

Standard Protocol Exercises

Week 8 - 9

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.

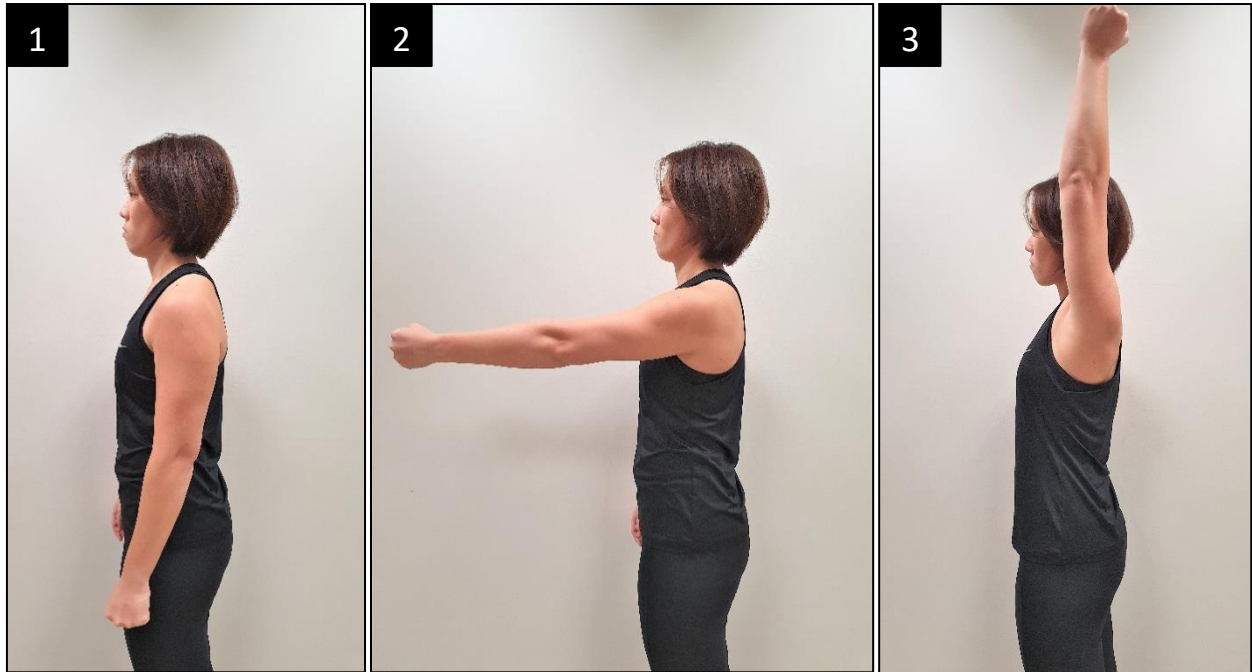
Category	Exercises That May Be Prescribed
1. Shoulder active range of motion exercises in all directions	<ul style="list-style-type: none"> A. Shoulder flexion B. Shoulder extension C. Shoulder abduction D. Shoulder internal rotation E. Shoulder external rotation F. Proprioceptive Neuromuscular Facilitation (PNF) – D1 movement G. Proprioceptive Neuromuscular Facilitation (PNF) – D2 movement
2. Shoulder stretches	<ul style="list-style-type: none"> A. Anterior capsule stretch B. Posterior capsule stretch C. Shoulder internal rotation stretch
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. Gentle exercises for weight-bearing and joint position sense	A. Ball on table – circles
5. Gentle strengthening exercises for forearm and elbow	A. Forearm pronation static strengthening B. Forearm supination static strengthening C. Biceps static strengthening D. Triceps static strengthening

1A. Shoulder Flexion

Position: Sitting / Standing

Type: Active Movement



1. Sit / Stand with your feet shoulder-width apart and arms by your sides.
2. Keeping your elbow straight and thumb facing upwards, raise your arm forwards as high as possible.

