

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/

TABLE OF CONTENTS

PAGE	EXERCISE	TISSUE IRRITABILITY	NOTES
3	Pendulum/Codman Exercise	High	Early post-op mobility. Severe shoulder pain.
3	Golfer Stretch	Moderate-High	Posterior shoulder mobility, cross-body reaching
3	Sleeper Stretch	Low	Posterior shoulder mobility
4	Behind-the-Back Stretch	Moderate	Posterior shoulder mobility, behind-back reaching
4	Lounge Chair Stretch	Low	Anterior shoulder mobility
4	Wand Internal Rotation	High	Posterior shoulder mobility, behind-back reaching
4	Wand Extension	High	Anterior shoulder mobility
5	External Rotation Stretch with Wand	High	Anterior shoulder mobility
5	External Rotation Stretch with Door	Moderate	Anterior shoulder mobility
5	External Rotation Stretch with Table	Moderate	Anterior shoulder mobility
5	External Rotation — Cactus Stretch	Low	Anterior shoulder mobility
6	Prayer Stretch	Moderate-High	Inferior capsule, overhead range of motion
6	Wall Slide	Low	Inferior capsule, overhead reaching
6	Alligator	Low	Anterior shoulder/pect stretch, trunk mobility
6	Large Arm Circle	Low	Anterior shoulder/pect stretch, trunk mobility
7	Anterior Deltoid Isometric	High	Deltoid recruitment for massive irreparable RCT
7	Middle Deltoid Isometric	High	Deltoid recruitment for massive irreparable RCT
7	Supine Protraction	High	Scapular stability, serratus anterior
7	Wall Protraction	Moderate	Scapular stability, serratus anterior
8	Push-Up Plus	Low	Scapular stability
8	Table Press	High	Scapular stability, lower trapezius
8	Lower Trap Retraining	Moderate	Scapular stability, lower trapezius
8	Prone I	Moderate	Scapular stability, lower trapezius
9	Prone W	Low	Scap stability, lower trap

PAGE	EXERCISE	TISSUE IRRITABILITY	NOTES
9	Prone Superman	Low	Scapular stability, lower trapezius
9	Prone T	Low	Scapular stability, lower trapezius
10	Prone Y	Low	Scapular stability, lower trapezius
10	Seated External Rotation — “Windshield Wiper”	High	Posterior rotator cuff recruitment
10	Side Lying External Rotation — “Windshield Wiper”	Moderate-High	Posterior rotator cuff strength/conditioning
11	Ball L	Low	Posterior rotator cuff conditioning for OH athlete
11	Wings	High	Subscap recruitment
11	Bear Hug	Moderate	Subscap strength/conditioning
11	Belly Press	Low	Subscap strength/conditioning
12	Ceiling Punch	High	Gentle supraspinatus/deltoid recruitment
12	Isometric Adduction	High-Moderate	To decrease shoulder hiking substitution
12	Full Can	Low	Supraspinatus strength/conditioning
12	Flexion	Low	Supraspinatus strength/conditioning
13	Reverse Codman	High	Proprioception
13	Table Circles	High	Proprioception, posture
13	Wall Circles	Moderate	Proprioception, posture
13	Overhead Wall Bounce	Low	Proprioception for OH athlete
14	Dead Bug	Moderate-Low	Core stability
14	Bird Dog	Low	Core with shoulder integration
14	Front Plank	Low	Core with shoulder integration
14	Side Plank	Low	Core with shoulder integration
15	Thoracic Extension — Towel or Tennis Balls	High	Thoracic mobility
15	Thoracic Extension — Foam Roller	Moderate	Thoracic mobility
15	Upper Trapezius Stretch	High-Moderate	To relieve upper trap compensatory activation
16	Levator Scapula Stretch	High-Moderate	To relieve upper trap compensatory activation
16	Elbow Flexion-Extension	High	Post-op elbow ROM
16	Supination-Pronation	High	Post-op elbow ROM

PENDULUM/CODMAN EXERCISE

- » Bend at the waist. Support upper body on table with _____ hand or forearm.
- » Hang _____ arm like an “elephant trunk” and complete pendulums:
 - » Front to back.
 - » Side to side.
 - » Clockwise circles.
 - » Counterclockwise circles.
- » Start with small pendulums about 12 inches in size.
- » Gradually work up to larger pendulums, about 2–3 feet in diameter.
- » Complete _____ repetitions in each direction.
- » Do _____ sessions per day.



