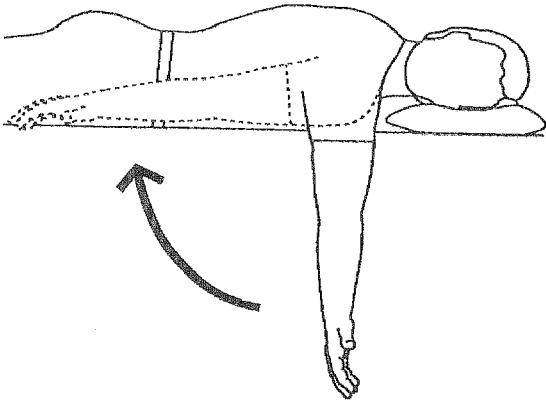


**AROM shld ext uni prone palm downward**

- Lie on stomach, involved arm down, thumb outward.
- Keep elbow straight, and lift arm up to trunk level as shown.
- Return to start position.

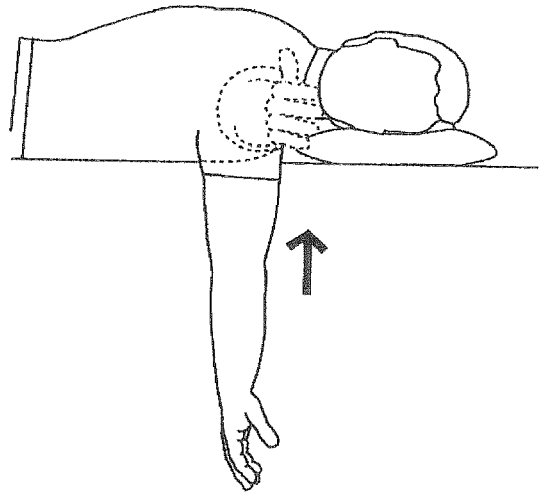
Perform 3 sets of 10 Repetitions, once every other day.



**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.



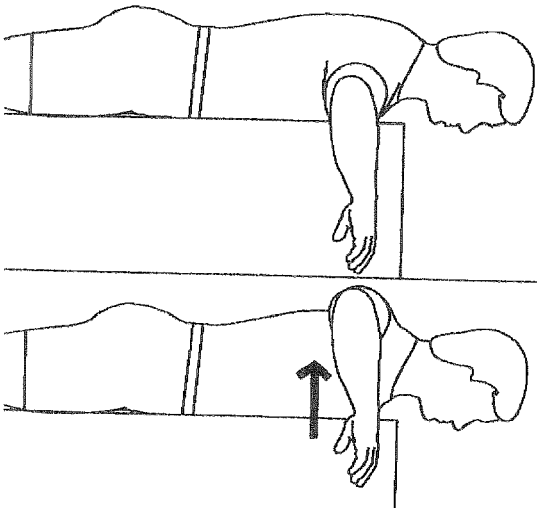
**AROM shld retract prone uni**

- 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.  
OrthoCarolina

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

# SURGICAL TUBING EXERCISES FOR THE SHOULDER

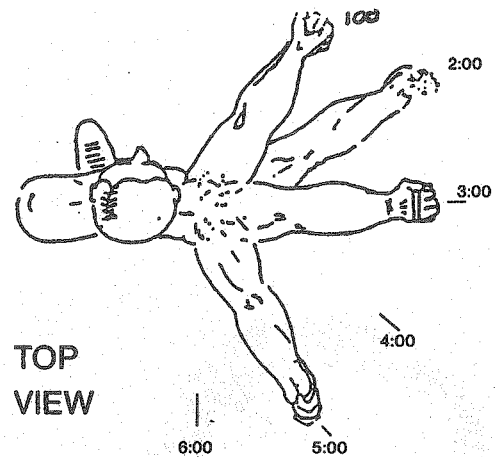
1. DO ONLY WHEN SHOULDER IS FREE FROM TENDINITIS.
2. START WITH TWO SETS OF TEN AND INCREASE AS TOLERATED.

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

- STRETCH TUBING TO LEVEL OF SHOULDER INITIALLY --- RANGE WILL DECREASE WITH FATIGUE.

