

Accelerated Protocol Exercises Week 6

Your therapist has prescribed you exercises to do this week. Look for each exercise in the list below and click on the name to view the instructions and pictures.

Reminder: Please only do the exercises specifically prescribed to you by your therapist to prevent injury.

Category	Exercises That May Be Prescribed
<p>1. Shoulder active-assisted range of motion exercises in all directions (beyond 90 degrees)</p>	<ul style="list-style-type: none"> A. Shoulder flexion – with stick (lying) B. Shoulder flexion – with stick (sitting/standing) C. Shoulder flexion – hands clasped (lying) D. Shoulder flexion – hands clasped (sitting/standing) E. Shoulder flexion – wall climbs F. Shoulder flexion – tabletop slides G. Shoulder extension – with stick H. Shoulder abduction – with stick (lying) I. Shoulder abduction – with stick (sitting/standing) J. Shoulder abduction – wall climbs K. Shoulder abduction – tabletop slides L. Shoulder external rotation – with stick (sitting/standing) M. Shoulder external rotation – tabletop slides N. Shoulder internal rotation – with stick O. Shoulder internal rotation – tabletop slides P. Table wiping

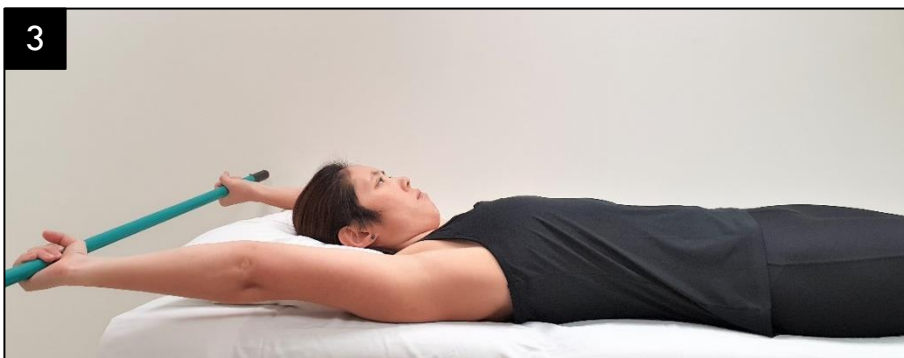
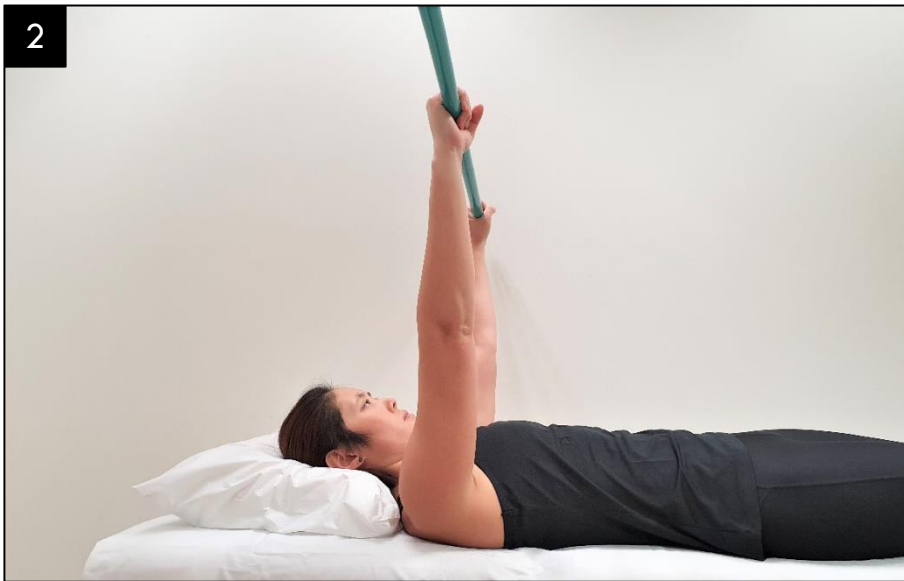
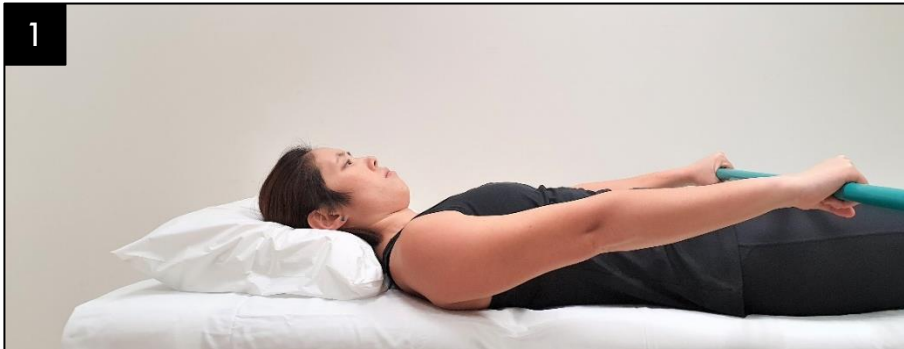
2. Shoulder stretches	<ul style="list-style-type: none"> A. Anterior capsule stretch B. Posterior capsule stretch C. Shoulder Internal Rotation
3. Shoulder strengthening exercises	<ul style="list-style-type: none"> A. Shoulder flexion static strengthening B. Shoulder extension static strengthening C. Shoulder abduction static strengthening D. Shoulder adduction static strengthening E. Shoulder internal rotation static strengthening F. Shoulder external rotation static strengthening
4. Exercises for weight-bearing and joint position sense	<ul style="list-style-type: none"> A. Ball on table – circles

1A. Shoulder Flexion – with Stick (Lying)

Position: Lying

Type: Active-assisted Movement

Equipment: Stick



1. Lie on your back.
2. Hold a stick in both hands with your palms facing downward.
3. Keeping your elbows straight, slowly raise your affected arm toward the ceiling, then as far back as possible, with assistance from your unaffected arm.
4. Slowly lower your arms back to the starting position.

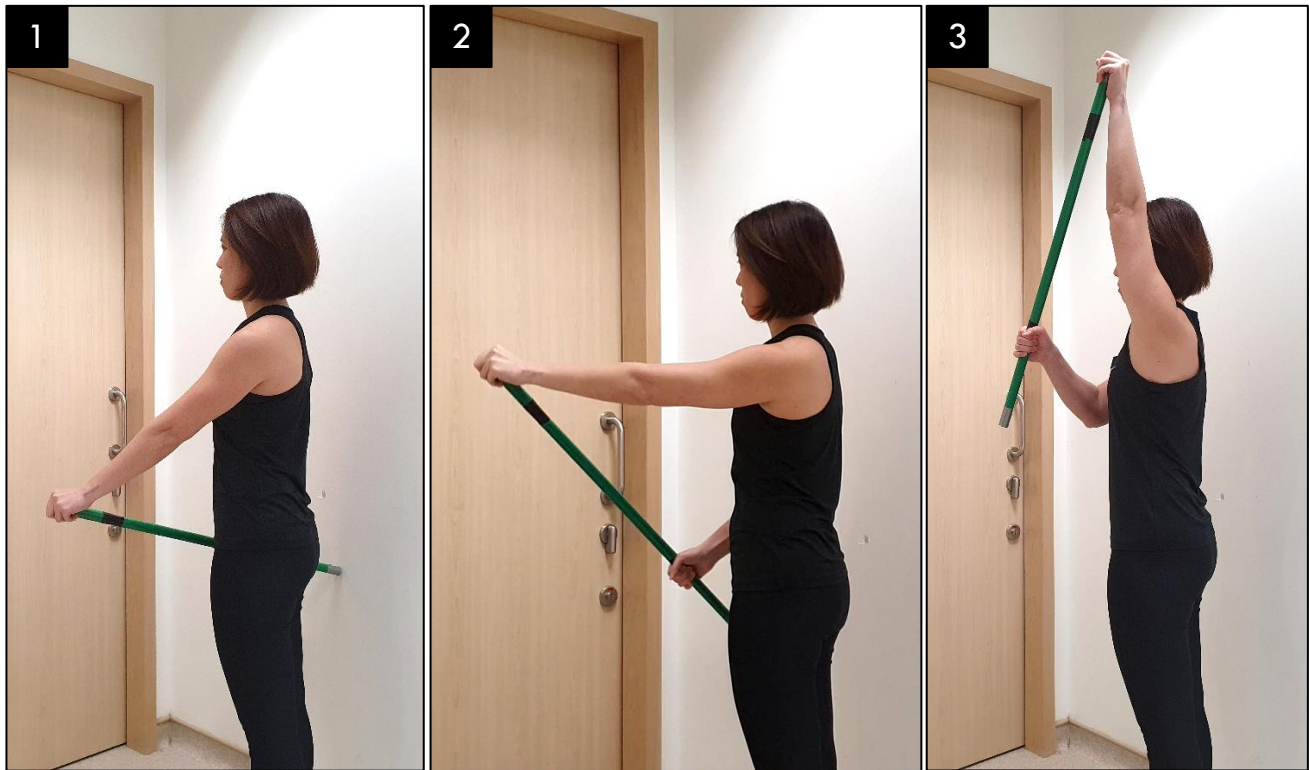
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1B. Shoulder Flexion – with Stick (Sitting/Standing)

