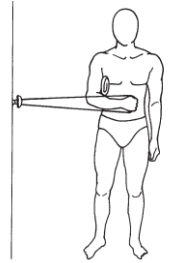
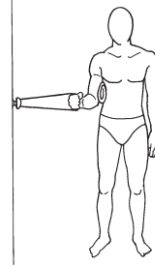




Shoulder: Theraband/Tubing Strengthening Home Exercise Program

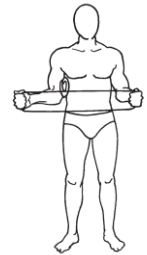
1. Internal Rotation

Place tubing in door at elbow level.
 Stand sideways to door with your involved arm toward the door.
 Bend elbow 90° and place small towel roll between arm and body.
 Position shoulder blade in proper position. Keep thumb up and wrist stable.
 Grasp tubing and rotate it in toward your opposite hip. Hold 5 seconds.
 Slowly return to starting position.
 Perform ____ sets, ____ repetitions, ____ times/day.
 Progress to ____ sets, ____ repetitions, ____ times/day.



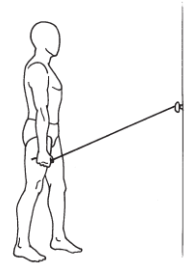
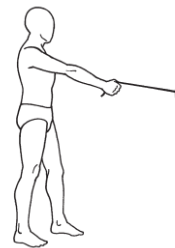
2. External Rotation

Hold onto tubing as shown in picture; elbows bent 90° and **elbows at side**.
 Position shoulder blade in proper position. Keep thumb up and wrist stable.
 With involved arm, rotate tubing away from your body. Hold 5 seconds.
 Slowly return to starting position.
 Perform ____ sets, ____ repetitions, ____ times/day.
 Progress to ____ sets, ____ repetitions, ____ times/day.



3. Extension

Place tubing in door at elbow level.
 Position shoulder blade in proper position.
 With involved arm raised forward, grasp tubing and pull it down toward your side. Hold 5 seconds.
 Keep thumb facing forward and palm facing thigh.
Do not bend forward at the waist while pulling backward.
 Slowly return to the starting position.
 Perform ____ sets, ____ repetitions, ____ times/day.
 Progress to ____ sets, ____ repetitions, ____ times/day.



4. Flexion

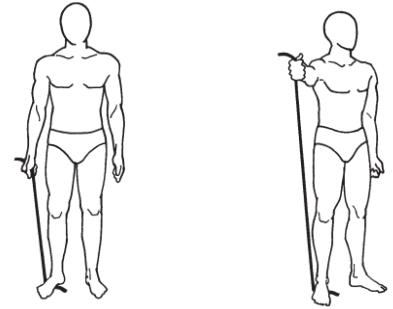
Place one end of tubing under your foot.
 Position shoulder blade in proper position.
 Grasp tubing with thumb facing ceiling.
 Lift arm directly out to the front of your body. Hold 5 seconds.
 Be sure to keep your elbow straight.
 Slowly return to the starting position.
 Perform ____ sets, ____ repetitions, ____ times/day.
 Progress to ____ sets, ____ repetitions, ____ times/day.



Continued

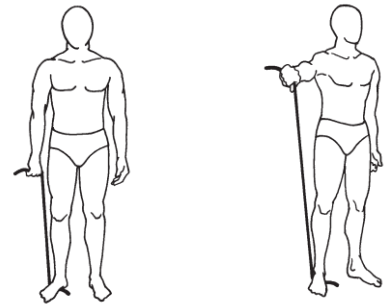
5. Abduction in Plane of Scapula

Place one end of tubing under your foot.
Position shoulder blade in proper position.
Grasp tubing with thumb facing ceiling.
Rather than lifting your arm straight out to the side, raise your arm in a position 30° forward of that posture.
Keep elbows straight and do not lift above shoulder level.
Hold 5 seconds. Slowly return to starting position.
Perform ____ sets, ____ repetitions, ____ times/day.
Progress to ____ sets, ____ repetitions, ____ times/day.