GOLFER STRETCH

- » Lie on your back.
- » Pull _____ elbow across your body until a gentle stretch is felt.
- » Always keep wrist “above” the elbow.
- » Hold _____ repetitions for _____ seconds.
- » Do _____ sessions per day/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 _____ repetitions for _____ seconds.
- » Do _____ sessions per day/per week.



BEHIND THE BACK STRETCH

- » Lie on your back.
- » Tuck thumb/fingertips under your buttock.
- » Hold _____ repetitions for _____ seconds.
- » Do _____ sessions per day/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 _____ repetitions for _____ seconds.
- » Do _____ sessions per day/per week.



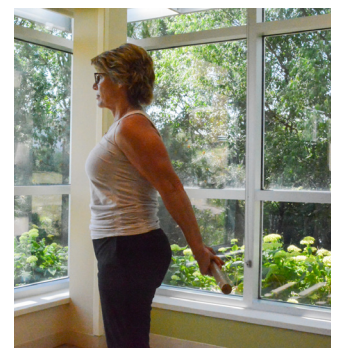
WAND INTERNAL ROTATION

- » Hold “wand” with both hands, palms facing back.
- » Stand tall and bend elbows sliding “wand” up your back.
- » Complete _____ sets of _____.
- » Do _____ sessions per day/per week.



WAND EXTENSION

- » Hold “wand” behind back with both hands, palms facing back.
- » Stand tall and lift arms straight up off your back.
- » Complete _____ sets of _____.
- » Do _____ sessions per day/per week.



EXTERNAL ROTATION STRETCH WITH WAND

- » Stand tall with towel tucked under ____ elbow.
- » Bend elbows to 90 degrees and hold “wand” in both hands.
- » Stretch shoulder by gently pushing hand to the ____ with the “wand”.
- » Hold ____ repetitions for ____ seconds.
- » Do ____ sessions per day/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 ____ repetitions for ____ seconds.
- » Do ____ sessions per day/per week.



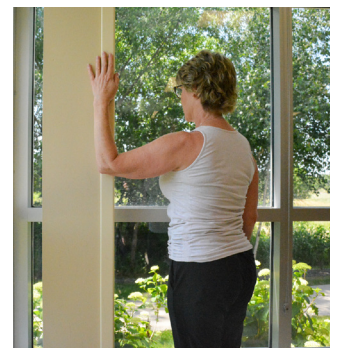
EXTERNAL ROTATION STRETCH WITH TABLE

- » 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 ____ repetitions for ____ seconds.
- » Do ____ sessions per day/per week.



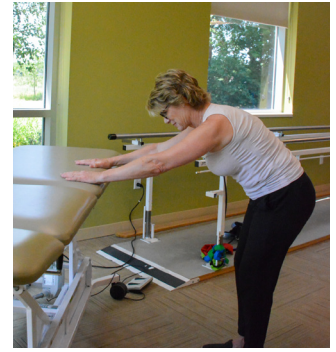
EXTERNAL ROTATION — CACTUS STRETCH

- » 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 ____ repetitions for ____ seconds.
- » Do ____ sessions per day/per week.



