

SHOULDER REHABILITATION PROGRAM

LYING INTERNAL/EXTERNAL ROTATION

FEEL THIS EXERCISE ON TOP OF SHOULDERS AND DOWN ARM

- Lie on back doing a pelvic tilt
- Tuck your elbows in against your sides as hard as you can
- Now rotate hands as far out to the side as you can
- Then rotate all the way back in toward the middle
- Repeat

0 WEIGHT – 2 SETS – 10 REPITITIONS



LYING CIRCUMDUCTION

FEEL THIS EXERCISE ON TOP OF SHOULDERS AND DOWN ARM

- Lie on back doing a pelvic tilt
- Bring your elbows straight out to the side with palms facing down
- Now rotate hands as far behind you as you can
- Repeat

0 WEIGHT – 2 SETS – 10 REPITITIONS



Consult your physician before beginning this or any wellness program
P.O. Box 1140
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INTERNAL/EXTERNAL SHOULDER ROTATION

SHOULD FEEL IN FRONT AND BACK OF SHOULDER

- Lie on right side with head rested on pillow
- Bend left elbow into an “L” and put your left hand close to the floor
- Now rotate your left hand up toward the ceiling as high as you can with your right elbow tucked in as tightly as you can
- Repeat

2 POUND DUMBBELL – 2 SETS- 10 REPITITIONS



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STRETCH BACK OF SHOULDER