Note: Avoid shrugging your shoulders during the movement.

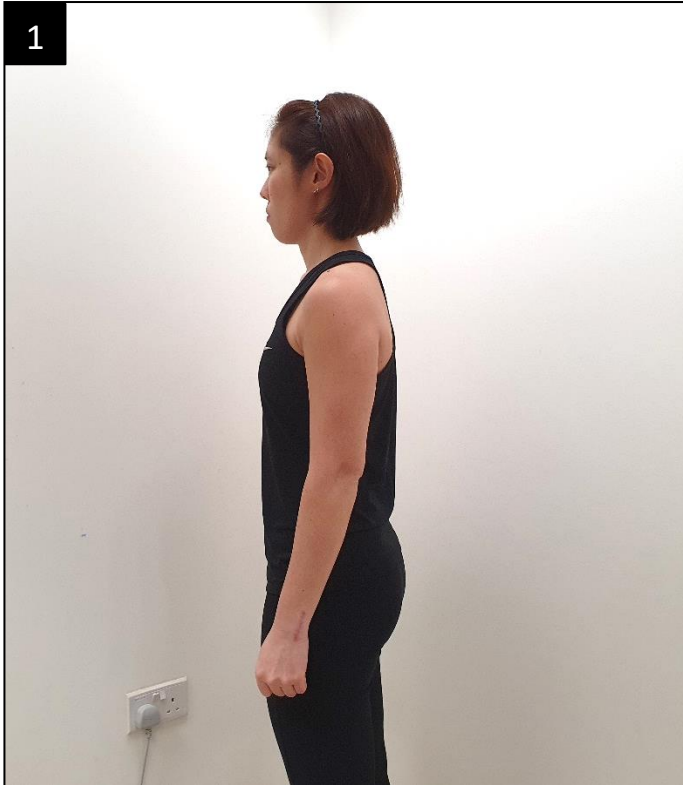
3. Slowly lower your arm back to the starting position.

[\[Back to top\]](#)

