

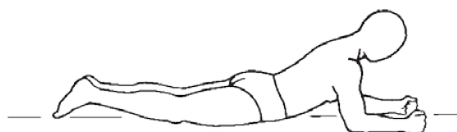
Closed Kinetic Chain Upper Extremity Home Exercise Program

1. Prone on Elbows With Protraction

Lie on your stomach propped up on your forearms, with your elbows directly under your shoulders. Slowly move your sternum away from the floor. Keep your low back flat by tightening your abdominals. You should feel your spine move up away from your shoulder blades. Do not shrug your shoulders. Maintain this position for _____ seconds. This position can also be performed on your knees and toes as pictured below.

Perform _____ sets of _____ repetitions _____ times/day.

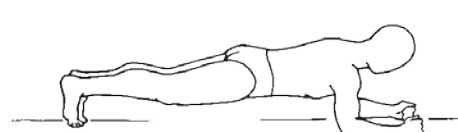
Advance to _____ sets of _____ repetitions _____ times/day.



a. Prone



b. Knees



c. Toes

2. Prone on Elbows External Rotation

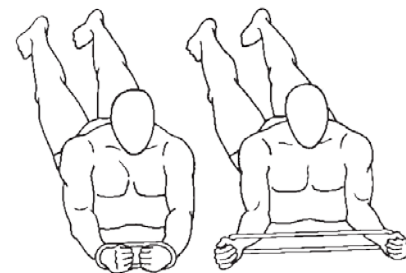
Lie on your stomach and assume the prone on elbows position as described in #1.

Maintain your shoulder blade position throughout the exercise.

Hold tubing in both hands and try to gently pull your hands apart. Hold for _____ seconds.

Perform _____ sets of _____ repetitions _____ times/day.

Advance to _____ sets of _____ repetitions _____ times/day.



3. Prone on Elbows Arm Reach

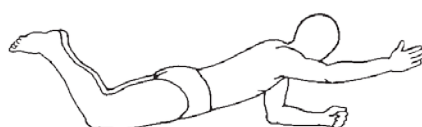
Lie on your stomach and assume the prone on elbows position as described in #1. Maintain this position throughout the exercise. Reach forward with the right arm and hold for _____ seconds. Support yourself with the left arm, shifting as little as possible to the left. Repeat with the right arm. This exercise can also be performed on your knees and toes as pictured below.

Perform _____ sets of _____ repetitions _____ times/day.

Advance to _____ sets of _____ repetitions _____ times/day.



a. Prone



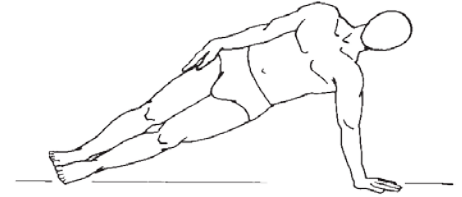
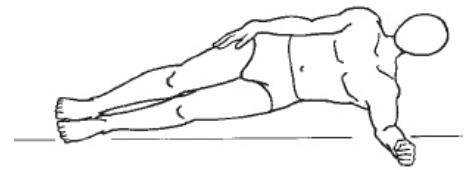
b. Knees



c. Toes

4. Side on Elbow With Neutral Posture

Lie on your side and prop yourself up on your elbow and feet as pictured. Your elbow should be directly under your shoulder, head and neck should be in a straight line with your trunk. Do not tilt your head to either side or sag your shoulder. Hips should be lifted off the floor approx. _____ inches. Hold this position for _____ seconds. Repeat with opposite elbow. This exercise can also be performed with the elbow straight as pictured at right.



Perform _____ sets of _____ repetitions _____ times/day.

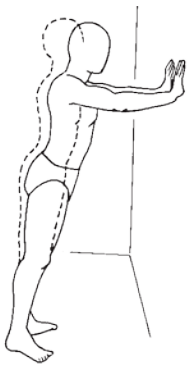
Advance to _____ sets of _____ repetitions _____ times/day.