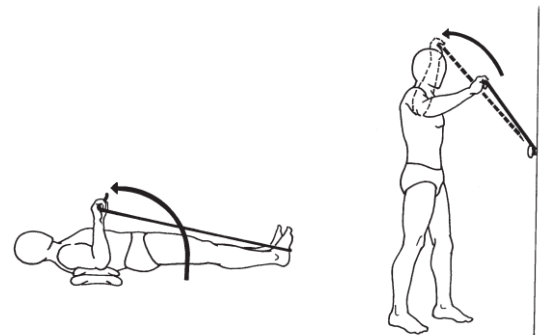
6. Empty Can

Place one end of tubing under your foot.
Position shoulder blade in proper position.
Grasp tubing with thumb turned down.
Rather than lifting your arm straight out to the side, raise your arm in a position 30° forward of that position.
Keep elbows straight and lift arm up staying below shoulder level.
Hold 5 seconds. Slowly return to starting position.
Perform ____ sets, ____ repetitions, ____ times/day.
Progress to ____ sets, ____ repetitions, ____ times/day.



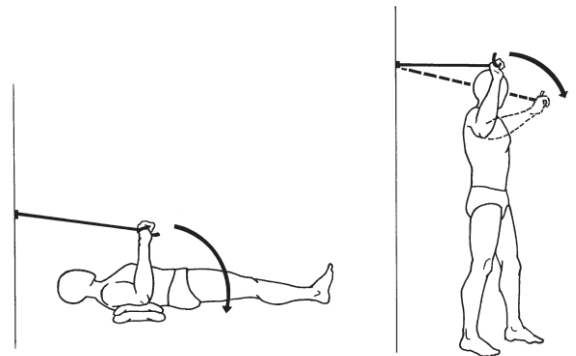
7. External Rotation at 80°

Lie on your back on a firm surface.
Support upper arm with towels as needed (shoulder and elbow should be at the same level). Place one end of tubing around your foot.
Raise arm out to side (80°) and bend your elbow up 90°.
Grasp tubing and rotate backward until the back of your hand hits the firm surface. Slowly return to starting position.
Eventual progression to exercise completed in standing.
Perform ____ sets, ____ repetitions, ____ times/day.
Progress to ____ sets, ____ repetitions, ____ times/day.



8. Internal Rotation at 80°

Lie on your back on a firm surface.
Place one end of tubing around stable object, at your head.
Support upper arm with towels as needed (shoulder and elbow should be at the same level).
Raise arm out to side (80°) and bend your elbow up 90°.
Grasp tubing and rotate arm forward.
*Shoulder should not raise off of firm surface.
Slowly return to starting position.
Eventual progression to exercise completed in standing.
Perform ____ sets, ____ repetitions, ____ times/day
Progress to ____ sets, ____ repetitions, ____ times/day.



Continued

9. Diagonal Pattern (Flexion and Adduction)

Secure one end of tubing to stable object close to floor.

Grasp tubing in involved hand.

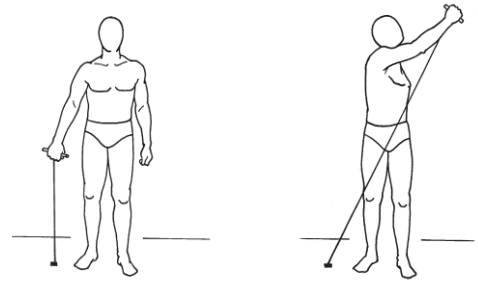
Begin with arm out from side 45°, and palm facing backwards.

Keep elbow straight and bring elbow across nose as you gradually turn palm forward. Watch your hand so your head turns to look up and to that side. Reverse motion to take arm to starting position gradually turning palm down.

Exercise should be performed in a controlled manner.

Perform ___ sets, ___ repetitions, ___ times/day.

Progress to ___ sets, ___ repetitions, ___ times/day.



10. Diagonal Pattern (Flexion and Abduction)

Secure one end of tubing to stable object close to floor.

Grasp tubing with involved hand across body and against thigh of opposite side leg. Do not allow shoulder to round forward.

Starting with palm down, rotate palm up through the motion.

Keeping elbow straight, bring arm up and over involved shoulder with palm facing inward.

