



GOLDEN STATE ORTHOPEDICS & SPINE

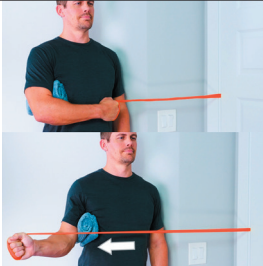
LOW ARC SHOULDER REHABILITATION EXERCISES



1 - ELASTIC BAND SHOULDER INTERNAL ROTATION

While holding an elastic band at your side with your elbow bent, start with your hand away from your stomach, then pull the band toward your stomach. Keep your elbow near your side the entire time.

Repeat 15 Times
Hold 2 Seconds
Complete 2 Sets
Perform 3 Times/week



2 - ELASTIC BAND SHOULDER EXTERNAL ROTATION

While holding an elastic band at your side with your elbow bent, start with your hand near your stomach and then pull the band away. Keep your elbow at your side the entire time.

Repeat 15 Times
Hold 2 Seconds
Complete 2 Sets
Perform 3 Times/week



3 - ELASTIC BAND ROWS

Holding elastic band with both hands, draw back the band as you bend your elbows. Keep your elbows near the side of your body.

Repeat 15 Times
Hold 2 Seconds
Complete 2 Sets
Perform 3 Times/week



4 - ELASTIC BAND EXTENSION BILATERAL SHOULDER

While holding an elastic band with both arms in front of you with your elbows straight, pull the band downward and back toward your side.

Repeat 15 Times
Hold 2 Seconds
Complete 2 Sets
Perform 3 Times/week



5 - SIDE LYING EXTERNAL ROTATION

Lie on your side with your elbow bent and rested on your side. Next, draw up your arm from the ground toward the ceiling.

Place a rolled up towel under your elbow if advised by your clinician.

Repeat 15 Times
Hold 2 Seconds
Complete 2 Sets
Perform 3 Times/week



6 - DOORWAY STRETCH, LOW

While standing in a doorway, place your arm downward on the door frame and lean in until a stretch is felt along the front of your chest and/or shoulder. Your arm should be pointed downward toward the floor along the door frame.

NOTE: Your legs should control how much you stretch by bending or straightening your knee through the doorway.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 3 Times a day



7 - DOORWAY STRETCH

While standing in a doorway, place your arms up on the door jamb and place one foot forward through the doorway as shown. Next, bend the front knee until a stretch is felt along the front of your chest and/or shoulders. Your upper arms should be horizontal to the ground and forearms should lie up along the door frame.

NOTE: Your legs should control how much you stretch by bending or straightening your knee through the doorway.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 3 Times a day