5. Wall Push Up With a Plus

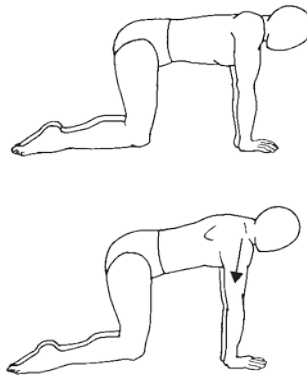
Stand arms length away from a wall. Place hands on wall, shoulder width apart. Keep elbows straight/bent slightly throughout the exercise. Slowly move your sternum closer to the wall, letting your shoulder blades slide toward your spine. Then, move sternum away from the wall, pushing your shoulder blades away from your spine. This exercise can also be performed in a hands and knees position and in a traditional push up position as shown.

Perform _____ sets of _____ repetitions _____ times/day.

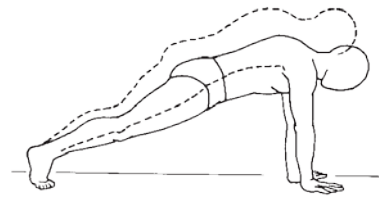
Progress to _____ sets of _____ repetitions _____ times/day.



A.



B.



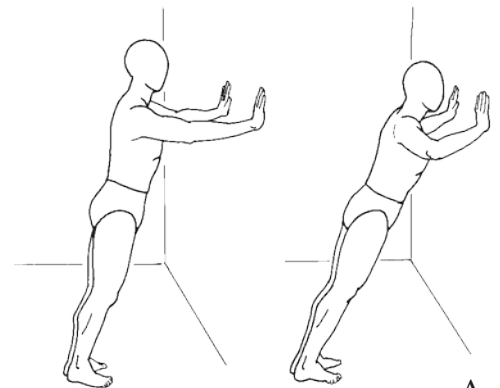
C.

6. Push-up Progression

A. Wall Push-Up – Stand arms length away from a wall. Place hands on the wall, shoulder width apart. Begin with elbows slightly bent. Keep your shoulder blades in proper position. Slowly move your body toward the wall, bending your elbows. Do not let your low back arch or your head move forward. Return to the start position. Do not lock your elbows during the exercise.

Perform _____ sets of _____ repetitions _____ times/day.

Advance to _____ sets of _____ repetitions _____ times/day.



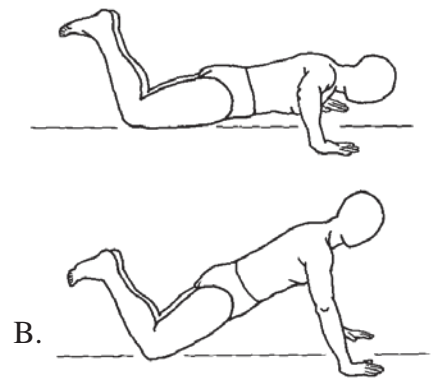
A.

Continued

B. Modified Floor Push-Up – Position yourself on your hands and knees on the floor as pictured. Your head, shoulders, hips and knees should be in a straight line. Begin with your elbows slightly bent. Keep your shoulder blades in proper position. Slowly move your body toward the floor. Do not let your low back or head sag toward the floor. Return to the start position. Do not lock your elbows during the exercise.

Perform _____ sets of _____ repetitions _____ times/day.

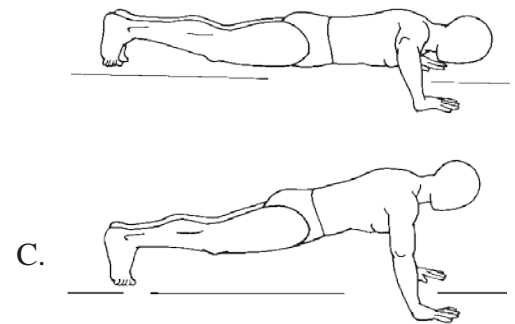
Advance to _____ sets of _____ repetitions _____ times/day.



C. Floor Push-Up – Position yourself on the floor on your hands and toes as pictured. Keep your head, shoulders, hips and knees in a straight line. Begin with your elbows slightly bent. Keep your shoulder blades in proper position. Slowly move your body toward the floor and return. Do not let your low back or head sag toward the floor. Do not lock your elbows during the exercise.

Perform _____ sets of _____ repetitions _____ times/day.

Advance to _____ sets of _____ repetitions _____ times/day.