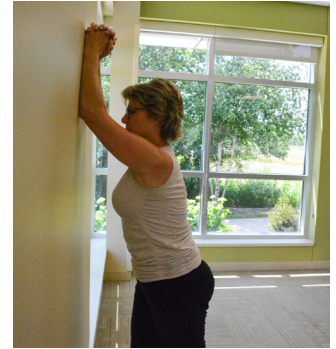
PRAYER STRETCH

- » Rest hands on countertop.
- » Walk backward, opening shoulders, until a gentle stretch is felt.
- » Hold _____ repetitions for _____ seconds.
- » Do _____ sessions per day/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 _____ repetitions for _____ seconds.
- » Do _____ sessions per day/per week.



ALLIGATOR

- » Lie on side. One arm stacked on top of the other like an alligator. Knees bent up in front of hips.
- » Raise top arm toward ceiling and rotate through the torso until arm rests on floor behind you.
- » Hold _____ repetitions for _____ seconds. Right and left.
- » Do _____ sessions per day/per week.



LARGE ARM CIRCLE

- » Lie on _____ side with knees bent in front of hips. Stack arms like an alligator.
- » Sweep arm forward and overhead with thumb on floor. Turn your palm up and rotate your trunk to complete the circle.
- » Complete _____ circles clockwise and counterclockwise.
- » Do _____ sessions per day/per week.



ANTERIOR DELTOID ISOMETRIC

- » Stand tall facing wall with elbow bent.
- » Press ____ hand into wall as if pushing elevator button
 - » ____gently.
 - » ____moderately.
- » Feel front of deltoid muscle fire.
- » Hold ____ seconds.
- » Do ____ repetitions.
- » Do ____ sessions per week.



MIDDLE DELTOID ISOMETRIC

- » Stand tall facing sideways next to a wall. Elbow bent.
- » Press ____ elbow into wall as if nudging a friend
 - » ____gently.
 - » ____moderately.
- » Feel side of deltoid muscle fire.
- » Hold ____ seconds.
- » Do ____ repetitions.
- » Do ____ sessions per week.



SUPINE PROTRACTION

- » Lie on your back. Extend both arms upward in a vertical position with palms facing each other.
- » Lift shoulder blades off the table (hollow). Lower shoulder blades back down slowly.
- » Arms stay straight.
- » Complete ____ sets of _____. Do ____ sessions per week.



WALL PROTRACTION

- » Place hands on wall at shoulder height. Keep elbows straight.
- » Round through your chest (hollow as if you are avoiding a cactus).
- » Return to neutral with shoulder blades flat.
- » Complete ____ sets of _____. Do ____ sessions per week.



PUSH-UP PLUS

- » Place hands on wall at shoulder height.
- » Squeeze shoulder blades and bend elbows to perform a push-up.
- » Now, straighten arms and round through your chest (like angry cat).
- » Complete _____ sets of _____.
- » Do _____ sessions per week.



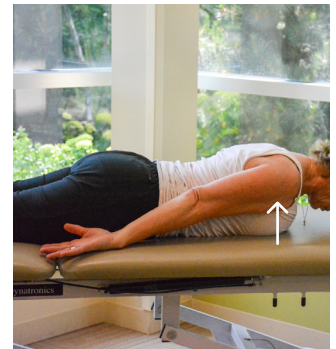
TABLE PRESS

- » Prop sit on edge of table (edge of couch, bed, or chair).
- » Position base of hands on edge of table with palms back.
- » Squeeze shoulder blades and press hands back against edge of table. Tuck chin.
- » Hold _____ repetitions for _____ seconds.
- » Do _____ sessions per week.



LOWER TRAP RETRAINING

- » Lie on stomach with forehead positioned on towel roll.
- » Lift shoulders until they are level with your back. Keep hands on mat the whole time.
- » HOLD THREE SECONDS. Lower shoulders SLOWLY and SMOOTHLY.
- » Complete _____ repetitions.
- » Do _____ sessions per week.



