

This packet contains therapeutic exercises that are preferred by the providers at Summit Orthopedics for the rehabilitation of shoulder injuries.

Use these handouts in conjunction with the protocol prescribed by the referring provider. Protocols are online: www.summitortho.com/provider/michael-q-freehill-m-d/

Complete the exercises below as instructed. If you have questions or develop increased shoulder pain, please call Team Freehill's voicemail: **651.968.5825**

INTERNAL ROTATION BEHIND-THE-BACK STRETCH

- » Lie on your back.
- » Tuck thumb/fingertips under your buttock.
- » Hold 3 repetitions for 30 seconds.
- » Do 5-7 sessions per week.



POSTERIOR CAPSULE GOLFER STRETCH

- » Pull affected elbow across your body until a gentle stretch is felt.
- » Hold 3 repetitions for 30 seconds.
- » Do 5-7 sessions per week.



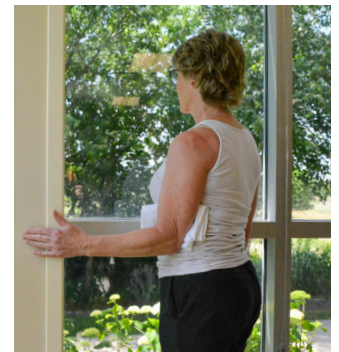
SLEEPER STRETCH

- » Lie on affected side with upper arm at 90-degree angle to torso.
- » Keep shoulders stacked/torso vertical. Squeeze shoulder blades.
- » Press wrist down keeping a 90-degree bend in elbow.
- » Hold 3 repetitions for 30 seconds.
- » Do 5-7 sessions per week.



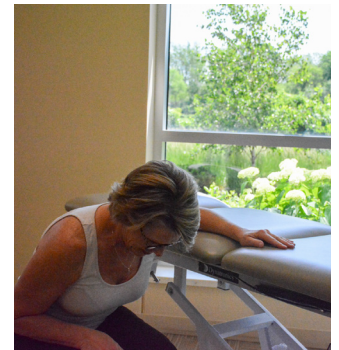
EXTERNAL ROTATION STRETCH WITH DOOR

- » Stand facing doorframe with towel tucked under elbow.
- » Bend elbow to 90 degrees and put wrist on doorframe.
- » Turn away from affected shoulder until a gentle stretch is felt.
- » Hold 3 repetitions for 30 seconds.
- » Do 5-7 sessions per week.



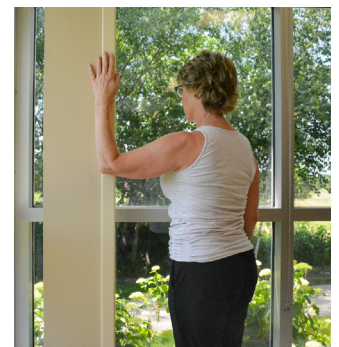
EXTERNAL ROTATION TABLE STRETCH

- » Sit sideways to a table, forearm propped.
- » Bend from the waist sliding forearm alongside your body.
- » Elbow should be in line with shoulder. Think about dropping armpit toward the floor.
- » Can prop other elbow on knee for support.
- » Hold 3 repetitions for 30 seconds.
- » Do 5-7 sessions per week.



EXTERNAL ROTATION CACTUS STRETCH

- » Stand facing doorframe.
- » Place whole forearm on frame with elbow at shoulder height.
- » Turn away from the affected shoulder until a gentle stretch is felt.
- » Hold 3 repetitions for 30 seconds.
- » Do 5-7 sessions per week.



LOUNGE CHAIR STRETCH

- » Lie on your back with hands propped behind head as if lying on a lounge chair.
- » Relax and allow gravity to pull elbow gently toward the floor.
- » Hold 3 repetitions for 30 seconds.
- » Do 5-7 sessions per week.



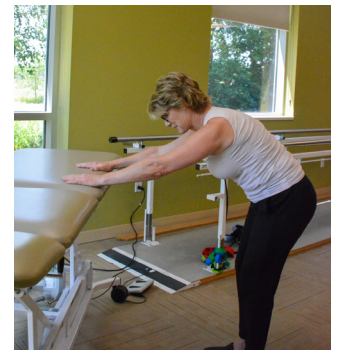
PECT MINOR STRETCH

- » Lie over foam roller with head at one end and tailbone at the other.
- » Knees bent, feet on floor.
- » Allow hands to rest on floor, palms up and 12 inches away from hips.
- » Hold 2-3 minutes.
- » Do 5-7 sessions per week.



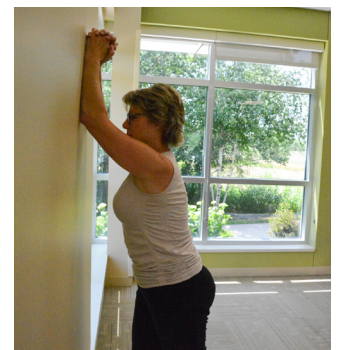
PRAYER STRETCH

- » Rest hands on countertop.
- » Walk backward, opening shoulders, until a gentle stretch is felt.
- » Hold 3 repetitions for 30 seconds.
- » Do 5-7 sessions per week.



WALL SLIDE

- » Stand facing wall with one foot in front of the other.
- » Interlock hands and slide up the wall until a gentle stretch is felt.
- » Hold 3 repetitions for 30 seconds.
- » Do 5-7 sessions per week.



APPOINTMENTS: **(651) 968-5201**
ONLINE SCHEDULING: **SUMMITORTHO.COM/SCHEDULE**