



## Shoulder, Back, and Forearm Stretching And Strengthening Activities

### KEY POINTS TO REMEMBER:

Stretching in combination with proper strength training program will provide you with the best preparation to prevent injury and enhance performance.

The goal of stretching should be to increase range of motion through a less restricted movement.

Be sure to **HOLD** (no bouncing!) a stretch for **6 SECONDS** while consciously making an effort to relax the muscle group(s) being stretched.

**ALWAYS** warm-up and stretch before activity and cool down and stretch after activity.

Strength training can be done 5 times a week. It is great for increasing bone density, increasing lean muscle mass, improving posture, and improving blood flow to muscles.

Perform strengthening exercises slow and controlled; try to do 2-3 sets of each exercise. Begin with light weight and increase as weight becomes easy. The last 2-3 repetitions of each set should be difficult or you should feel fatigued. You should try and perform 12-15 repetitions in each set.

Last but not least...**BE CONSISTENT!** Always stretch and be consistent with strength training. Cross-training or Pilates is a great way to balance muscle groups and avoid overuse injuries.

## SHOULDER, BACK, AND FOREARM STRETCHES

(Hold 20 to 30 seconds each stretch, repeat two times)

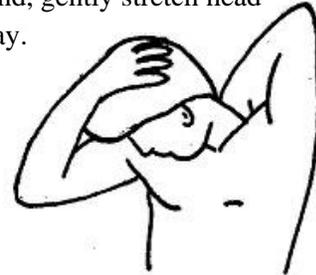
### Upper Trapezius Stretch

Gently grasp side of Head while reaching behind back with other hand. Tilt head away until a gentle stretch is felt.

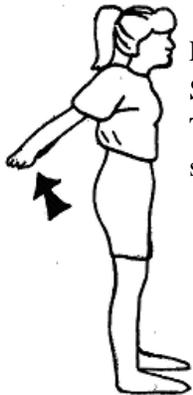


### Levator Scapula Stretch

Place hand on same side shoulder blade. With other hand, gently stretch head down and away.



### Chest/Bicep Stretch



Lace fingers behind Back and Squeeze Shoulder blades Together. Slowly Raise and straighten Arms.

### Towel Stretch for Internal Rotation

Pull involved arm up Behind back by Pulling towel Upward with Uninvolved arm.



### Lower Cervical/ Upper Thoracic Stretch

Clasp hands together in front with Arms extended. Gently pull shoulder Blades apart and bend head forward.



### Posterior Capsule Stretch

(For both Posterior and Inferior Capsule Stretches)



Gently pull on elbow With opposite hand Until a stretch is felt In shoulder

### Inferior Capsule Stretch



## STRENGTHENING EXERCISES

### Serratus Anterior



#### PHASE 1:

#### Shoulder Shrugs

Shrug shoulders up & down, forward and backward.

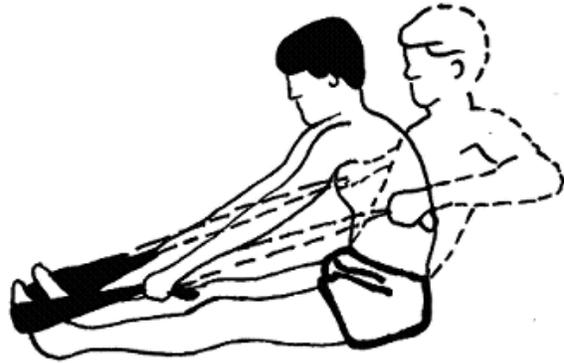
#### PHASE 2:

#### Resistive Shoulder Shrugs

With Theraband/dumbbells Shrug shoulders up & down, forward and backward.

#### Seated Rowing with Resistive Band

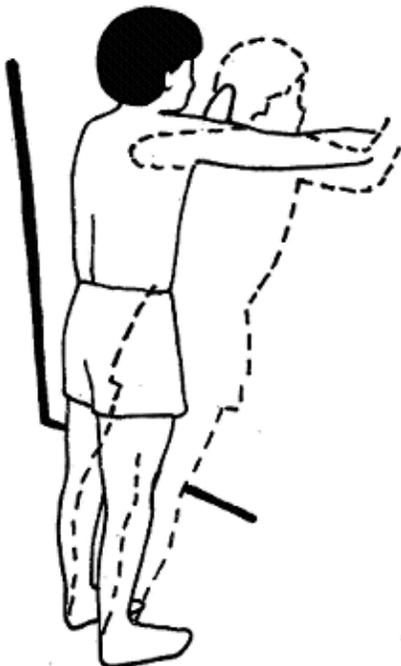
Long sit with resistive band around feet as shown and hands firmly holding ends, pull arms back as if rowing a boat. Return.



#### Wall Push-Ups

With arms slightly wider apart than shoulder width and feet away from the wall gently lean body in towards the wall.

Be sure to round your shoulders by pushing your arms forward. Like a cat rounding it's back...



