises and call my health care provider?

- Discontinue these exercises and call your health care provider if (1) the pain you feel after exercise doesn't get better after 1-2 days, (2) there is new pain or pain in a different location, such as chest pain, (3) you experience swelling, (4) you have weakness or difficulty moving your arms, or (4) you fall and get hurt.

