

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**

CEILING PUNCH

- » Begin on your back with elbows bent, palms facing each other.
- » Push arms up toward the ceiling like a bench press.
- » Complete 2 sets of 10 (goal 2x20).
- » Do 3-5 sessions per week.



REVERSE CODMAN

- » Lie on your back. Extend arm upward in a 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 10 repetitions each direction (goal 20).
- » Do 3-5 sessions per week.



ANTERIOR DELTOID ISOMETRIC

- » Stand tall facing wall with elbow bent.
- » Press hand gently into wall as if pushing elevator button.
- » Feel front of deltoid muscle fire.
- » Hold 3 seconds. Complete 20 repetitions.
- » Do 3-5 sessions per week.



MIDDLE DELTOID ISOMETRIC

- » Stand tall facing sideways next to a wall. Elbow bent.
- » Press elbow gently into wall as if nudging a friend.
- » Feel side of deltoid muscle fire.
- » Hold 3 seconds. Complete 20 repetitions.
- » Do 3-5 sessions per week.



ADDUCTION

- » Sit with tall posture. Towel roll under elbow.
- » Squeeze towel between elbow and body.
- » Hold 3 seconds. Complete 20 repetitions.
- » Do 3-5 sessions per week.

