

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.



**If needed, use wand for assistance.*

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.



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 2 sets of 30.
- » Do 3-5 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 2 sets of 30.
- » 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.