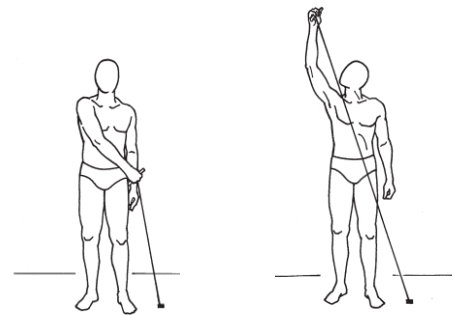
Watch your hand so your hand turns to look up and to that side.

Reverse motion to take arm to starting position as the palm gradually turns down.

Exercise should be performed in a controlled manner.

Perform ___ sets, ___ repetitions, ___ times/day.

Progress to ___ sets, ___ repetitions, ___ times/day.



11. Pivot Prone (Elbows into Back Pocket)

(Extension, abduction, elbow flexion with wrist extension)

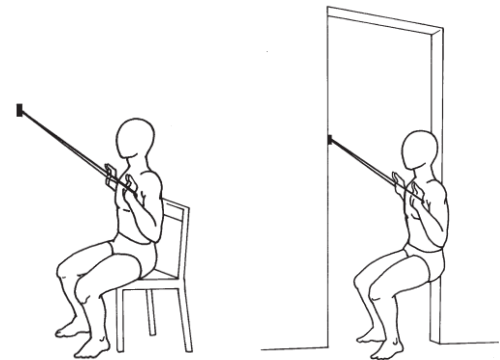
Attach tubing overhead. Grasp tubing so tubing is against back of hand.

Hands are overhead, palms facing each other leading with 5th finger, bring elbows down as if placing them into back pockets.

Hold 5 seconds. Slowly return to starting position.

Perform ___ sets, ___ repetitions, ___ times/day.

Progress to ___ sets, ___ repetitions, ___ times/day.



12. Seated Row

Sit with efficient posture. Secure tubing in front of you at chest height.

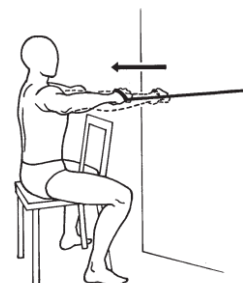
Perform shoulder blade retraction (bring shoulder blades down and in together). Pull tubing with both arms in a slow, controlled motion.

*Elbows should not pass behind plane of body.

Slowly return to starting position.

Repeat ___ sets, ___ repetitions, ___ times/day.

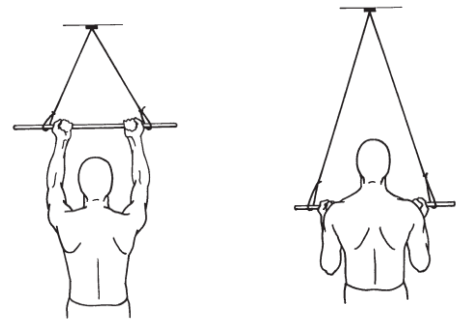
Progress to ___ sets, ___ repetitions, ___ times/day.



Continued

13. Lap Pull-Down

Sit with efficient posture. Secure tubing overhead.
Tie a loop at the end of both sides of the tubing.
Place a cane, broomstick, or towel rod in the loops.
Grasp the cane with an underhand grip.
Pull cane with both arms in a slow, controlled motion to your chest.
Slowly return to the starting position.
Repeat ____ sets, ____ repetitions, ____ times/day.
Progress to ____ sets, ____ repetitions, ____ times/day.



14. Elbow Flexion

Sit in a chair or stand with tubing under foot.
Hold tubing with palm facing down.
Position shoulder blades in proper position.
While rotating forearm to a palm up position slowly bend elbow to a fully flexed position. Slowly return to starting position.
Perform ____ sets, ____ repetitions, ____ times/day.
Progress to ____ sets, ____ repetitions, ____ times/day.



15. Elbow Extension

In a standing position, hold tubing in involved hand.
With tubing draped over same shoulder, grasp behind back with opposite hand.
Straighten involved elbow, raising arm overhead.
Slowly return to starting position.
Perform ____ sets, ____ repetitions, ____ times/day.
Progress to ____ sets, ____ repetitions, ____ times/day.