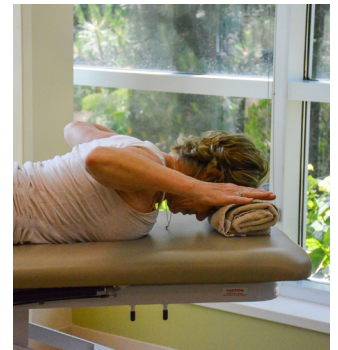
PRONE I

- » Lie on stomach with forehead positioned on towel roll.
- » Lift shoulders until they are level with your back.
- » Lift hands to hip height.
- » Lower hands. Keep shoulder muscles activated!
- » Lower shoulders slowly and smoothly.
- » Complete _____ repetitions.
- » Do _____ sessions per week.



PRONE W

- » Lie on stomach with forehead positioned on towel roll.
- » Begin with arms on floor in a W or goal post position.
- » Draw shoulder blades down and back. And lift forearms 3 inches off the floor. Lower slowly.
- » Complete _____ sets of _____.
- » Do _____ sessions per week.



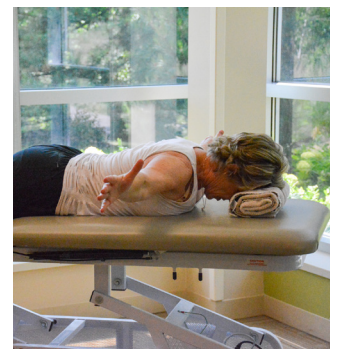
PRONE SUPERMAN

- » Lie on stomach with forehead positioned on towel roll.
- » Begin with arms on floor in a W position. Then hover forearms over floor.
- » Reach forward (like Superman) until thumbs are almost touching.
- » Now, draw shoulder blades down and back as you return arms to W position.
- » Complete _____ sets of _____.
- » Do _____ sessions per week.



PRONE T

- » Lie on stomach with forehead positioned on towel roll.
- » Begin with arms on floor in a T position. Thumbs up.
- » Draw shoulder blades down and back. And lift arms 3 inches off the floor. Lower slowly.
- » Complete _____ sets of _____.
- » Do _____ sessions per week.



PRONE Y

- » Lie on stomach with forehead positioned on towel roll.
- » Begin with arms on floor in a Y position. Thumbs up.
- » Draw shoulder blades down and back. And lift arms 3 inches off the floor. Lower slowly.
- » Complete _____ sets of _____.
- » Do _____ sessions per week.



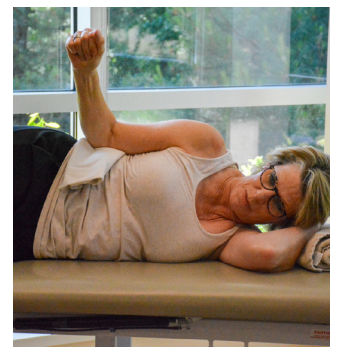
SEATED EXTERNAL ROTATION — “WINDSHIELD WIPER”

- » Sit with tall posture with forearm resting across your abdomen.
- » Keep elbow at your side. Rotate your forearm out and away from your body. Stop when the forearm is perpendicular to your torso.
- » Continue to move forearm in this windshield wiper motion.
- » Complete _____ sets of _____.
- » Do _____ sessions per week.



SIDE LYING EXTERNAL ROTATION — “WINDSHIELD WIPER”

- » Lie on _____ side with towel under elbow and forearm resting across abdomen.
Draw shoulder blades down and back.
- » Now rotate forearm up
 - » _____ to horizontal.
 - » _____ through available pain-free range of motion.
- » Continue to complete this windshield wiper motion.
- » Complete _____ sets of _____.
- » Do _____ sessions per week.



BALL L

- » Lie on stomach over ball. Neck in neutral alignment.
- » Begin with arms to the side, elbows bent.
- » Draw shoulder blades down and back. And rotate forearms up to horizontal. Lower slowly.
- » Complete _____ sets of _____.
- » Do _____ sessions per week.