Position: Sitting / Standing

Type: Active-assisted Movement

Equipment: Stick



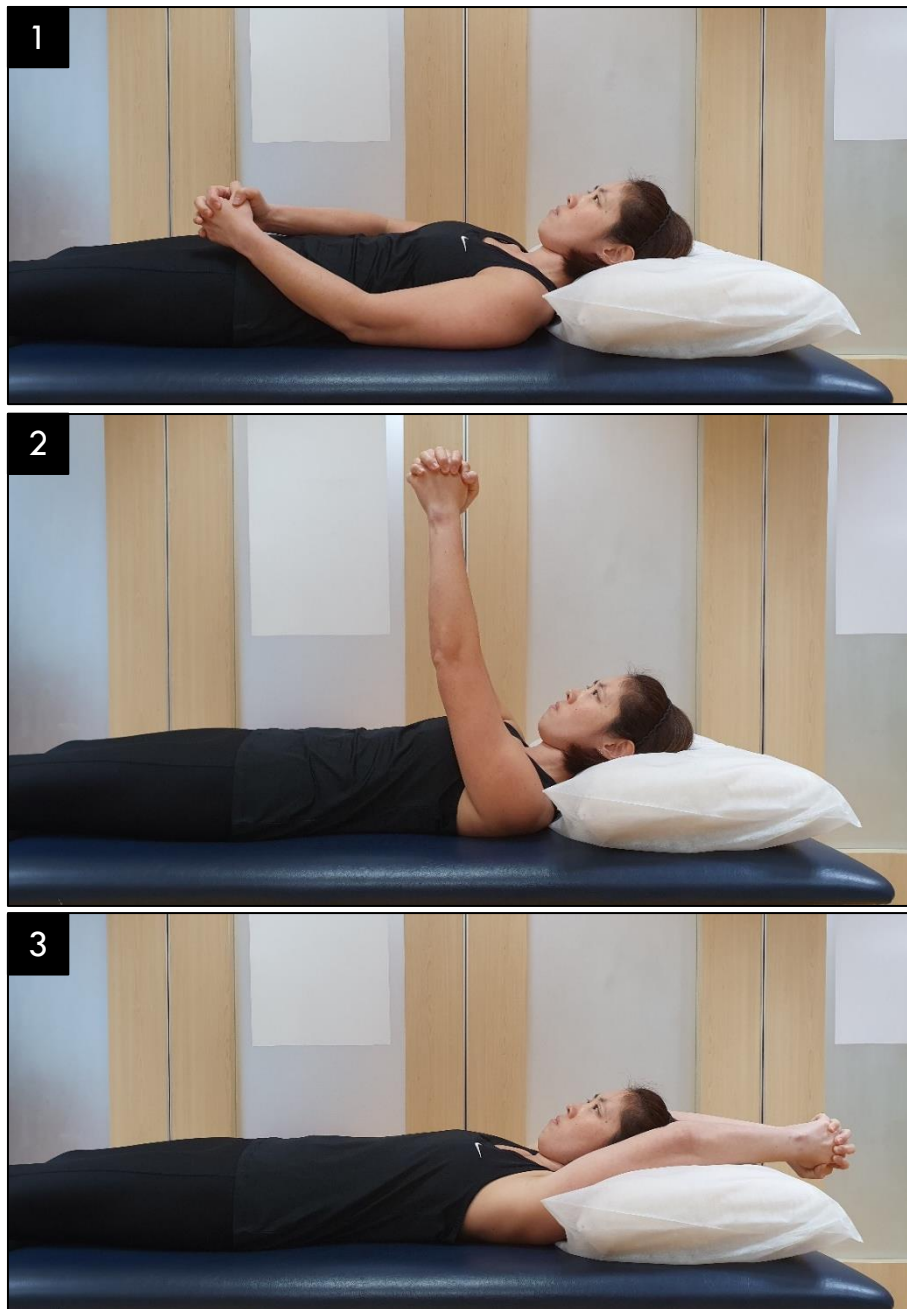
1. In a sitting / standing position, hold a stick in both hands with one hand (*affected side*) in front of you and the other hand (*unaffected side*) by your side.
2. Keeping your elbow straight, slowly raise your affected arm as high as possible with assistance from your unaffected arm.
3. Slowly lower your arms back to the starting position.

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1C. Shoulder Flexion – Hands Clasped (Lying)

Position: Lying

Type: Active-assisted Movement



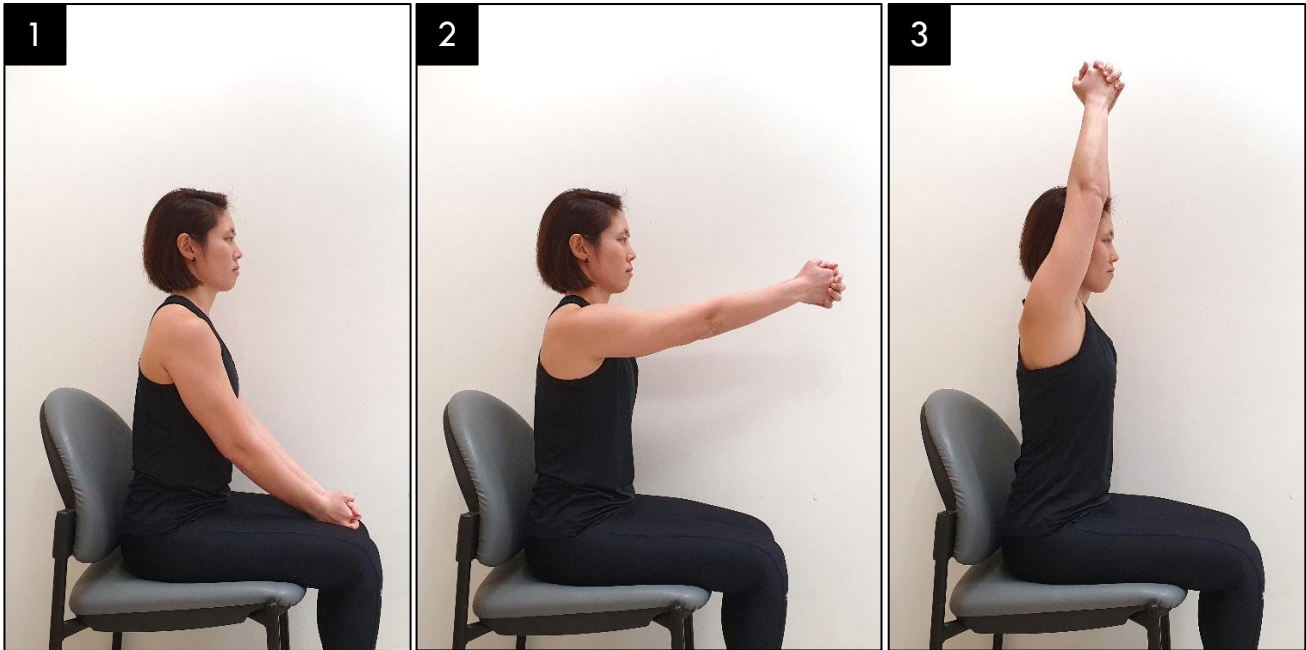
1. Lie on your back with your arms straight and hands clasped together resting on your abdomen.
2. Slowly raise your affected arm as far back as possible with assistance from your unaffected hand.
3. Slowly lower your arms back to the starting position.