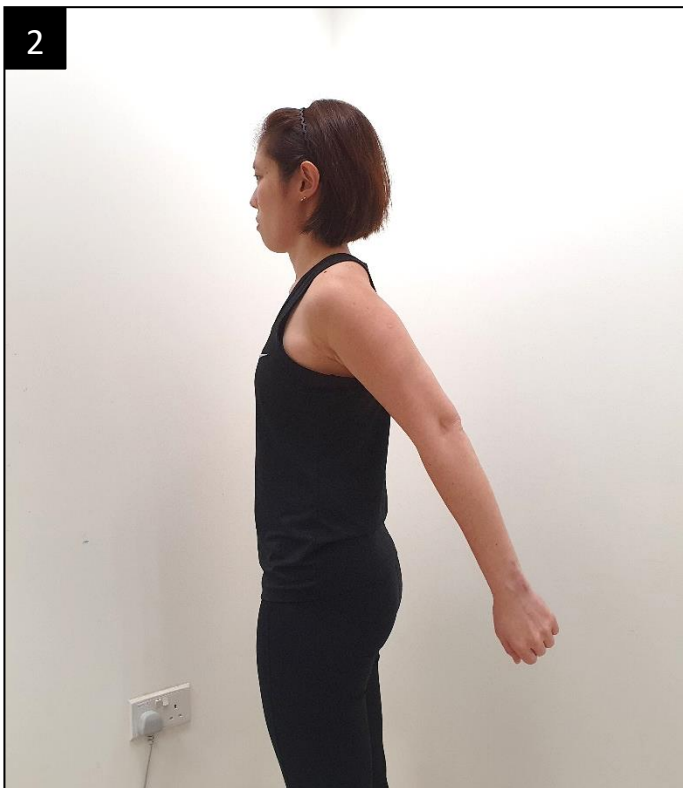
1B. Shoulder Extension

Position: Sitting / Standing

Type: Active Movement



1. Sit / Stand with your feet shoulder-width apart and arms by your side.



2. Keeping your elbow straight and thumb facing forward, move your arm backwards as far as possible.

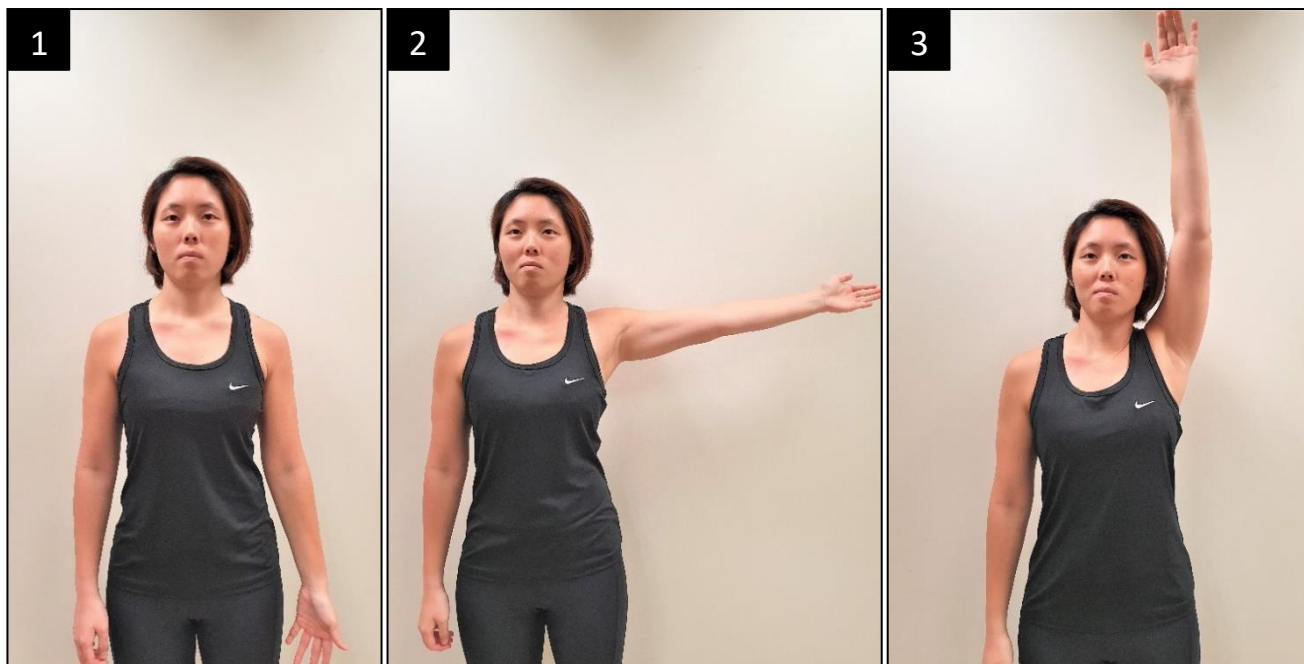
3. Slowly move your arm back to the starting position.

[\[Back to top\]](#)

1C. Shoulder Abduction

Position: Sitting / Standing

Type: Active Movement



1. Sit / Stand with your feet shoulder-width apart and arms by your sides.
2. Keeping your elbow straight and palm facing forward, raise your arm up sideways as high as possible.
3. Avoid shrugging your shoulders during the movement.
4. Slowly lower your arm back to the starting position.