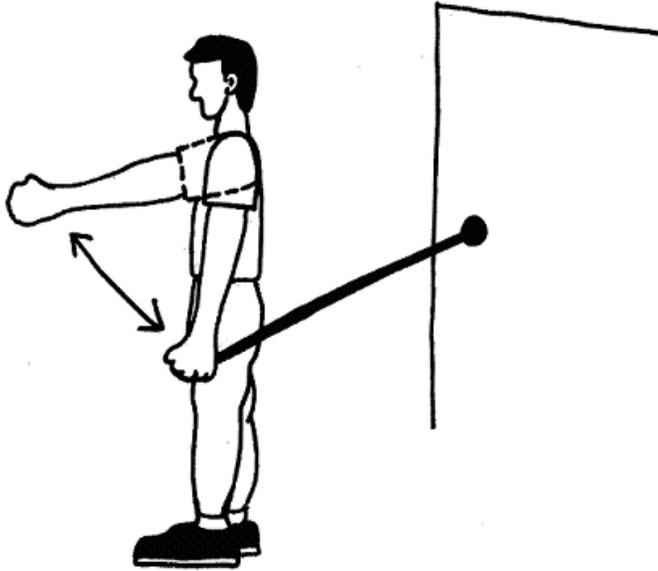
#### Bilateral Scapular Retraction

Wrap tubing around both fists, pull arms back while bringing shoulder blades together as if rowing a boat.

KEEP ELBOWS UP...

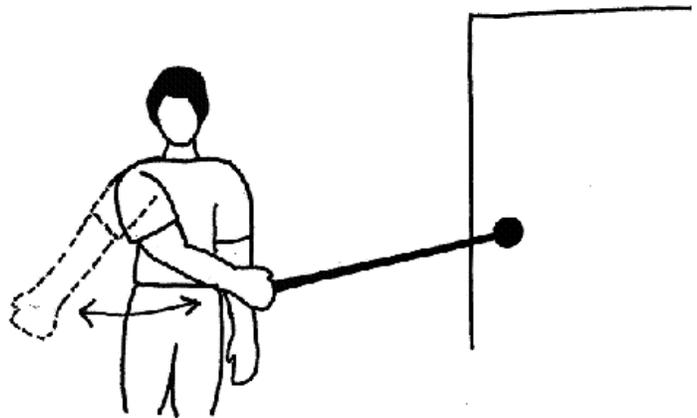


## Standing Deltoid Exercises



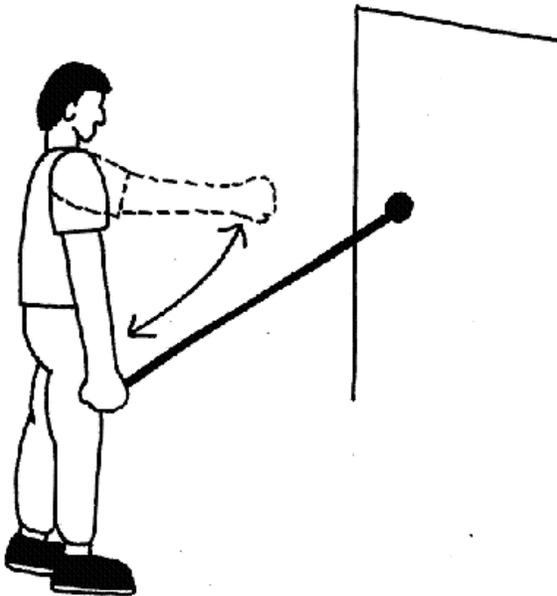
### **Anterior Deltoid:**

Lift arm straight up to end point. Slowly return to starting position with a slow 5 count. Repeat 3-5 sets of 10 repetitions.



### **Middle Deltoid:**

Lift arm away from body with thumbs up to end point. Slowly return to starting position within a 5 count. Repeat 3-5 sets of 10 repetitions.

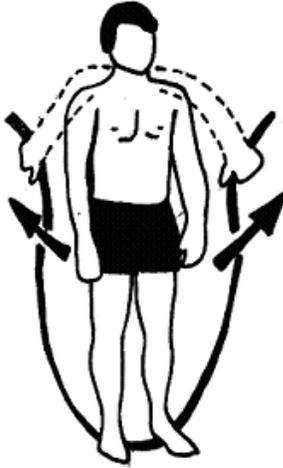


### **Posterior Deltoid:**

Lift arm straight back to end point. Slowly return to starting position within a 5 count. Repeat 3-5 set of 10 repetitions.