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1D. Shoulder Flexion – Hands Clasped (Sitting/Standing)

Position: Sitting / Standing

Type: Active-assisted Movement



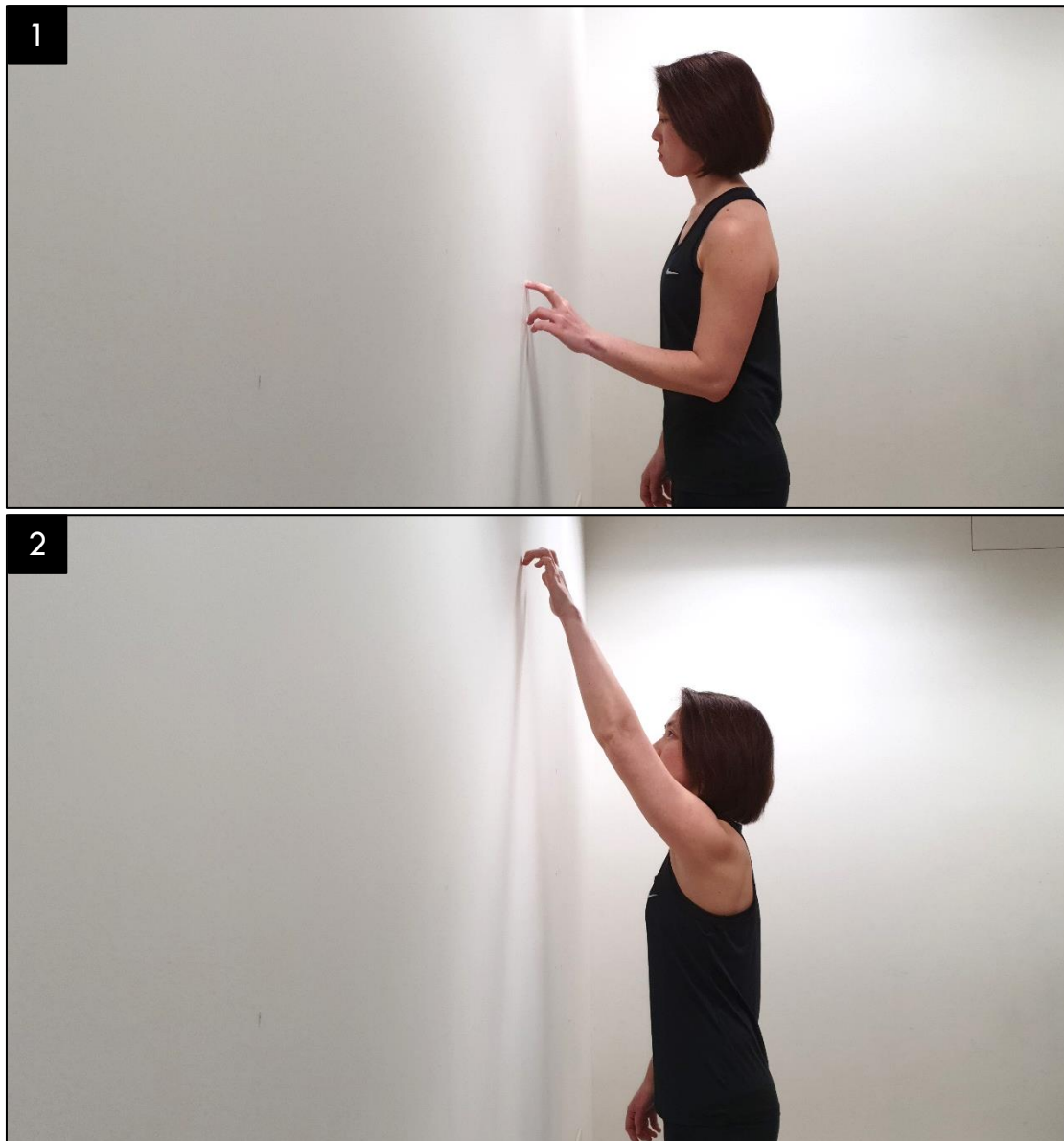
1. Sit / Stand with your arms straight and hands clasped in front of you.
2. Slowly raise your affected arm to the front, as high as possible, with assistance from your unaffected hand.
3. Slowly lower your arms back to starting position.

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1E. Shoulder Flexion – Wall Climbs

Position: Sitting / Standing

Type: Active-assisted Movement



1. Place two fingers on a wall in front of you.
2. “Walk” your fingers up the wall as high as possible.
3. Hold position for 5 seconds, then slowly “walk” back down to the starting position.

Note: Avoid shrugging/ hiking your shoulders during the movement.

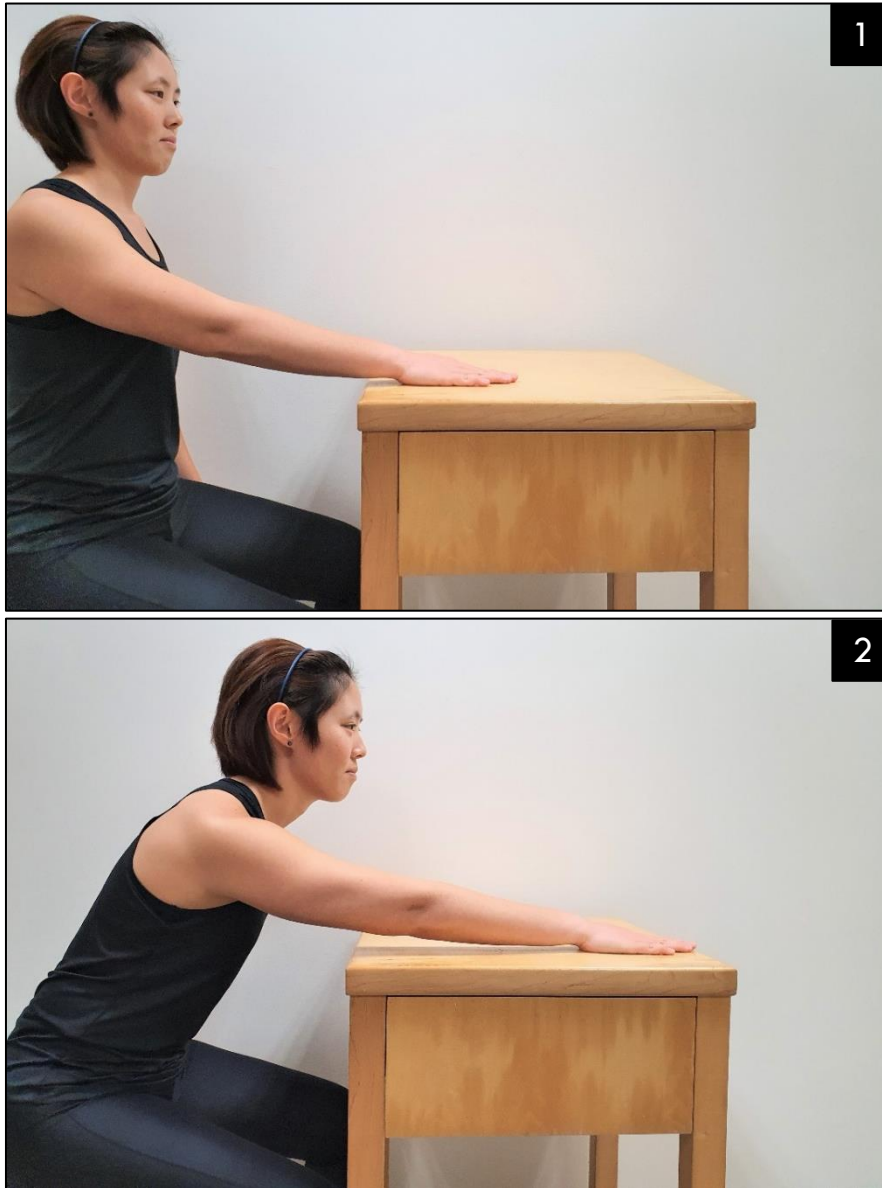
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1F. Shoulder Flexion – Tabletop Slides

Position: Sitting / Standing

Type: Active-assisted Movement

Equipment: Table



1. Lift your hand and place it on a table in front of you.
You may use your other hand (*unaffected side*) to assist if needed.
2. Slide your hand forward, away from you.
3. Lean your body towards the table to assist in the movement.
4. Slowly lean back to bring your arm back to the starting position.

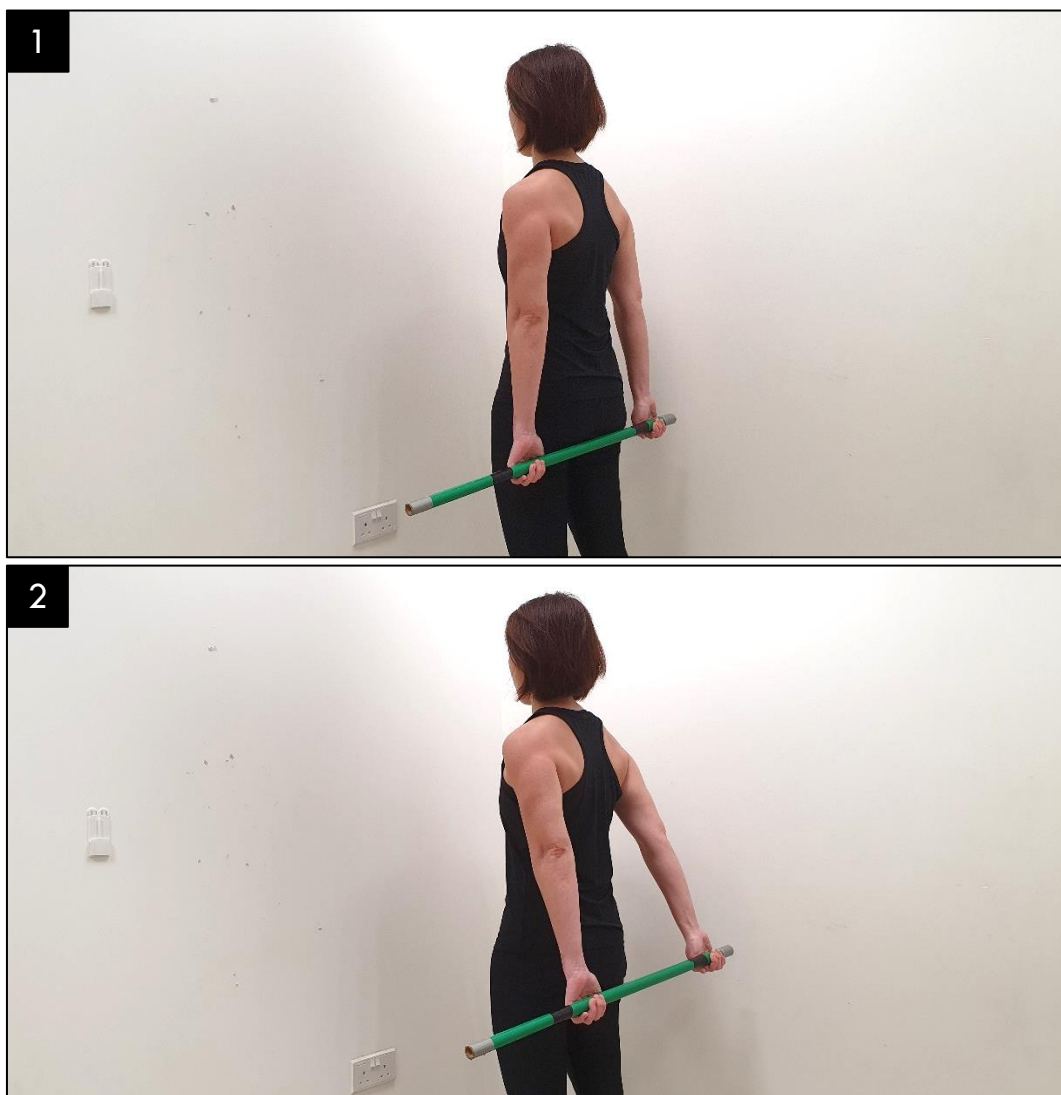
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1G. Shoulder Extension – with Stick