[\[Back to top\]](#)

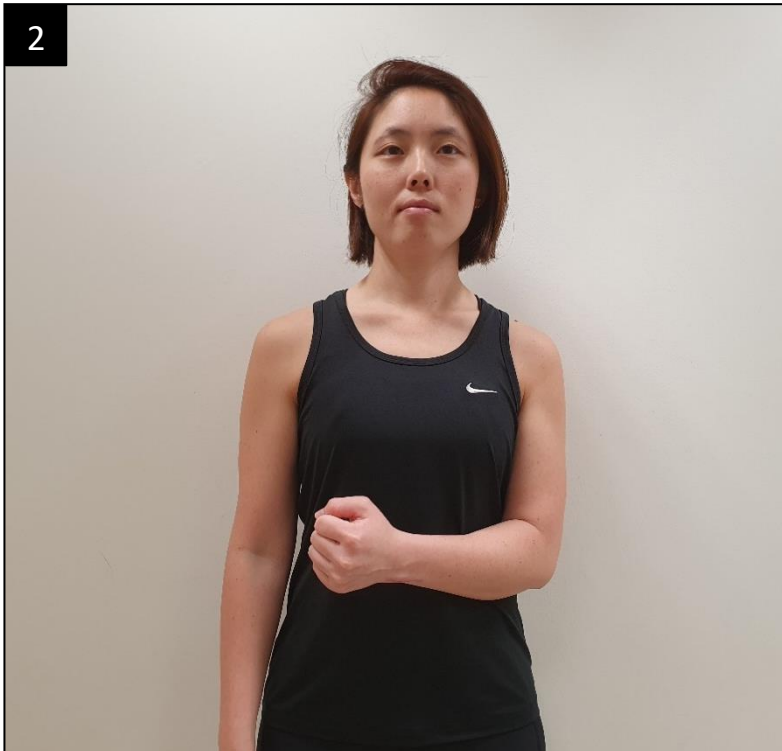
1D. Shoulder Internal Rotation

Position: Sitting / Standing

Type: Active Movement



1. Sit / Stand with your feet shoulder-width apart.
2. Bend your elbow to a 90-degree angle.



3. Keeping your elbow against your side, move your forearm inwards towards your body.
4. Slowly move your forearm back to the starting position.

[\[Back to top\]](#)

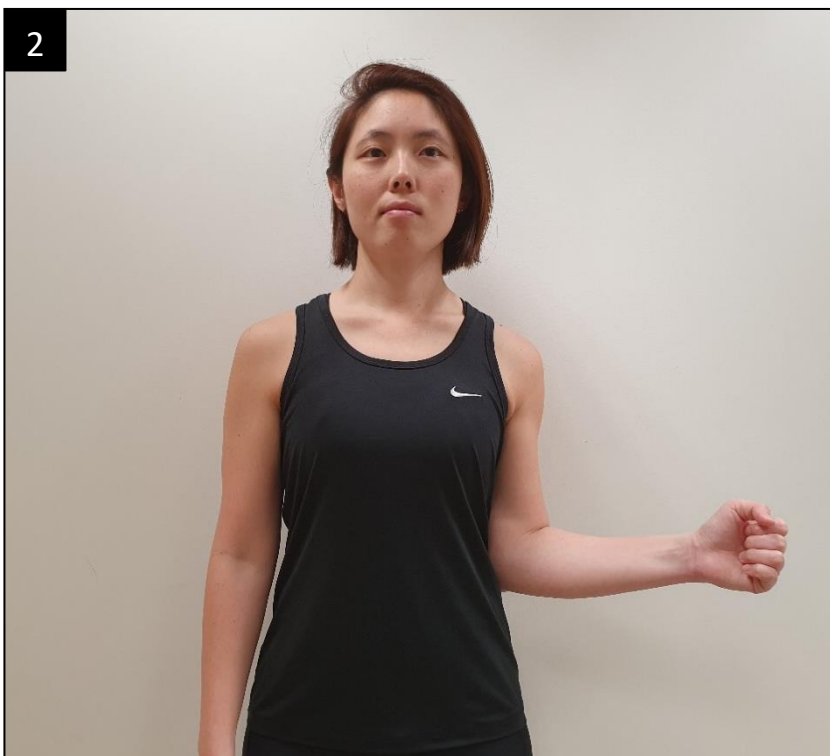
1E. Shoulder External Rotation

Position: Sitting / Standing

Type: Active Movement



1. Sit / Stand with your feet shoulder-width apart.
2. Bend your elbow to a 90-degree angle.



3. Keeping your elbow against your side, move your forearm outwards away from your body.
4. Slowly move your forearm back to the starting position.