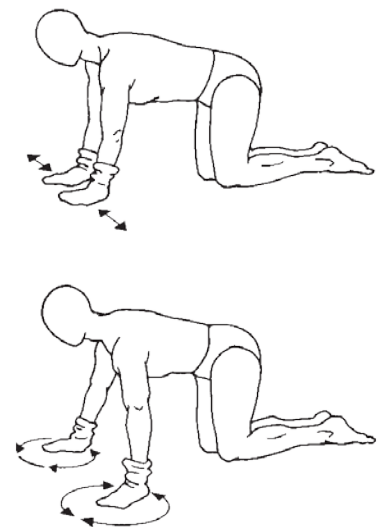
7. Floor Scrubbing

Place a sock on each hand. Position yourself on the floor in the hands and knees position with your knees directly under your hips and your hands directly under your shoulders. Slowly move your sternum away from the floor. Maintain this position throughout the exercise. Move your arms in the following directions:

- Out to the side and back to the middle
- In clockwise circles
- In counterclockwise circles

Perform _____ sets of _____ repetitions _____ times/day.

Advance to _____ sets of _____ repetitions _____ times/day.



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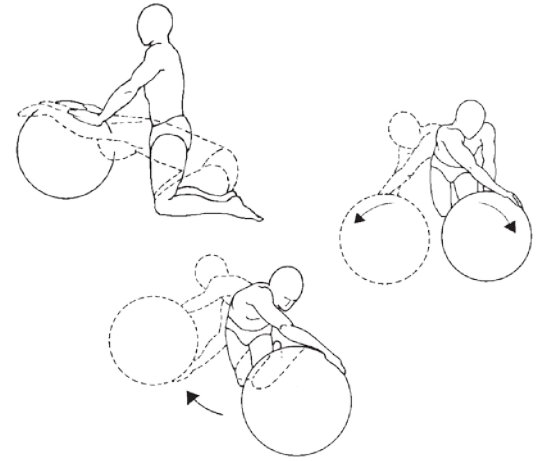
8. Ball Rolling

Utilizing a ball or rolling chair, position yourself with your hands on the moving object and your knees on the ground. Using one or both of your arms, move the object in the following directions:

- forward / backward
- clockwise
- side to side
- counterclockwise

Perform _____ sets of _____ repetitions _____ times/day.

Advance to _____ sets of _____ repetitions _____ times/day.

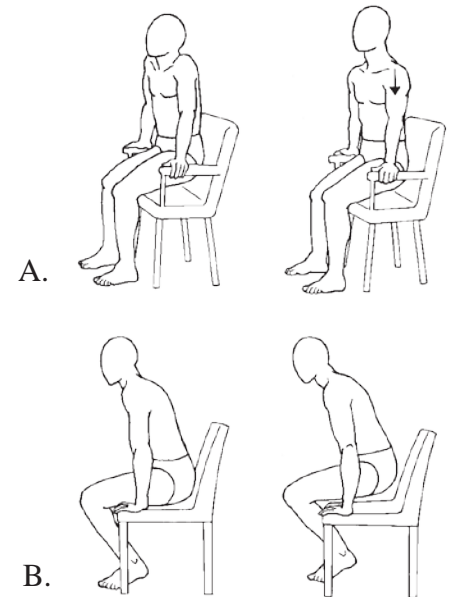


9. Seated Shoulder Blade Depression

Utilizing a chair with armrests, grasp each armrest with your hands and maintain the elbows in a straight position. Your seat will be raised off the chair to start and your shoulders will be shrugged toward your ears. Place pressure into the armrests, causing your shoulder blades to slide down your back, moving your shoulders away from your ears and raising your body up from the chair. This may also be performed on chair without armrests as shown.

Perform _____ sets of _____ reps _____ times/day.

Advance to _____ sets of _____ reps _____ times/day.



10. Table Top Push-Pull

Grasp rolled-up towel in both hands. Position yourself close to a table with one leg forward as shown in the picture. Push down onto the towel with both hands as you push the towel forward, as if you are wiping the table. Shift your weight onto the front leg while you push. Pull back, returning to the starting position, shifting your weight onto the back leg.

Repeat with opposite leg forward.

Repeat _____ sets of _____ repetitions _____ times/day.

Advance to _____ sets of _____ repetitions _____ times/day.