Position: Standing

Type: Active-assisted Movement

Equipment: Stick



1. Stand with your arms by your side and slightly behind your body.
2. Hold a stick with both hands, palms facing backward.
3. Slowly move your affected arm backward as much as you can tolerate, using your other hand to assist.
4. Slowly lower your arms back to the starting position.

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1H. Shoulder Abduction – with Stick (Lying)

Position: Lying

Type: Active-assisted Movement

Equipment: Stick



1. Lie on your back with your affected arm by your side.

2. Hold a stick with both hands with your palm (*affected side*) gently grasping one end of the stick.



3. Keeping your arm on the bed, slowly slide your arm out and up to the side, towards the head of the bed, as much as you can tolerate. Use your other hand to assist the movement.



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11. Shoulder Abduction – with Stick (Sitting/Standing)

Position: Sitting / Standing

Type: Active-assisted Movement

Equipment: Stick



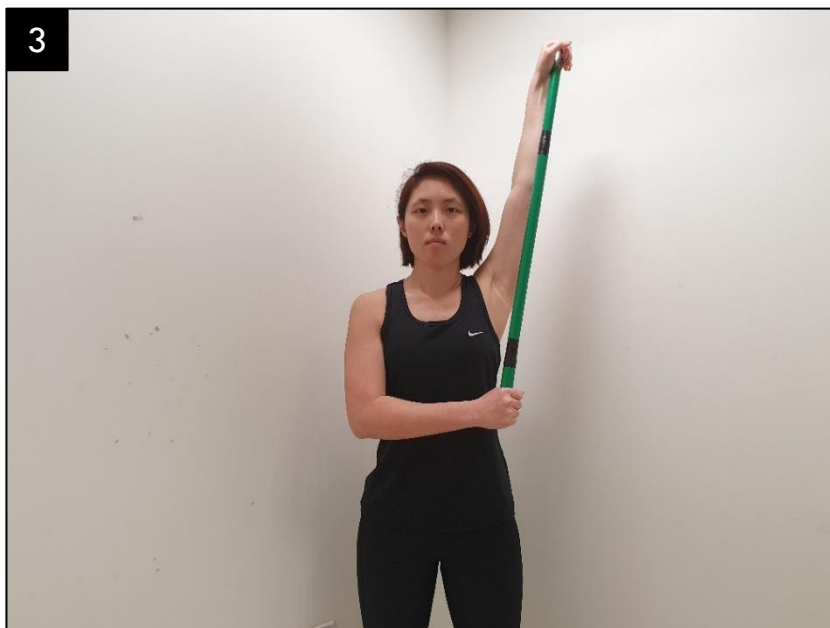
1. Sit / Stand with your feet shoulder-width apart.

2. Hold a stick with both hands with your palm (*affected side*) gently grasping one end of the stick.



3. Slowly raise your arm (*affected side*) sideways, as much as tolerated, using your other hand to assist.

4. Slowly lower your arms back to the starting position.



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1J. Shoulder Abduction – Wall Climbs

Position: Sitting / Standing

Type: Active-assisted Movement



1. Place two fingers on a wall by your side.
2. “Walk” your fingers up the wall as high as possible.
3. Hold for 5 seconds, then slowly “walk” back down to the starting position.

Note: Avoid shrugging your shoulders during the movement.

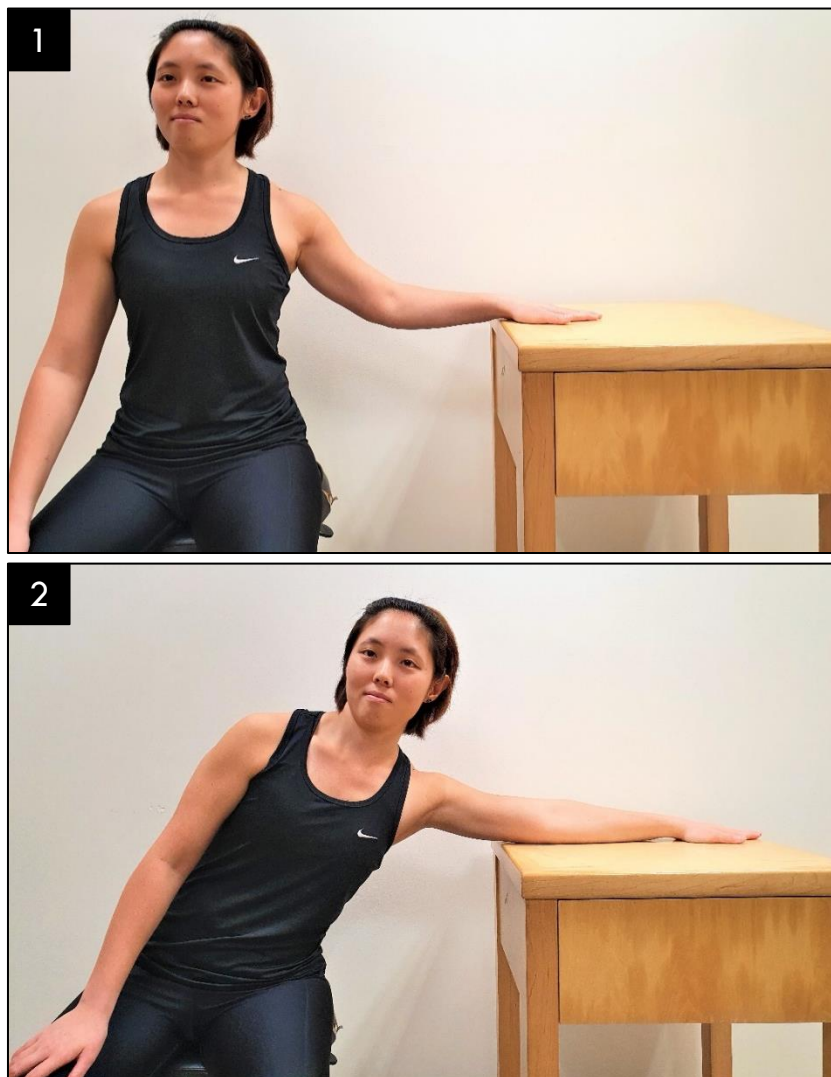
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1K. Shoulder Abduction – Tabletop Slides

Position: Sitting / Standing

Type: Active-assisted Movement

Equipment: Table



1. Lift your hand and place it on a table by your side.
You may use your other hand (*unaffected side*) to assist if needed.
2. Slide your hand sideways away from you.
3. Lean your body towards the table to assist in the movement.
4. Slowly lean back to bring your arm back to the starting position.

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1L. Shoulder External Rotation – with Stick (Sitting/Standing)

Position: Sitting / Standing

Type: Active-assisted Movement

Equipment: Stick



1. Sit / Stand with your feet shoulder-width apart.
2. Hold a stick with both hands with your palm (*affected side*) gently grasping the end of the stick.
3. Bend your elbows to 90 degrees.
4. Keeping your elbow tucked to your side, move your forearm (*affected side*) outwards away from your body.
5. You may use your unaffected arm to assist in the movement by pushing the stick.
6. Slowly return your forearm to the starting position.

