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### Shoulder Stick Stretches:

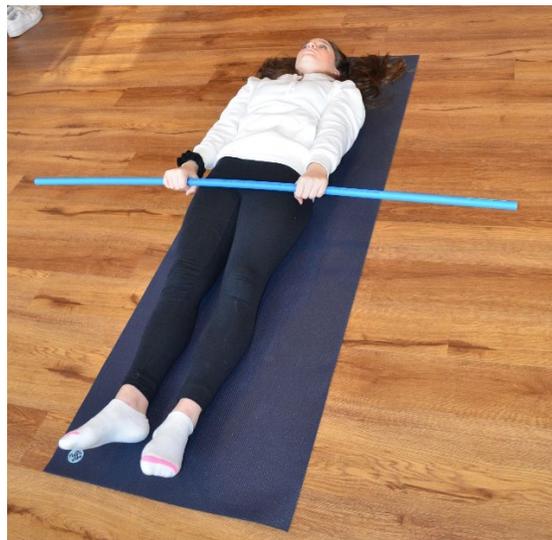
1. External Rotation with a stick:

- Lie on your back with your involved shoulder by your side and elbow bent to 90 degrees.
- Using a stick in both hands use your non-involved side to push your involved hand away from your body. (Remember to keep elbow bent to 90 degrees.)



2. Shoulder Flexion:

- Lie on your back with elbows straight and hands holding stick.
- Keeping hands at shoulder width raise stick up over your head.
- Make sure you allow your non-involved side to do the work!



3. Shoulder Abduction:

- Lie on your back.
- Hold stick in both hands.
- Make sure your involved hand is palm up.
- Push your arm out to the side like a jumping jack with your non-involved side.



4. Shoulder Extension:

- In standing hold stick behind your back with both hands.
- Push stick away from your back by extending your shoulders.



5. Internal Rotation:

- In standing hold stick behind your back with both hands.
- Slide stick up your back allowing elbows to bend.



**Pendulum Exercises:**

6. Forward/Backward Swing:

- Begin in standing.
- Bend slightly forward.
- With as little effort as possible swing arm forward and backward gradually increasing the arc like a pendulum.



7. Side to Side Swing:

- Now do the same thing side to side.



8. Pendulum Circles:

- In the same position make circles first in one direction and then in other direction.
- Gradually make circles larger.



## Beginning Shoulder Strength:

### 9. Internal Rotation of the Shoulders:

- Lie on your side with the involved side down.
- Start with elbows at your sides, bent to 90 degrees.
- Keeping your wrists in a neutral position “hug” yourself by pulling bringing your fist toward your belly.



### 10. External Rotation of the Shoulders:

- Lie on your side with your involved side up.
- Start with your elbows at your side, bent to 90 degrees.
- Rotate your arm upward keeping your elbow bent to 90 degrees.



The following exercises are done in standing.

If any of the following are too difficult, begin by standing near the wall and placing fist on the wall. Walk away from the wall and slowly lower arm for each movement.

11. Supraspinatous (Thumbs down) Exercise:

- Begin in a standing position.
- Point thumb down to the ground.
- Lift arm forward and slightly to the side while keeping your thumb down.
- Lift only to shoulder height level.



12. Shoulder Abduction:

- Begin in a standing position.
- Face the palm of your hand upward to the sky.
- Lift your arm out the side and upward as if you were doing a jumping jack.



### 13. Shoulder Flexion:

- Start in a standing position.
- With your thumb facing upward lift your arm forward and upward as far as possible.



### 14. 4 Way Reaches on your Hands and Knees:

- Begin on your hands and knees.
- Do a pelvic tilt.
- Push your shoulder blades down toward your waist.
- Raise your hand straight out in front of you.
- Now lift arm to the side and upward in a Y.
- Now lift out to the side in a T.
- Now lift straight back behind you next to your side.



