

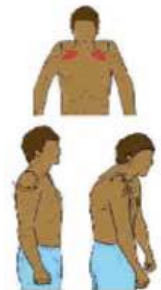
Strength Exercises

These exercises may help you when beginning to rehabilitate your injury. They may resolve your symptoms with or without further involvement from your physician, physical therapist or athletic trainer. While completing these exercises, remember:

- Muscles can gain both the endurance and the strength needed for everyday activities through controlled exercises.
- Complete these exercises as instructed by your physician, physical therapist or athletic trainer. Progress the resistance and repetitions only as guided.
- You may experience muscle soreness or fatigue, but the pain or discomfort you are trying to eliminate should never worsen during these exercises. If this pain does worsen, stop and make certain you are following the directions exactly. If the pain is still present after adjustments, discontinue the exercise until you can discuss the trouble with your clinician.
- If advised by your physician, during your recovery, avoid activity or exercises which involve actions that place your right / left hand or elbow above your head or behind your back or head. These positions stress the tissues which are trying to heal.

STRENGTH - Scapular Depression and Adduction

With good posture, sit on a firm chair. Supported your arms in front of you with pillows, arm rests or a table top. Have your elbows in line with the sides of your body. Gently draw your shoulder blades down and toward your mid-back spine. Gradually increase the tension without tensing the muscles along the top of your shoulders and the back of your neck.



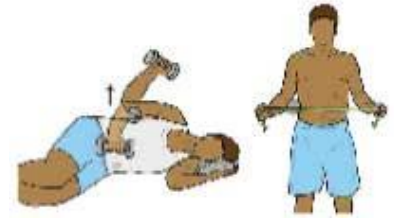
Hold for **10** seconds. Slowly release the tension and relax your muscles completely before completing the next repetition.

After you have practiced this exercise, remove the arm support and complete it in standing as well as sitting.

Repeat **10** times. Complete this exercise **3** times per day.

STRENGTH - External Rotators

Secure a rubber exercise band/tubing to a fixed object so that it is at the same height as your right / left elbow when you are standing or sitting on a firm surface. Stand or sit so that the secured exercise band/tubing is at your side that is not injured. Bend your elbow 90 degrees. Place a folded towel or small pillow under your right / left arm so that your elbow is a few inches away from your side. Keeping the tension on the exercise band/tubing, pull it away from your body, as if pivoting on your elbow. Be sure to keep your body steady so that the movement is only coming from your shoulder rotating.



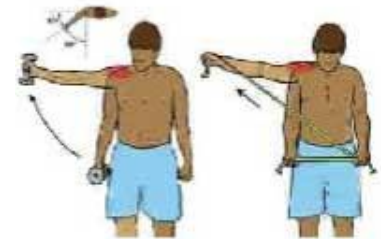
Hold **10** seconds. Release the tension in a controlled manner as you return to the starting position. Repeat **10** times. Complete this exercise **3** times per day.

STRENGTH - Supraspinatus

Stand or sit with good posture. Grasp a 2 pound weight or an exercise band/tubing so that your hand is "thumbs-up," like when you shake hands.

Slowly lift your right / left hand from your thigh into the air, traveling about 30 degrees from straight out at your side. Lift your hand to shoulder height or as far as you can without increasing any shoulder pain. Initially, many people do not lift their hands above shoulder height.

Avoid shrugging your right / left shoulder as your arm rises by keeping your shoulder blade tucked down and toward your mid-back spine.



Hold for **10** seconds. Control the descent of your hand as you slowly return to your starting position. Repeat **10** times. Complete this exercise **3** times per day.

STRENGTH - Shoulder Extensors

Secure a rubber exercise band/tubing so that it is at the height of your shoulders when you are either standing or sitting on a firm arm-less chair.

With a thumbs-up grip, grasp an end of the band/tubing in each hand. Straighten your elbows and lift your hands straight in front of you at shoulder height. Step back away from the secured end of band/tubing until it becomes tense. Squeezing your shoulder blades together, pull your hands down to the sides of your thighs. Do not allow your hands to go behind you.



Hold for **10** seconds. Slowly ease the tension on the band/tubing as you reverse the directions and return to the starting position. Repeat **10** times. Complete this exercise **3** times per day.

STRENGTH - Scapular Retractors

Secure a rubber exercise band/tubing so that it is at the height of your shoulders when you are either standing or sitting on a firm arm-less chair. With a palm-down grip, grasp an end of the band/tubing in each hand. Straighten your elbows and lift your hands straight in front of you at shoulder height. Step back away from the secured end of band/tubing until it becomes tense. Squeezing your shoulder blades together, draw your elbows back as you bend them. Keep your upper arm lifted away from your body throughout the exercise.



Hold **10** seconds. Slowly ease the tension on the band/tubing as you reverse the directions and return to the starting position. Repeat **10** times. Complete this exercise **3** times per day.

STRENGTH - Scapular Depressors

Find a sturdy chair without wheels, such as a from a dining room table. Keeping your feet on the floor, lift your bottom from the seat and lock your elbows. Keeping your elbows straight, allow gravity to pull your body weight down. Your shoulders will rise toward your ears. Raise your body against gravity by drawing your shoulder blades down your back, shortening the distance between your shoulders and ears. Although your feet should always maintain contact with the floor, your feet should progressively support less body weight as you get stronger.



Hold **10** seconds. In a controlled and slow manner, lower your body weight to begin the next repetition. Repeat **10** times. Complete this exercise **3** times per day.