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1M. Shoulder External Rotation – Tabletop Slides

Position: Sitting / Standing

Type: Active-assisted Movement

Equipment: Table



1. In a sitting / standing position, place your forearm on a table surface with elbow against your side and bent to a 90-degree angle.
2. Keeping your elbow against your side, slide your forearm outwards, away from your body.
3. Slowly bring your forearm back to the starting position.

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1N. Shoulder Internal Rotation – with Stick

Position: Sitting / Standing

Type: Active-assisted Movement

Equipment: Stick



1. Sit / Stand with your feet shoulder-width apart.
2. Hold a stick with both hands.
3. Bend your elbows to 90 degrees.
4. Keeping your elbow against your side, move your forearm (*affected side*) inwards towards your body.
5. You may use your unaffected arm to assist in the movement by pulling the stick.
6. Slowly bring your forearm back to the starting

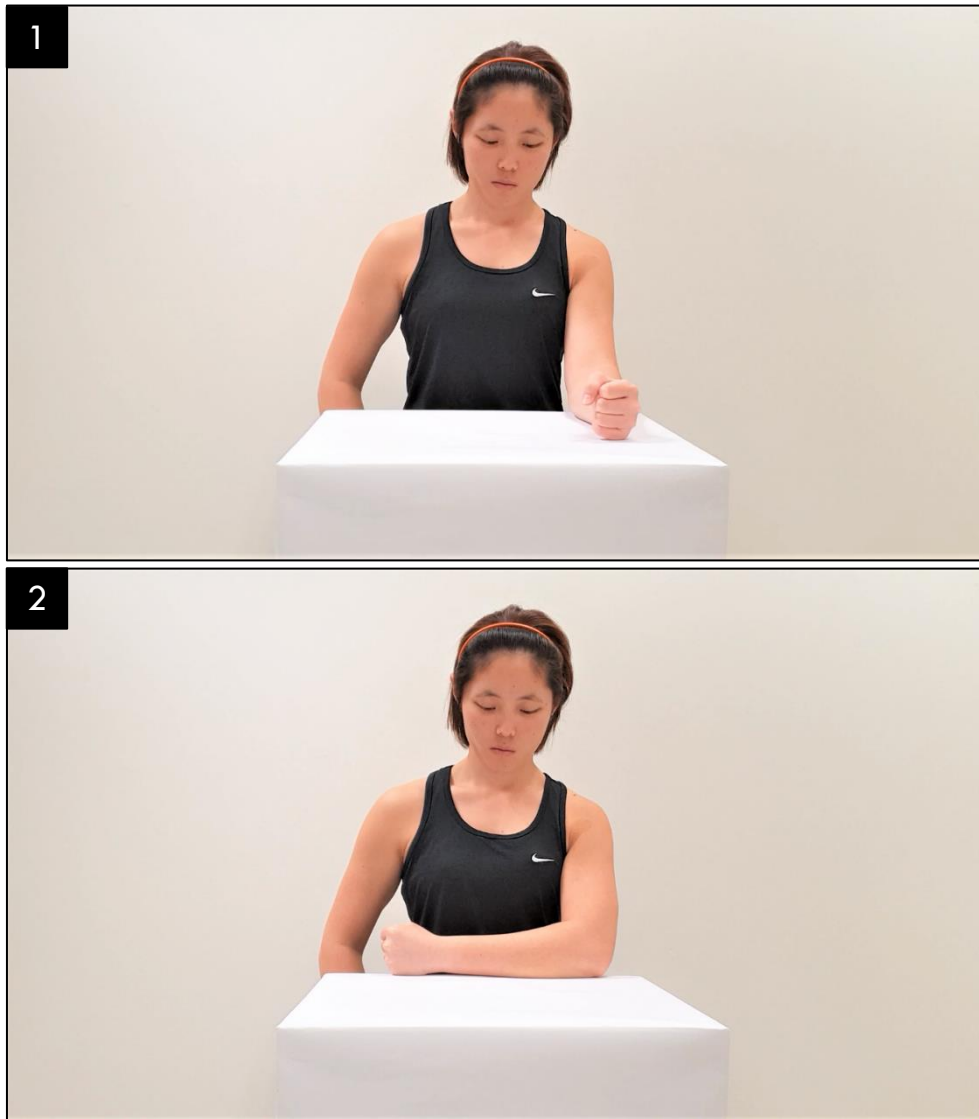
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10. Shoulder Internal Rotation – Tabletop Slides

Position: Sitting / Standing

Type: Active-assisted Movement

Equipment: Table



1. Place your forearm on a table surface with elbow against your side and bent at a 90-degree angle.
2. Keeping your elbow against your side, slide your forearm inwards towards your body.
3. Slowly bring your forearm back to the starting position.

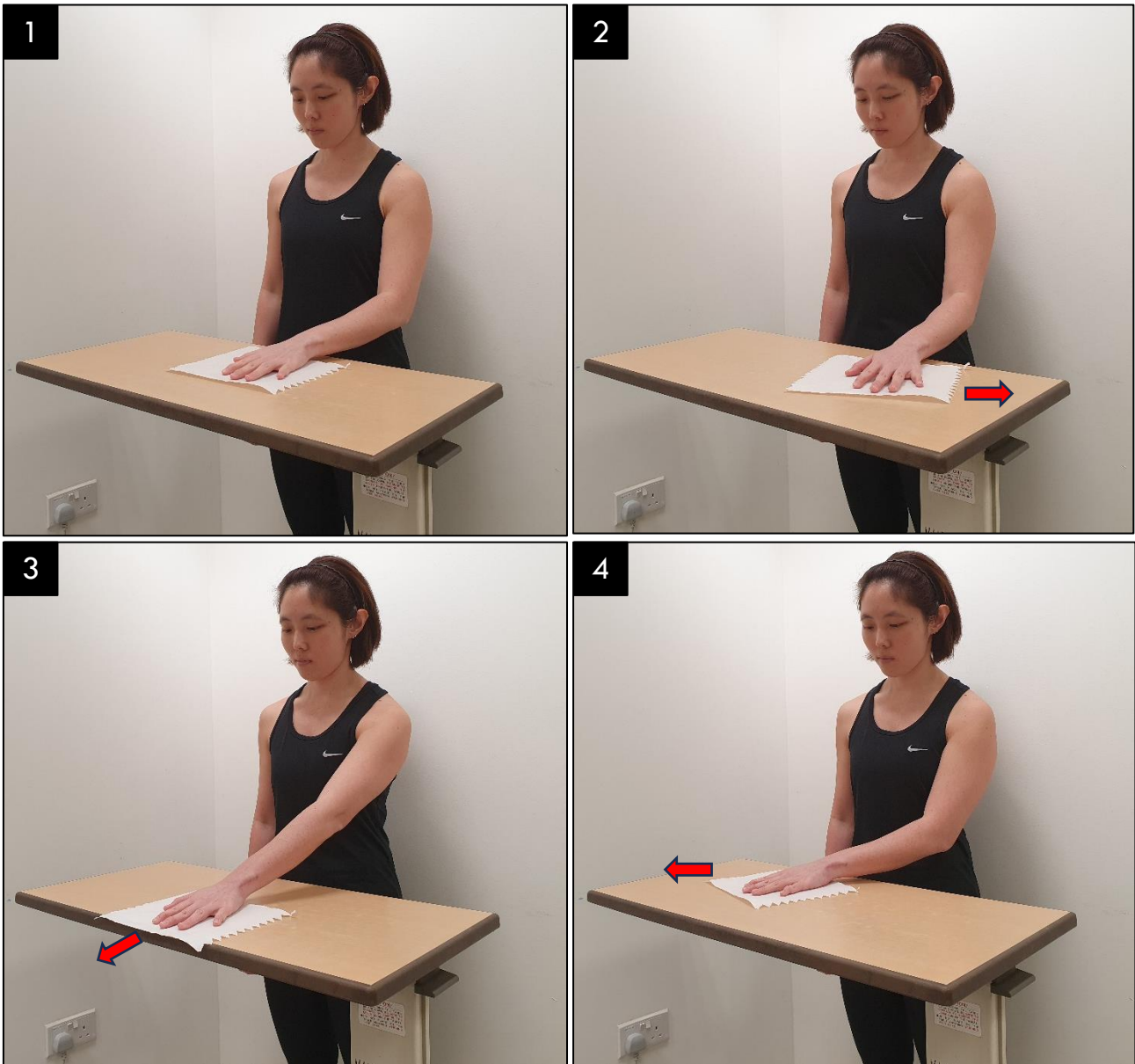
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1P. Table Wiping