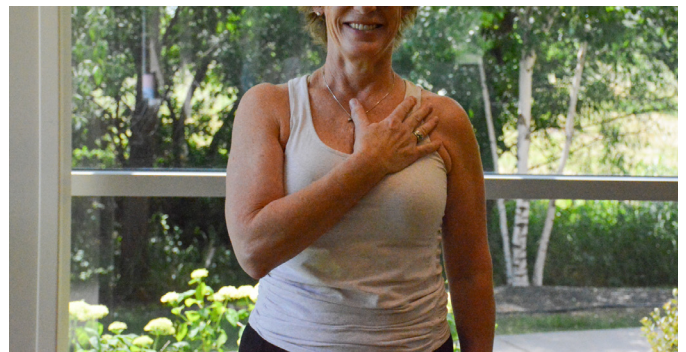
WINGS

- » Sit with tall posture with hand on stomach.
- » Move elbow backward then forward like a “wing.”
- » Keep base of thumb flat on stomach. Keep shoulder still.
- » Complete _____ sets of _____.
- » Do _____ sessions per week.



BEAR HUG

- » Sit with tall posture. Place _____ hand on upper chest with thumb under chin.
 - » _____ Press gently.
 - » _____ Press moderately.
- » Hold _____ repetitions for _____ seconds.
- » Do _____ sessions per week.



BELLY PRESS

- » Sit with tall posture. Place _____ hand on stomach with elbow out to side.
- » Gently press palm of hand into stomach.
- » Hold _____ repetitions for _____ seconds.
- » Do _____ sessions per week.



CEILING PUNCH

- » Begin on your back with elbows bent, palms facing each other.
- » Push arms up toward the ceiling like a bench press.
 - » ____ Return elbows to your sides.
 - » ____ Hover elbows over the table.
 - » ____ Hold “wand” for assistance.
- » Complete ____ sets of ____.
- » Do ____ sessions per week.



ISOMETRIC ADDUCTION

- » Sit with tall posture. Towel roll under elbow.
- » Squeeze towel between elbow and body.
- » Hold ____ seconds.
- » Complete ____ repetitions.
- » Do ____ sessions per week.



FULL CAN

- » Begin standing with arms at sides.
- » Lift arms to shoulder height making a V shape.
- » Now squeeze shoulder blades and return arms to sides.
- » Complete ____ sets of ____.
- » Do ____ sessions per week.



FLEXION

- » Begin standing with arms at sides.
- » Lift arms to shoulder height straight in front of shoulders.
- » Now squeeze shoulder blades and return arms to sides.
- » Complete ____ sets of ____.
- » Do ____ sessions per week.



REVERSE CODMAN

- » Lie on your back. Position _____ arm in vertical position with palm facing in.
- » Complete pendulums — 4-8 inches in size:
 - » Side to side.
 - » Head to toe.
- » Complete circles — the size of a grapefruit:
 - » Clockwise.
 - » Counterclockwise.
- » Do _____ repetitions each direction.
- » Do _____ sessions per week.



TABLE CIRCLES

- » Stand with tall posture at the most comfortable angle to countertop.
- » Bend and straighten elbow to make circles.
- » Complete _____ repetitions clockwise and counterclockwise.
- » Do _____ sessions per week.



WALL CIRCLES

- » Stand with tall posture and squeeze shoulder blades.
 - » _____ at most comfortable angle to wall.
 - » _____ with arm straight to the side.
- » Make dinner plate-sized circles at shoulder height.
- » Complete _____ repetitions clockwise and counterclockwise.
- » Do _____ sessions per week.



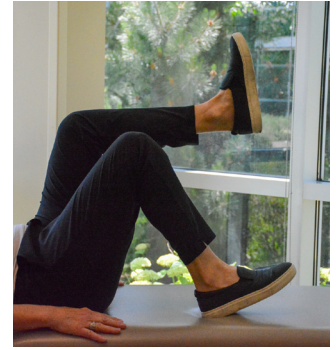
OVERHEAD WALL BOUNCE

- » Bounce ball quickly overhead using
 - » _____ both hands.
 - » _____ one hand.
- » Complete _____ sets of _____ seconds.
- » Do _____ sessions per week.



