

Shoulder Stabilization and Strengthening Program

This program is intended for persons with chronic shoulder conditions and athletes involved in overhead sports such as swimming, volleyball, baseball, etc.

Equipment List:

- 1, 2 and/or 3 pound hand weights
- 4 feet of resistance tubing
- Exercise Ball

General Exercise Sequence List

1. Side-lying Arm Raise
2. Side-lying External Rotation
3. Face Down Field Goal
4. Standing Field Goal
5. Straight Arm Push Up
6. Standing Curl
7. Behind-the-back
8. Standing External Rotation
9. Lying Arm Raises
10. Standing Arm Raises
11. Scapular Raise
12. Swimmer

Ball Exercise Sequence List

1. Ball Angels
2. CW Shoulder Rotators
3. CCW Shoulder Rotators
4. Ball Angels

Instructions:

Beginner: Sets/Reps- Start with 1 set of 10-30 repetitions of each exercise in the general exercise sequence.

Weight- Men use 2-3 pound hand weights.

Women use 1-2 pound hand weights.

Frequency- Perform exercises 1-6 (A Day) and exercises 7-12 (B Day) on alternating days up to 2-3 times per week.

Intermediate: Same as Beginner but add Ball exercise sequence after A or B day exercises.

Advanced: Perform the general exercise sequence over 6 day with 2 of each exercises performed on each day followed by the ball exercise sequence.

WARNING

The exercises SHOULD NOT cause pain! If you experience pain stop that exercises and consult Dr. Fare.

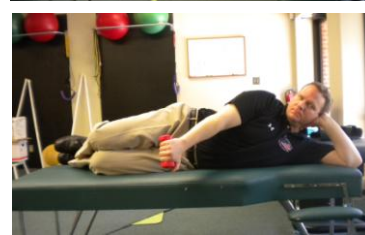
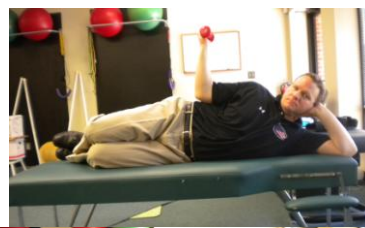
1. Side-lying Arm Raise

Keep your arm straight and slightly in front of your torso. The movement takes place at the shoulder joint only. Raise the weight up to the level of the knee and slowly (6 seconds) lower the weight.



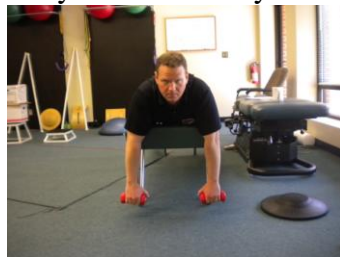
2. Side-lying External Rotation

Start with your elbow bent 90 degrees and resting on your side. Turn your thumb towards the ceiling and rotate your arm 90 degrees. Turn your thumb towards your head and straighten arm while raising above your head. Turn your thumb down (as if pouring) and slowly lower (6 seconds) to the table.



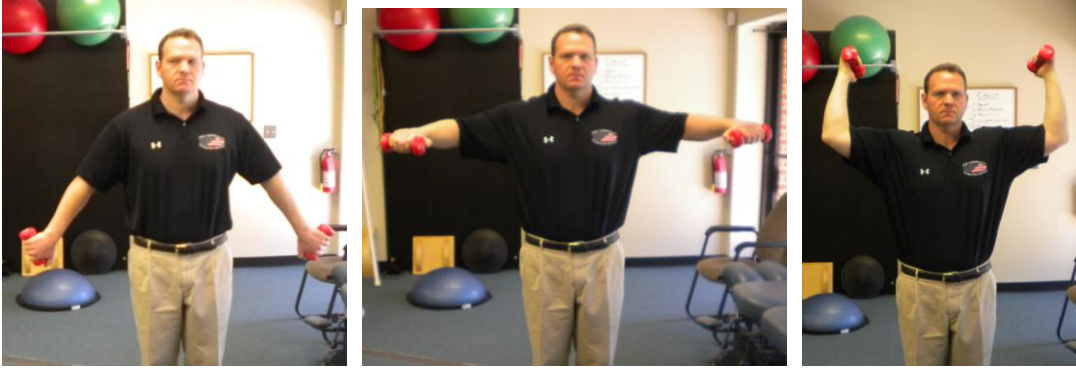
3. Face Down Field Goal

Lay face down on a table with your head and shoulders over the edge. Let your arms hang to the ground in a relaxed position. Squeeze your shoulder blades together while keeping your arms straight. Bend your elbows 90 degrees and externally rotate them as far as you comfortably can. Then reverse order.