Position: Sitting

Type: Active-assisted Movement

Equipment: Table



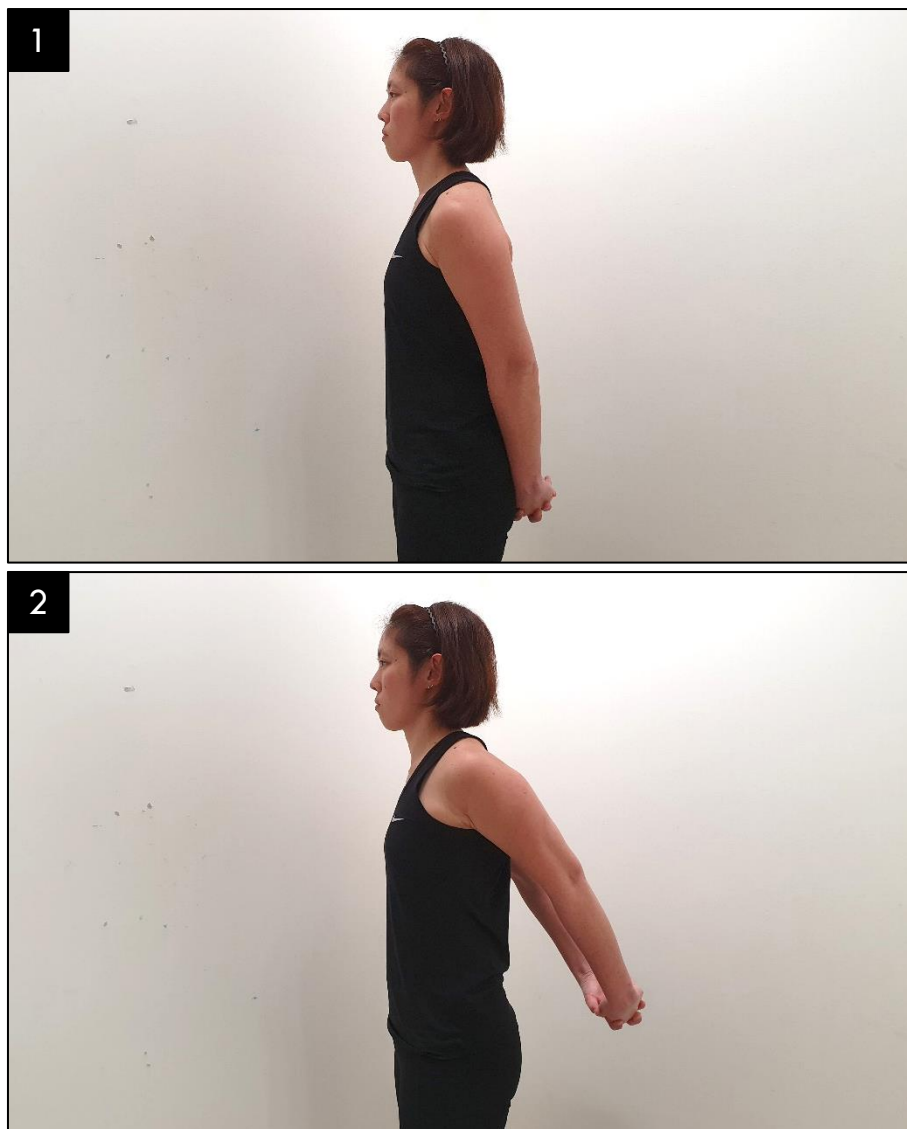
1. Sit / Stand with your feet shoulder-width apart.
2. Place your hand palm-down on top of a towel on a table.
3. Move the towel as far as possible in all directions to wipe the table surface.

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2A. Anterior Capsule Stretch

Position: Sitting / Standing

Type: Stretch



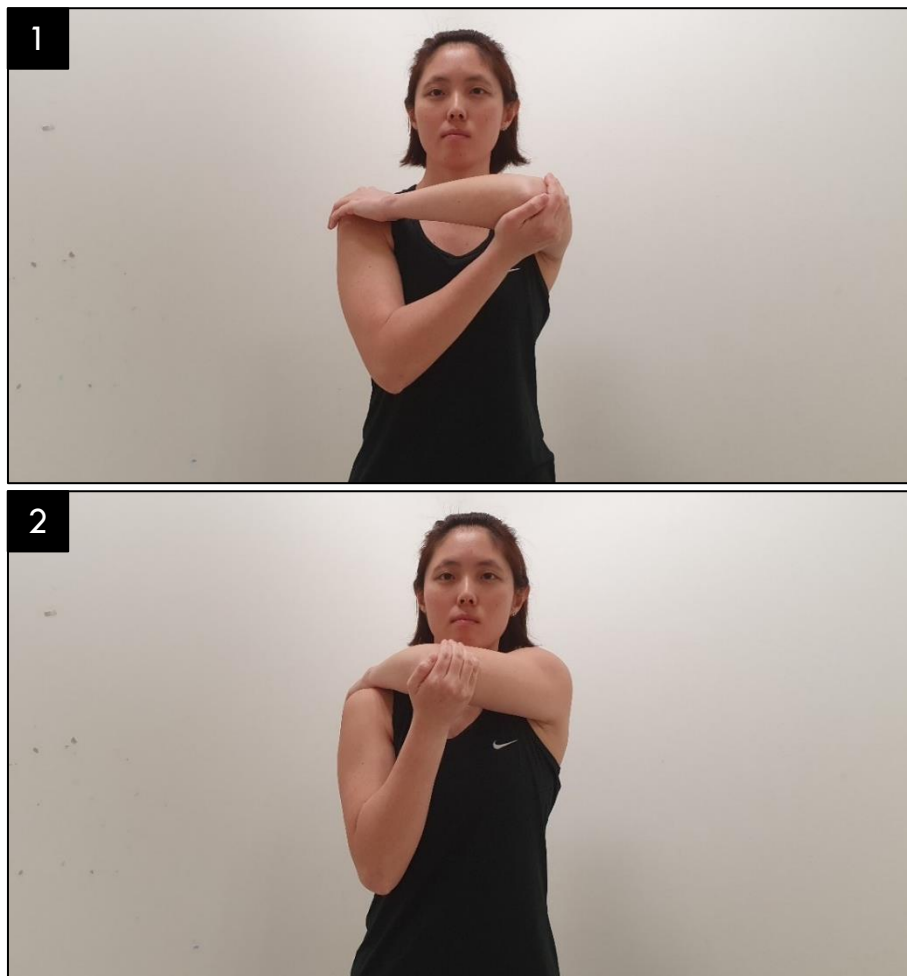
1. Sit / Stand with your feet shoulder-width apart.
2. Bring your arms behind your back and clasp your hands together.
3. Slowly bring your arms and then shoulders backward, squeezing your shoulder blades together.
4. You will feel a stretch across your chest and the front of your shoulder.
5. Hold this position for 10 seconds.

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2B. Posterior Capsule Stretch

Position: Sitting / Standing

Type: Stretch



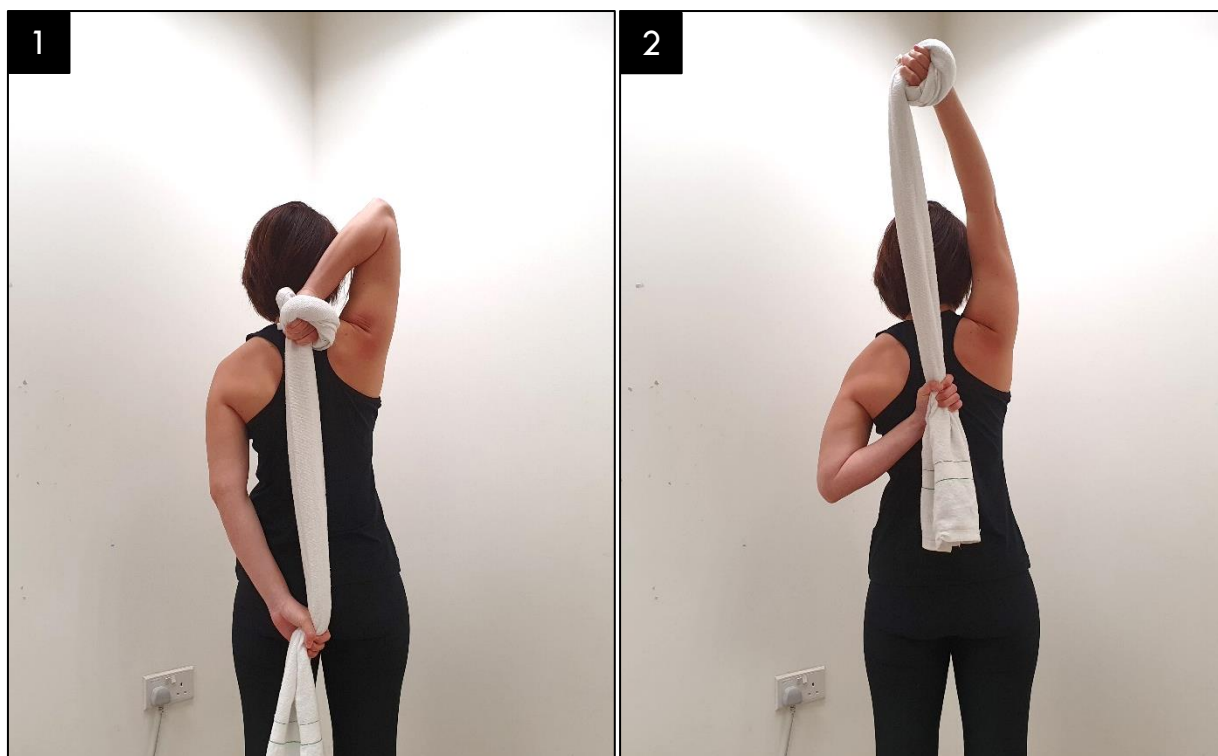
1. Sit / Stand with your feet shoulder-width apart.
2. Lift your arm (*affected side*) and reach across your chest to the opposite shoulder.
3. Use your other hand to support under the elbow (*affected side*) and slowly bring your arm toward your chest.
4. You will feel a stretch at the back of your shoulder.
5. Hold this position for 10 seconds.
6. Slowly bring your arm back to the starting position.

