

# SURGICAL TUBING EXERCISES FOR THE SHOULDER

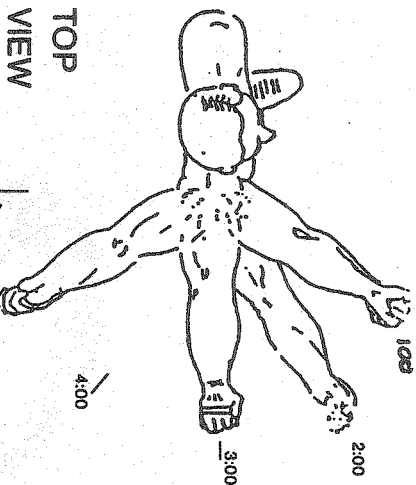
1. DO ONLY WHEN SHOULDER IS FREE FROM TENDINITIS.

2. START WITH TWO SETS OF TEN AND INCREASE AS TOLERATED.

**SUPRASPINATUS & DELTOIDS - TUBING SECURED UNDER FOOT.**

- STRETCH TUBING TO LEVEL OF SHOULDER INTERNALLY --- RANGE WILL DECREASE WITH FATIGUE.  
 ROTATORS - KEEP ELBOW AT SIDE WITH EXERCISES.

\*ACCOMMODATION POSSIBLE BY VARYING TENSION)



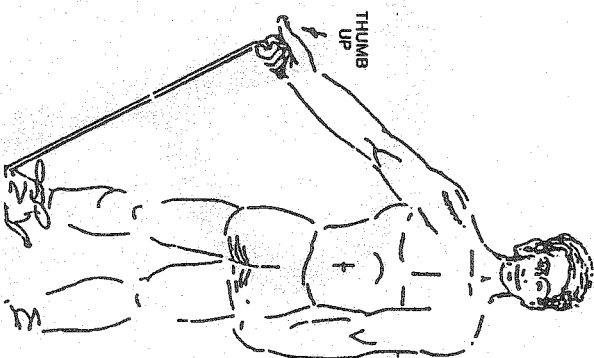
TOP VIEW

**ANTERIOR DELTOID EXERCISE, 1:00**  
 - THUMB UP

**SUPRASPINATUS EXERCISE, 2:00**  
 - THUMB DOWN

**MIDDLE DELTOID EXERCISE, 3:00**  
 - PALM DOWN

**POSTERIOR DELTOID EXERCISE, 5:00**  
 - THUMB DOWN

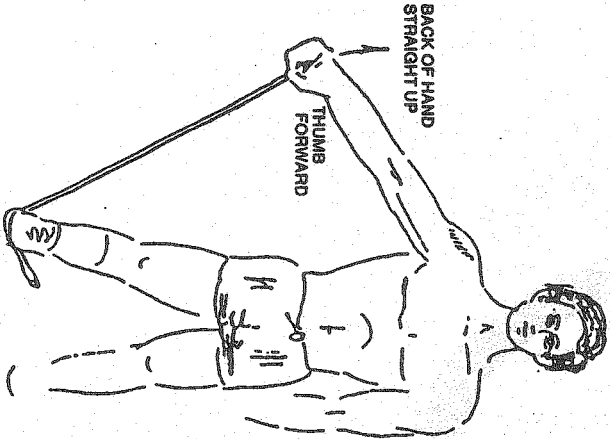
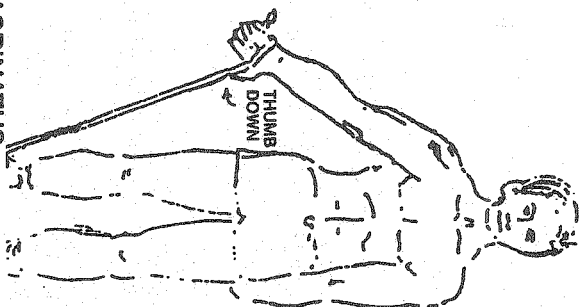