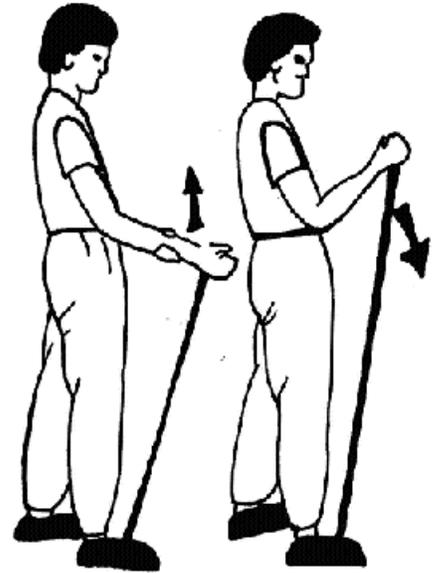
## SHOULDER EXERCISES

### Rotator Cuff



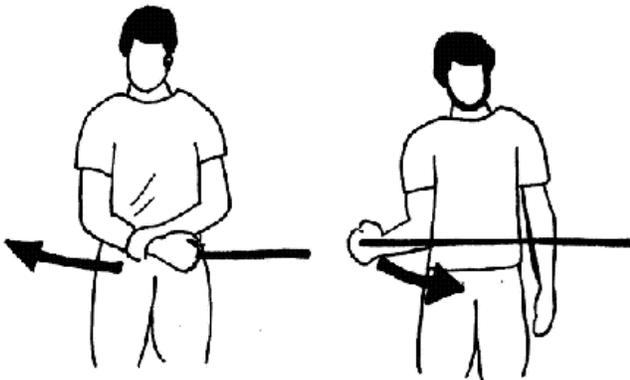
#### Supraspinatus Strengthening

Bring arms up and forward About 30 degrees from side. Elbow straight, THUMB pointing DOWN. Hold the theraband Under your feet, exercising BOTH shoulders at the same Time. Watch for scapular hiking. Bring arms up to just below the shoulder level.



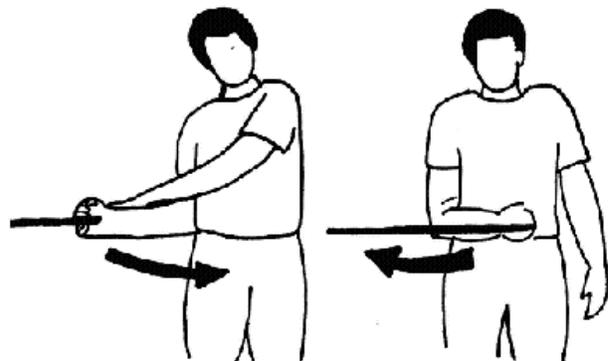
#### Standing Elbow Flexion:

Stand with tubing securely in hand and opposite end under the same foot of the involved side, controlling tension. Assist with opposite hand flexing arm through full range of motion. Return to starting position within a slow 5 count. Repeat 3-5 sets of 10 repetitions.



#### Standing External Rotation:

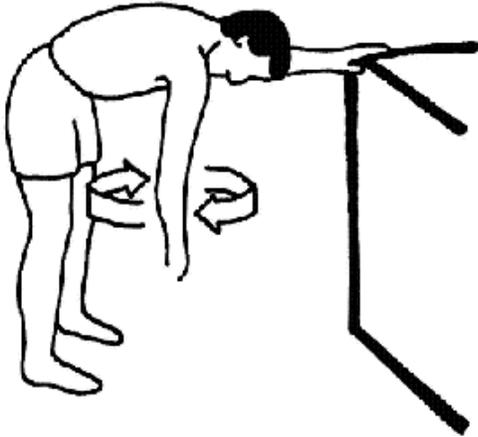
Stand with arm to side and elbow bent at 90 degrees. Hold tubing securely in hand with opposite end tied to a door knob. Assist with opposite hand externally rotating arm away from chest. Return to starting position within a slow 5 count. Repeat 3-5 sets of 10 repetitions.



#### Standing Internal Rotation:

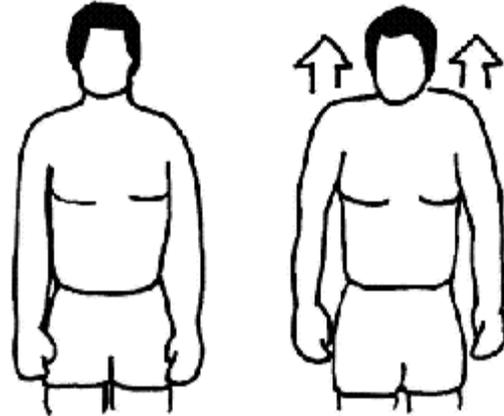
Stand with arm to side and elbow bent at 90 degrees. Hold tubing securely in hand with opposite end tied to a door knob. Assist with opposite hand internally rotating arm toward chest. Return to starting position with a slow 5 count. Repeat 3-5 sets of 10 repetitions.

## Post Operative Stretching



### **Pendulum Exercise:**

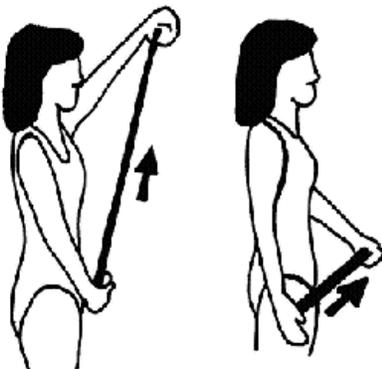
While leaning forward as shown, with arm hanging relaxed, do clockwise and counter clockwise circles.



### **Shoulder Shrug:**

Shrug shoulders up toward neck.

### **Flexion**



### **Abduction**