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2C. Shoulder Internal Rotation Stretch

Position: Sitting / Standing

Type: Stretch



1. Sit / Stand with your feet shoulder-width apart.
2. Use your hand (*unaffected side*) to hold one end of a towel behind your neck.
3. Bring your affected arm behind your body to grasp the other end of the towel.
4. Slowly pull the towel upwards with your unaffected arm to lift your other hand (*affected side*) upwards.
5. You should feel a stretch in your shoulder (*affected side*).
6. Hold this position for 10 seconds.
7. Slowly bring your arm back to the starting position.

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3A. Shoulder Flexion Static Strengthening

Position: Sitting / Standing

Type: Strengthening



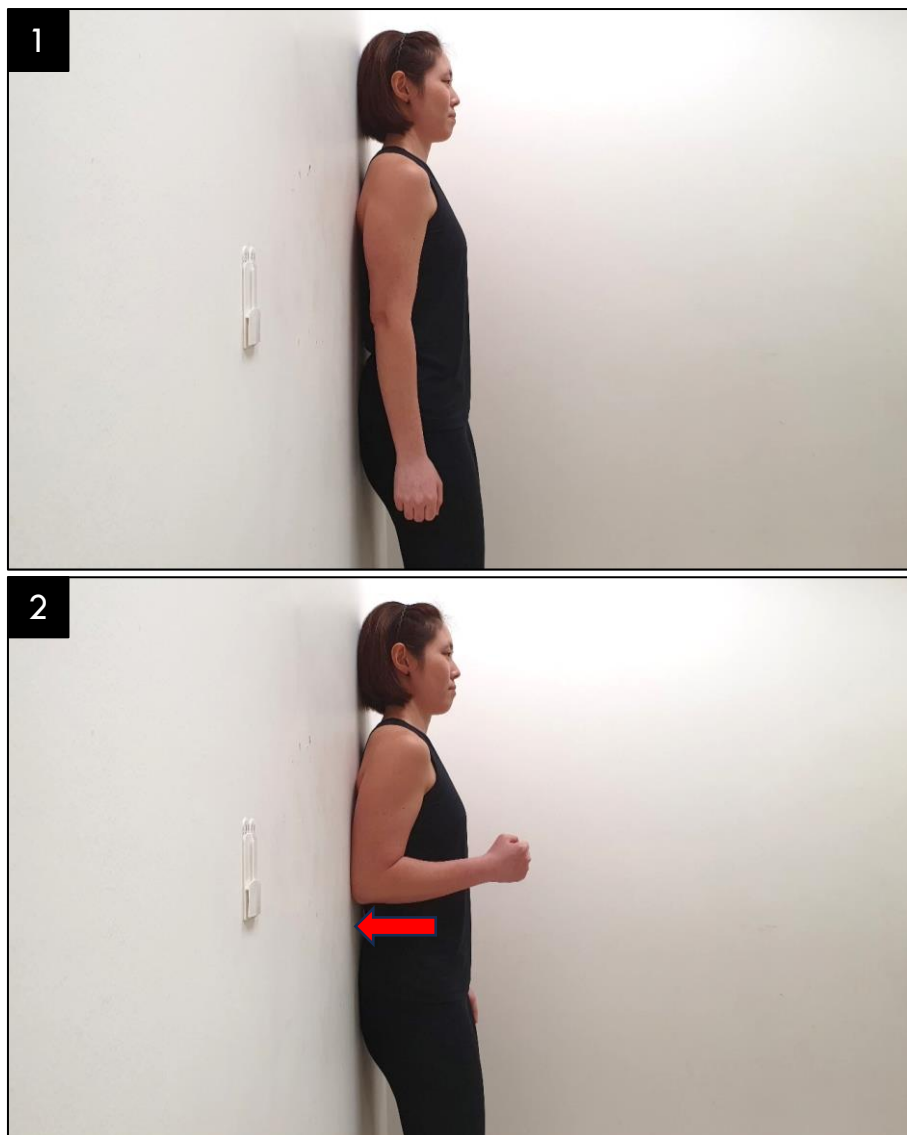
1. Sit / Stand facing a wall.
2. Bend your elbow to a 90-degree angle and make a closed fist.
3. Gently press your fist into the wall while keeping your elbow against your body.
4. Maintain a steady pressure for 5 seconds, then slowly release.

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3B. Shoulder Extension Static Strengthening

Position: Sitting / Standing

Type: Strengthening



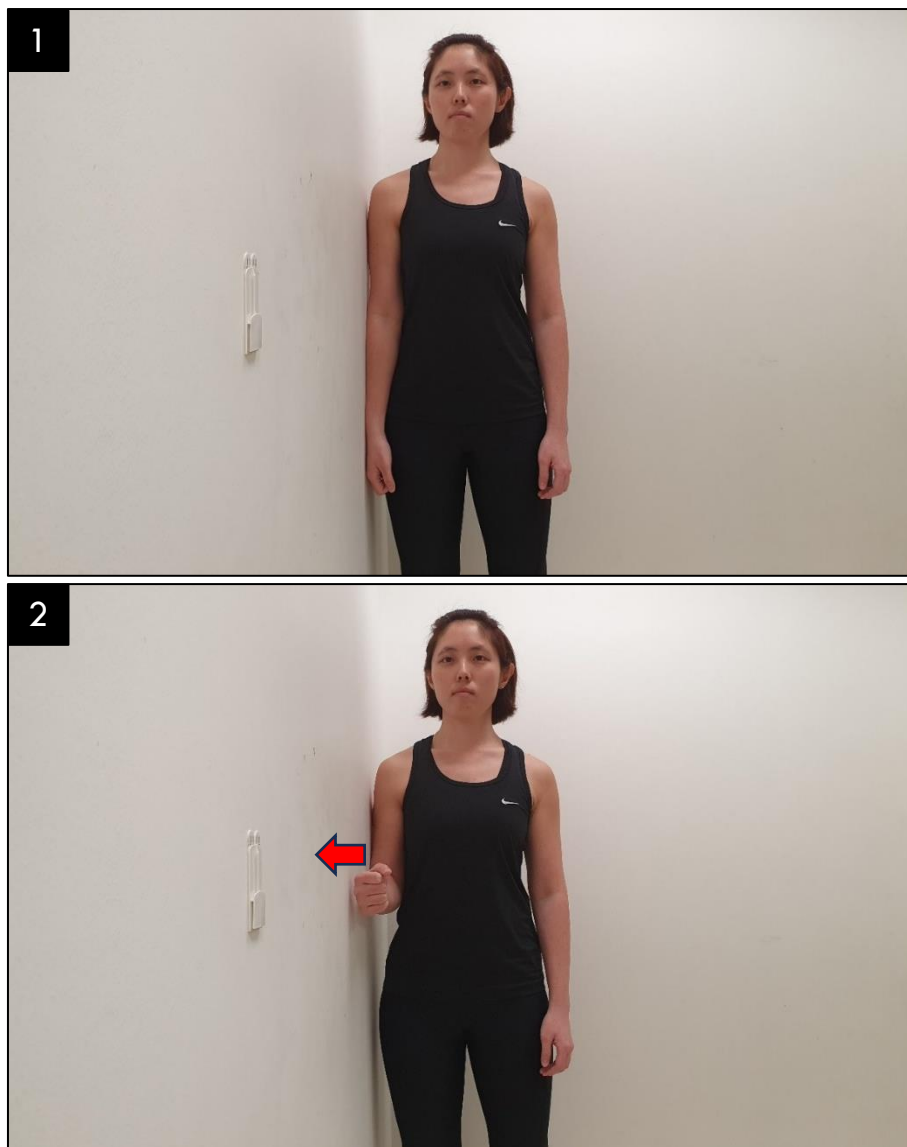
1. Sit / Stand with your feet shoulder-width apart. Keep your back against a stable support e.g., chair backrest / a wall.
2. Bend your elbow to a 90-degree angle.
3. Gently press the back of your arm into the backrest / wall while keeping your elbow by your side.
4. Maintain a steady pressure for 5 seconds, then slowly release.