**ANTERIOR DELTOID EXERCISE**

1. TUBING UNDER FOOT
2. THUMB UP
3. STRETCH TO 1:00 POSITION

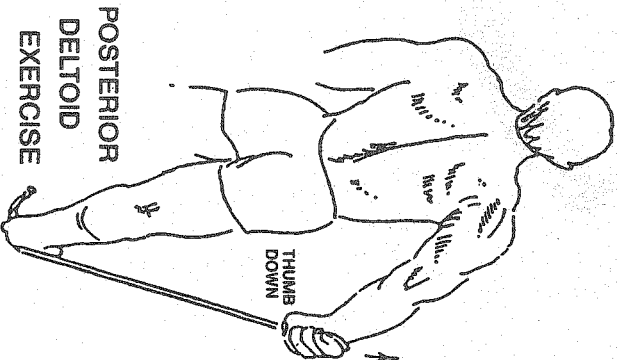
**SUPRASPINATUS EXERCISE**

1. TUBING UNDER FOOT
2. THUMB DOWN
3. STRETCH TO 2:00 POSITION



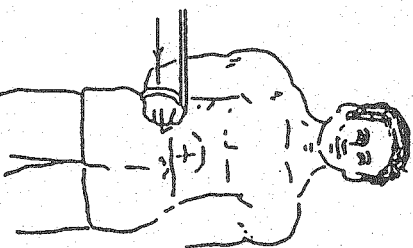
**MIDDLE DELTOID EXERCISE**

1. TUBING UNDER FOOT
2. THUMB FORWARD - PALM DOWN
3. STRETCH TO 3:00 POSITION



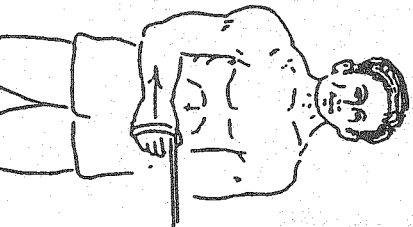
**POSTERIOR DELTOID EXERCISE**

1. TUBING UNDER FOOT
2. THUMB DOWN
3. STRETCH TO 5:00 POSITION



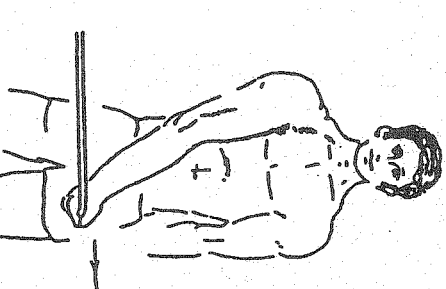
**INTERNAL ROTATION EXERCISE**

1. TUBING TIED SECURELY
2. ELBOW AT SIDE - HAND FORWARD
3. TUBING RESISTS INTERNAL ROTATION OF SHOULDER



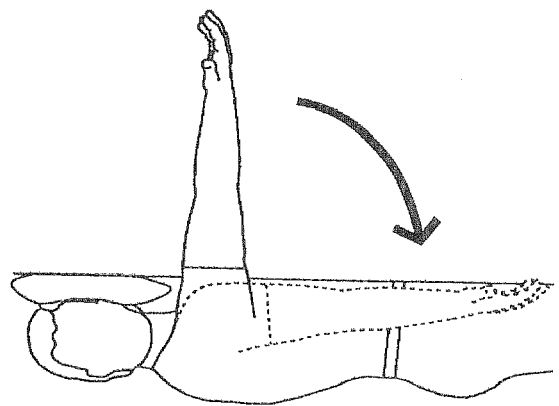
**EXTERNAL ROTATION EXERCISE**

1. TUBING TIED SECURELY
2. ELBOW AT SIDE/HAND NEAR BODY
3. TUBING RESISTS EXTERNAL ROTATION OF SHOULDER



**ADDUCTION EXERCISE**

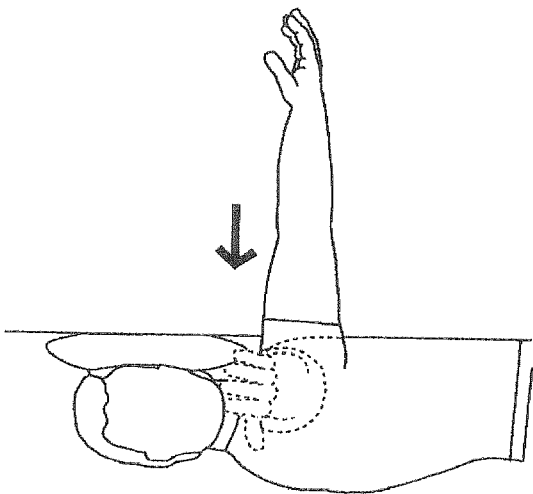
1. TUBING TIED SECURELY
2. ARM STRAIGHT & AT SIDE
3. TUBING RESISTS ADDUCTION OF ARM - CROSS FRONT OF BODY



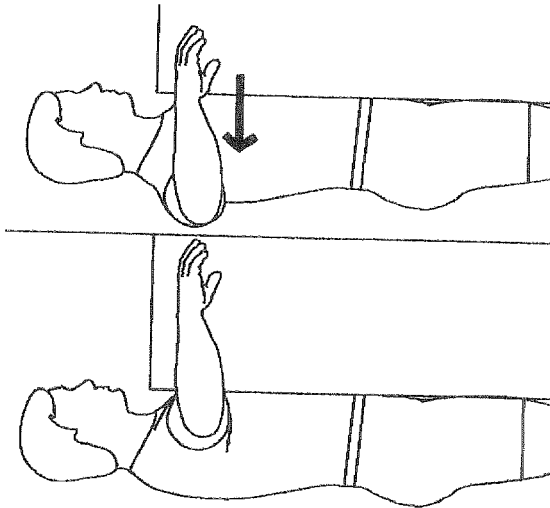
- AROM shld ext uni prone palm downward**
- Lie on stomach, involved arm down, thumb outward.
  - Keep elbow straight, and lift arm up to trunk level as shown.
  - Return to start position.
- Perform 3 sets of 10 Repetitions, once every other day.

**AROM shld horiz abd prone at 90 thumb up**

- Lie face down on bed, involved arm down and thumb outward.
  - Raise arm upward to shoulder level, hand shoulder height, keeping elbow straight.
  - Lower arm to floor and repeat.
- Perform 3 sets of 10 Repetitions, once every other day.



- AROM shld retract prone uni**
- Lie face down on bed or couch.
  - Position involved arm at 90 degrees as shown, elbow bent.
  - Raise arm, bringing shoulder blade toward middle of back.
  - Return to start position.
- Special Instructions:**
- Keep elbow bent.
- Perform 3 sets of 10 Repetitions, once every other day.



Issued By: OrthoCarolina

These exercises are to be used only under the direction of a licensed, qualified professional.

Signature: \_\_\_\_\_