**ROTATORS** - KEEP ELBOW AT SIDE WITH EXERCISES.

\*(ACCOMMODATION POSSIBLE BY VARYING TENSION)



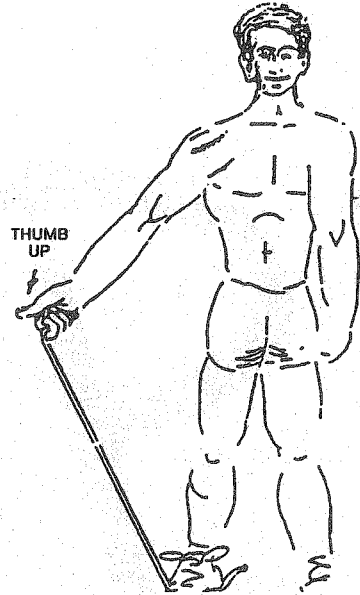
**TOP VIEW**

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

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

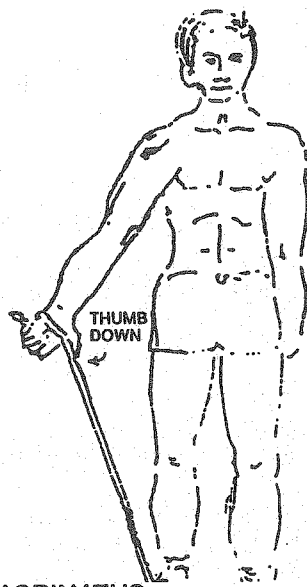
**MIDDLE DELTOID EXERCISE, 3:00**  
- PALM DOWN

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



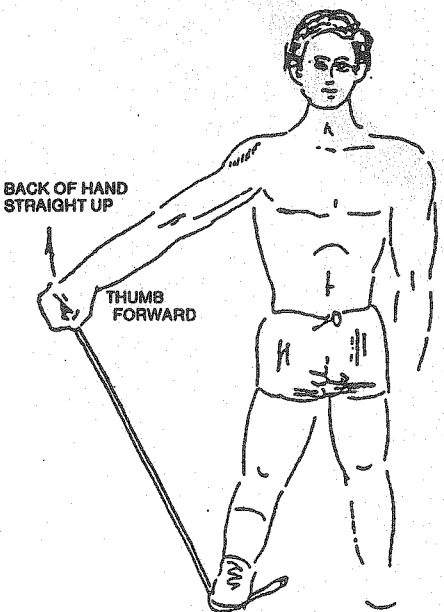
**ANTERIOR DELTOID EXERCISE**

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



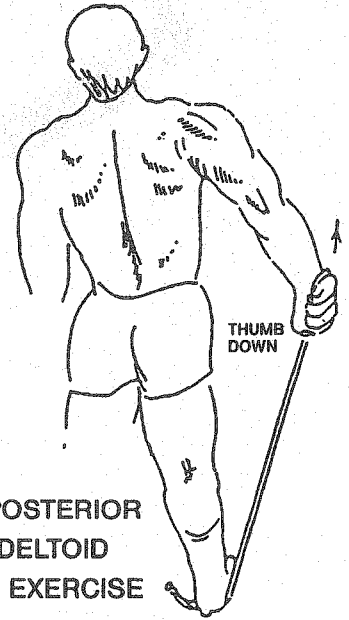
**SUPRASPINATUS EXERCISE**

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



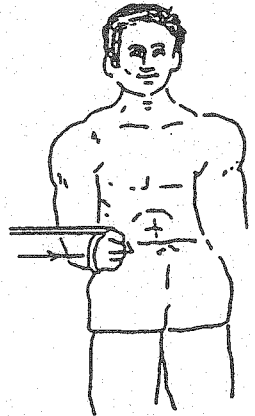
**MIDDLE DELTOID EXERCISE**

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



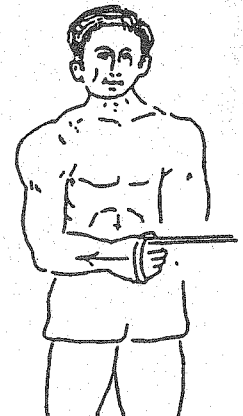
**POSTERIOR DELTOID EXERCISE**

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



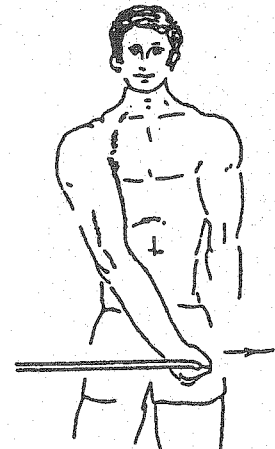
**INTERNAL ROTATION EXERCISE**

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 ACROSS FRONT OF BODY