

SHOULDER STRENGTHENING EXERCISES

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These exercises are designed to build the strength of your rotator cuff, deltoid and scapular muscles. These muscles are best strengthened through slow, repetitive motions within a comfortable range. It is not necessary to move through pain or a full range of motion. Recovery of strength following shoulder surgery is a slow process; trying to accelerate too quickly will usually result in pain and can compromise the healing process

Begin by performing 10 repetitions of each exercise 2 to 3 times per day with the red theraband. When you can perform these exercises comfortably, take a short rest then add a second set of 10 repetitions. You can eventually progress to 3 sets of 10. When you are comfortable with this you can move to the next colour theraband and progress in the same fashion.

Theraband sequence: red – green – blue

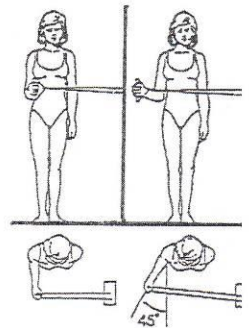


Phase I

With arm at side

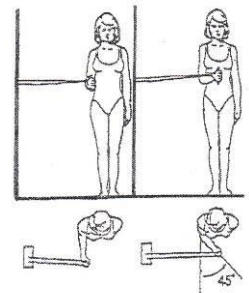
External rotation

- begin with hand in midline of body
- keep elbow by side, bent to 90 degrees
- rotate hand away from midline to approximately 45 degrees
- return slowly to midline
- repeat 10 times at least 2 to 3 times per day



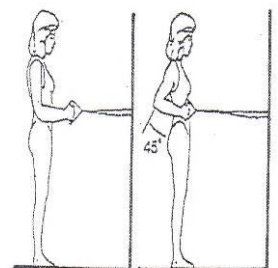
Internal rotation

- begin with hand out in front and to the side
- keep elbow by side, bent to 90 degrees
- rotate hand toward midline of body (approximately 45 degrees)
- return slowly to starting position
- repeat 10 times at least 2 to 3 times per day



Extension

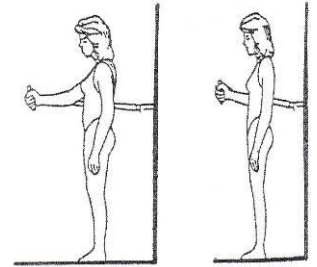
- begin with hand directly out in front
- keep elbow by side, bent to 90 degrees
- pull hand backwards until side of body reached (approximately 45 degrees)
- return hand slowly to out in front
- repeat 10 times at least 2 to 3 times per day



Phase II

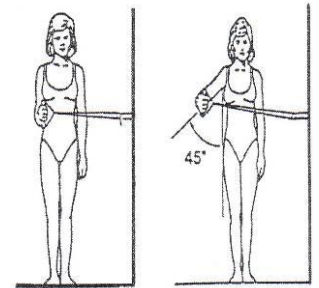
Forward elevation

- keep elbow straight with thumb pointing forwards
- raise arm towards ceiling along a line approximately 45 degrees from the midline, thumb to ceiling
- continue until approximately 45 degrees from the vertical
- return slowly to side of body
- repeat 10 times at least 2 to 3 times per day

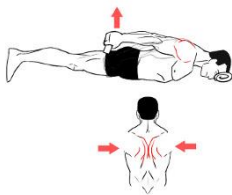


Abduction

- start with elbow by side, bent to 90 degrees
- hand directly out in front
- lift elbow and forearm away from body but do not exceed 45 degrees (otherwise shoulder will “impinge” and this will cause pain)
- return slowly to side of body
- repeat 10 times at least 2 to 3 times per day



Scapular stabilizer program (begin at 16 weeks post-surgery)



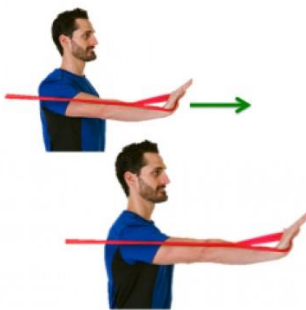
Prone scapula extension



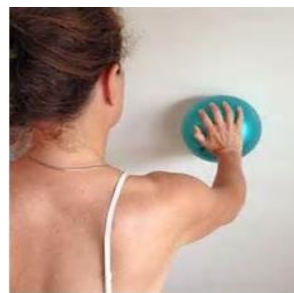
Seated rows



Lawnmower



Serratus anterior punch



Scapula clock exercise/ball stabilisation