DEAD BUG

- » Lie on your back. Neutral spine. Knees bent, feet flat.
- » Engage abdominals.
- » Bring one leg to tabletop (shin horizontal, thigh vertical). Bring the other leg up to match.
- » Exhale and lower one foot gently to the ground. Inhale and return to tabletop.
- » Continue alternating legs.
- » Complete _____ repetitions right and left.
- » Do _____ sessions per day / per week.



BIRD DOG

- » Position yourself on hands and knees. Neutral spine. Hollow shoulder blades
- » Extend leg behind you — at the same time, lift opposite arm.
- » Hold _____ repetitions for _____ seconds. Right and left.
- » Do _____ sessions per week.



FRONT PLANK

- » Perform a front plank: on forearms and feet.
- » Hollow shoulder blades. Squeeze glutes.
- » Hold _____ repetitions for _____ seconds.
- » Do _____ sessions per week.



SIDE PLANK

- » Perform a side plank: on forearm and feet.
- » Hold _____ repetitions for _____ seconds. Right and left.
- » Do _____ sessions per week.



THORACIC EXTENSION — TOWEL OR TENNIS BALLS

- » Use
 - » ____ towel roll ____ inches in diameter.
 - » ____ two tennis balls in tube sock or taped together.
- » Lie on back with towel roll/tennis balls positioned at the bottom of shoulder blades.
- » Knees bent, feet flat on floor.
- » Arms:
 - » ____ relaxed at your sides with palms up.
 - » ____ give yourself a hug.
 - » ____ other.
- » Hold ____ minutes. ____ other:
- » Do ____ sessions per week.



THORACIC EXTENSION — FOAM ROLLER

- » Lie over foam roller with head at one end and tailbone at the other. Knees bent, feet on floor.
- » Rest with arms up about 12 inches away from hips. Palms up.
- » Hold ____ seconds/minutes.
- » Do ____ sessions per week.



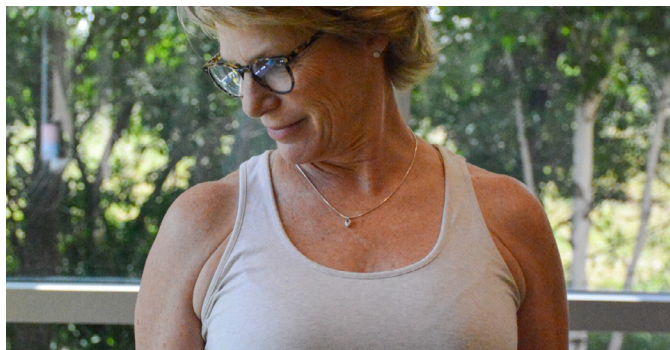
UPPER TRAPEZIUS STRETCH

- » Stand tall and reach ____ hand toward floor.
- » Tip head to the ____ (ear to shoulder).
- » Hold ____ repetitions for ____ seconds on right and left.
- » Do ____ sessions per week.



LEVATOR SCAPULA STRETCH

- » Stand tall and reach _____ hand toward floor.
- » Tip head to the _____. Then look downward, pointing your chin toward your armpit.
- » Hold _____ repetitions for _____ seconds on right and left.
- » Do _____ sessions per week



ELBOW FLEXION-EXTENSION

- » Stand with tall posture with your back against a wall.
- » Complete a biceps curl by bending and straightening the elbows.
- » Complete _____ sets of _____.
- » Do _____ sessions per week.



SUPINATION-PRONATION

- » Elbow at side bent 90 degrees.
- » Turn palm up then down.
- » Complete _____ sets of _____.
- » Do _____ sessions per week.