4. Standing Field Goal

Stand with your thumbs turned in towards your thighs. While keeping your arms straight raise them to your side approximately 30 degrees. Bend your elbows as you rotate your upper arm upwards until you finish in the field goal position.



5. Straight Arm Push Up

Assume a push up position with your elbows locked straight. Push your body upwards and then lower it towards the ground without bending your arms. Be sure to keep your trunk in a straight line.



6. Standing Curl

Stand palm up with some resistance tubing in your hand. Bend your elbow and straighten it back to the starting position. Repeat with the palm down position.



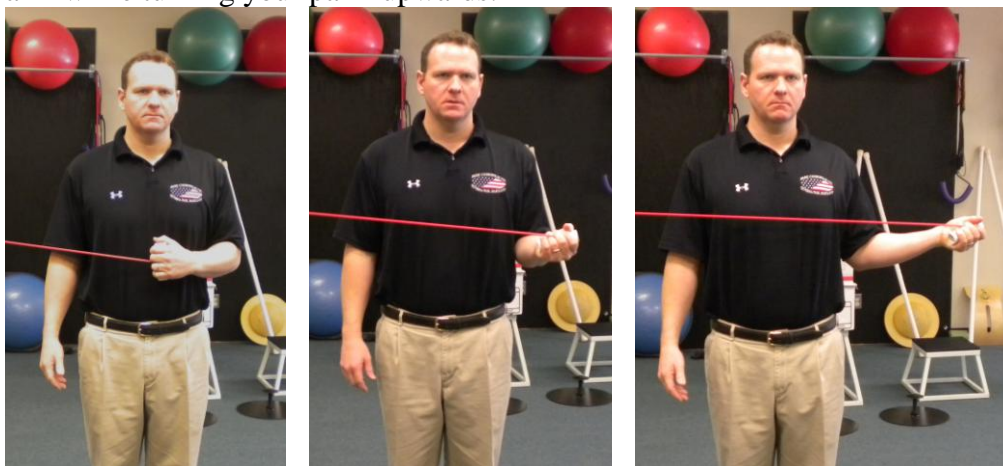
7. Behind-the-back

Stand with your palm facing forwards holding resistance tubing. Bend elbow and reach behind your back trying to touch the opposite shoulder blade.