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3C. Shoulder Abduction Static Strengthening

Position: Sitting / Standing

Type: Strengthening



1. Sit / Stand by the side of a wall.
2. Bend your elbow to a 90-degree angle and make a closed fist.
3. Gently press the side of your arm against the wall while keeping your arm in line with your body.
4. Maintain a steady pressure for 5 seconds, then slowly release.

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3D. Shoulder Adduction Static Strengthening

Position: Sitting / Standing

Type: Strengthening

Equipment: Folded towel



1. Sit / Stand with your elbow bent to a 90-degree angle.
2. Place a folded towel between your elbow and body.
3. Gently squeeze the towel against your body.
4. Maintain a steady pressure for 5 seconds, then slowly release.

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3E. Shoulder Internal Rotation Static Strengthening

Position: Sitting / Standing

Type: Strengthening



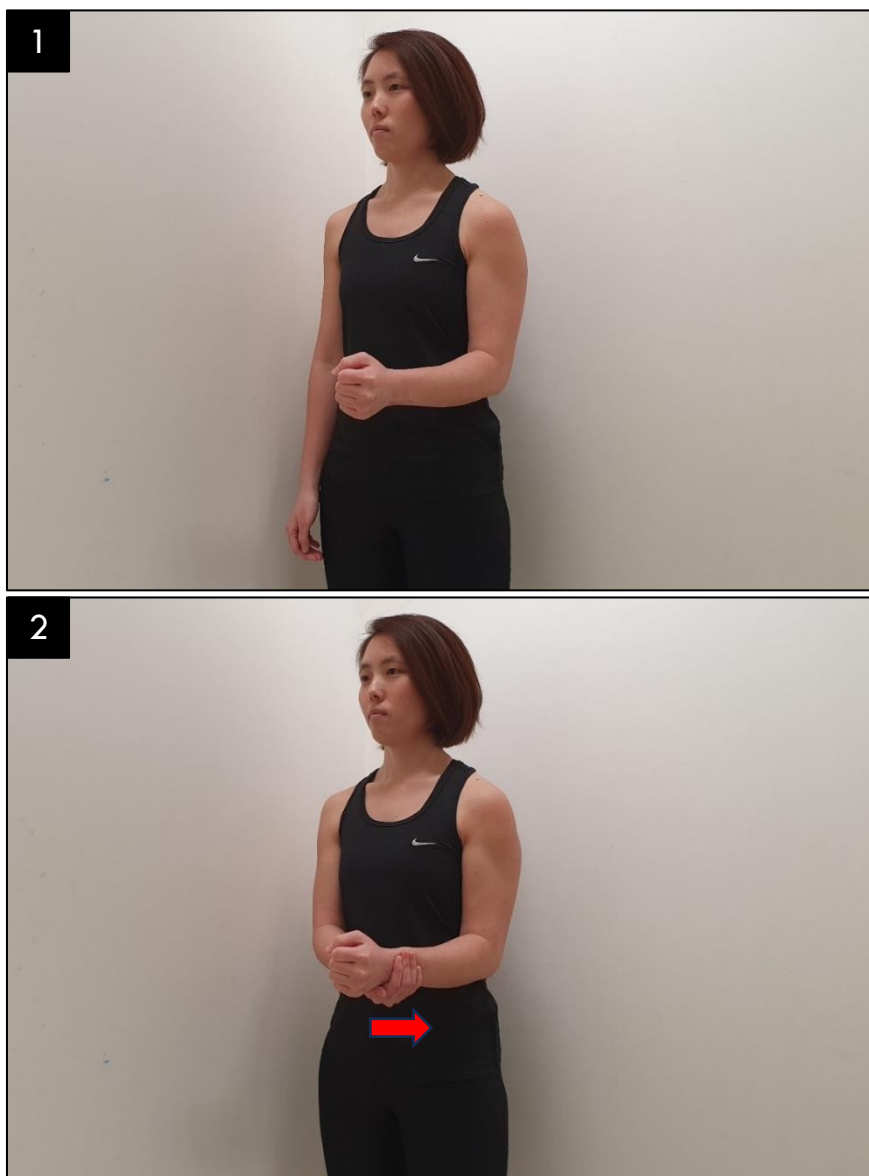
1. Sit / Stand with your elbow bent to a 90-degree angle.
2. Use your other hand (*unaffected side*) to hold the underside of your wrist (*affected side*).
3. Gently press your wrist against your hand (*unaffected side*) in the direction towards your body while keeping your arm against your body.
4. Maintain a steady pressure for 5 seconds, then slowly release.

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3F. Shoulder External Rotation Static Strengthening

Position: Sitting / Standing

Type: Strengthening



1. Sit / Stand with your elbow bent to a 90-degree angle.
2. Use your other hand (*unaffected side*) to hold the underside of your wrist (*affected side*).
3. Gently push your wrist against your fingers (*unaffected side*) in the direction away from your body while keeping your arm against your body.
4. Maintain a steady pressure for 5 seconds, then slowly release.

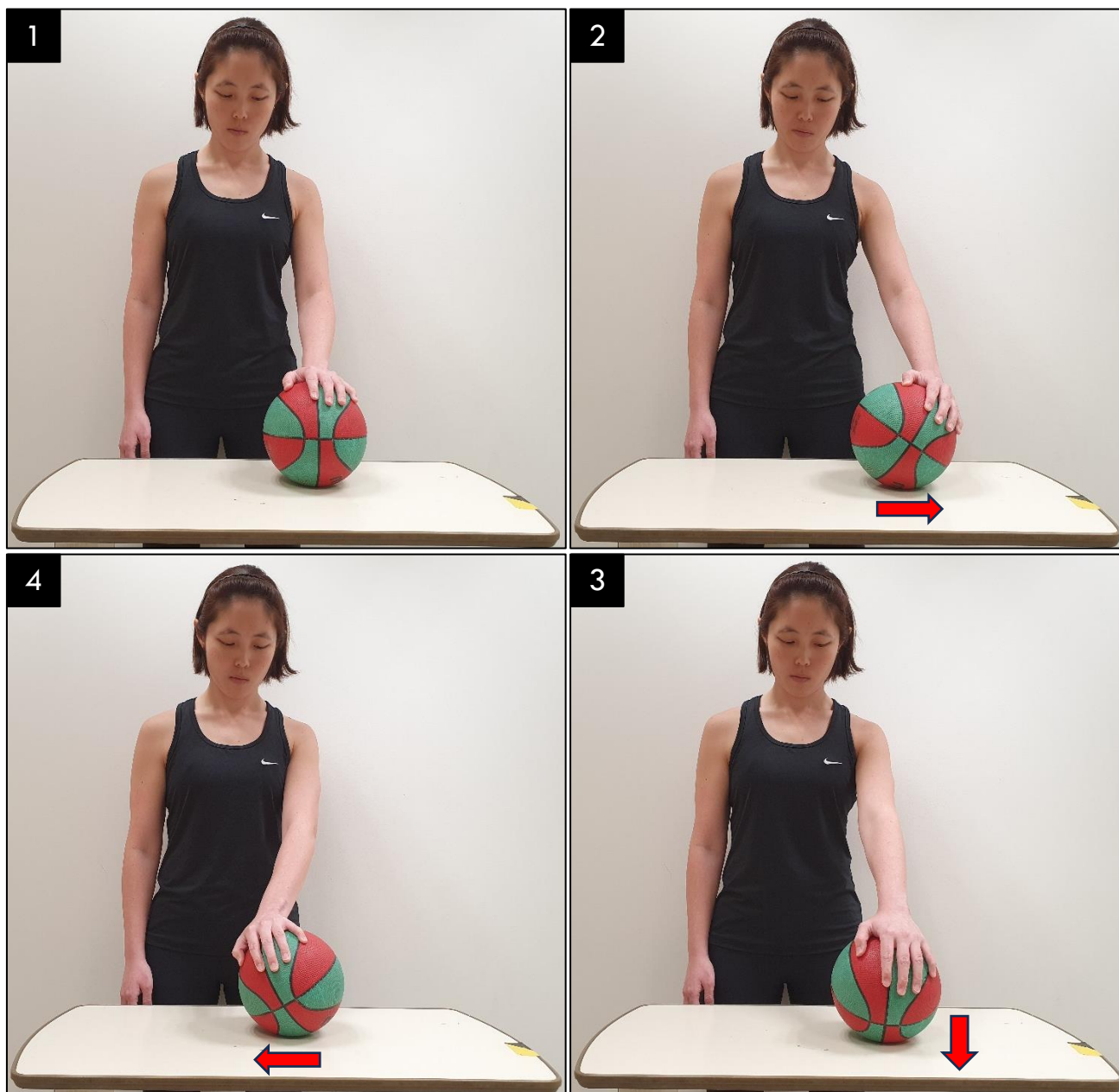
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4A. Ball on Table – Circles

Position: Standing

Type: Joint Position Sense

Equipment: Table, Ball



1. Hold a ball on a table surface in front of you.

2. While applying some pressure to the ball, gradually roll the ball in a forward and backward direction, a side-to-side direction, then in all directions.

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