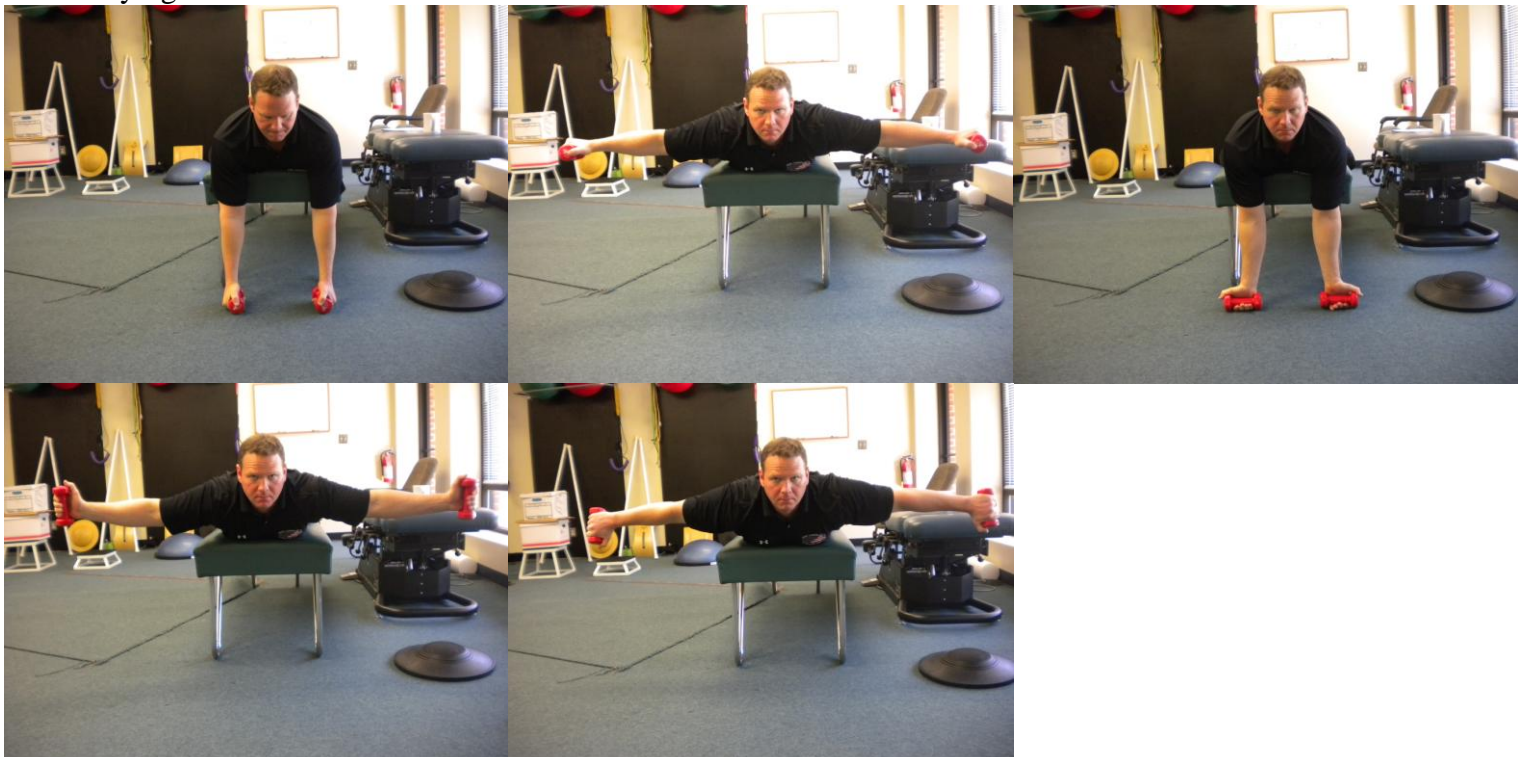


8. Standing External Rotation

Stand with your upper arm at your side and bent 90 degrees. Externally rotate (rotate away from your body) your arm while turning your palm upwards.



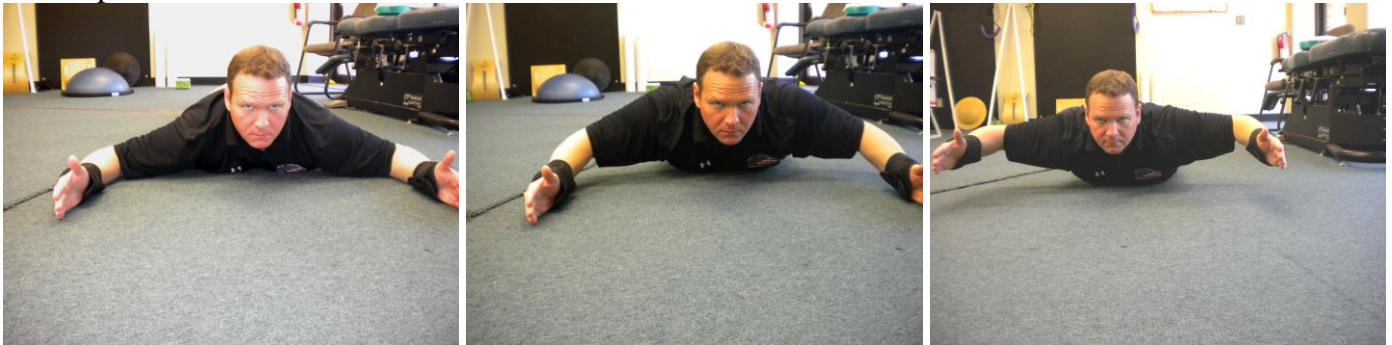
9. Lying Arm Raises



10. Standing Arm Raises



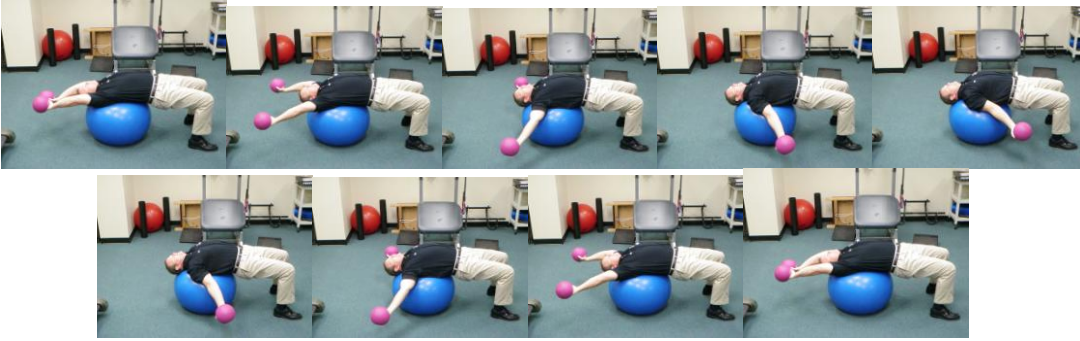
11. Scapular Raise



12. Swimmer



1. Ball Angels



2. Shoulder Circles – clockwise and counter clockwise.