[\[Back to top\]](#)

1F. Proprioceptive Neuromuscular Facilitation (PNF) – D1

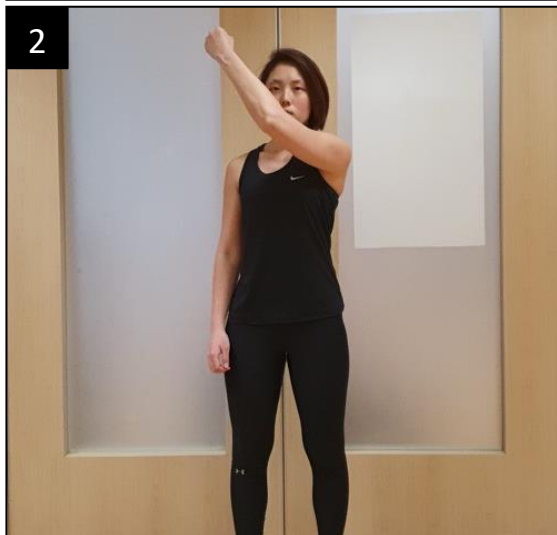
Movement

Position: Sitting / Standing

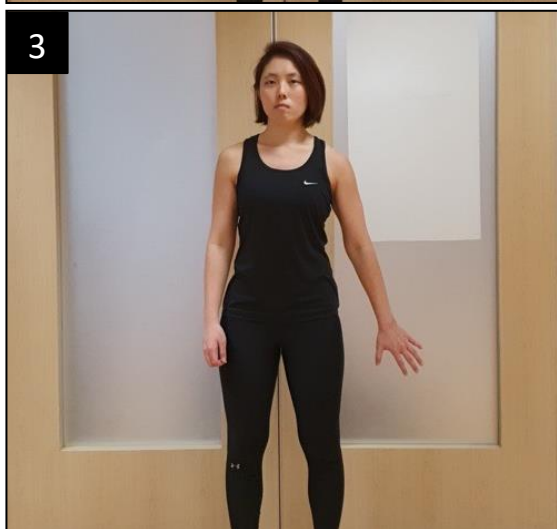
Type: Active Movement



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



2. Make a closed fist and raise your hand up diagonally across your body, towards the opposite side of your head. Your fist should be facing in a direction behind you.



3. Rotate your fist to face downwards. Then move your arm diagonally downwards while opening your fist.
4. End with your arm straightened by your side. Your palm should be open, facing a direction behind you.

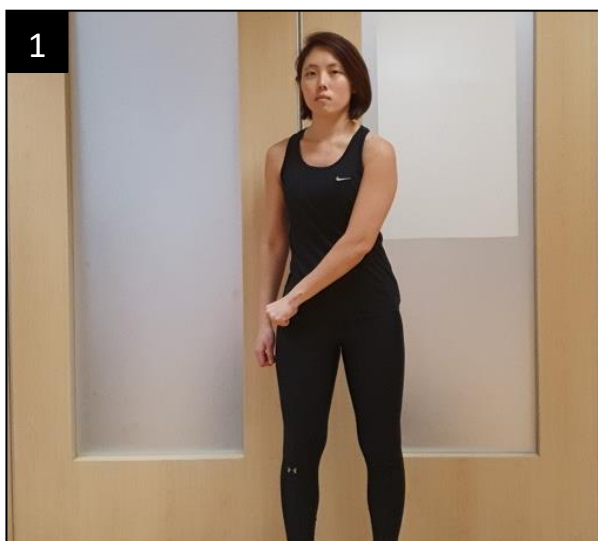
[\[Back to top\]](#)

1G. Proprioceptive Neuromuscular Facilitation (PNF) – D2

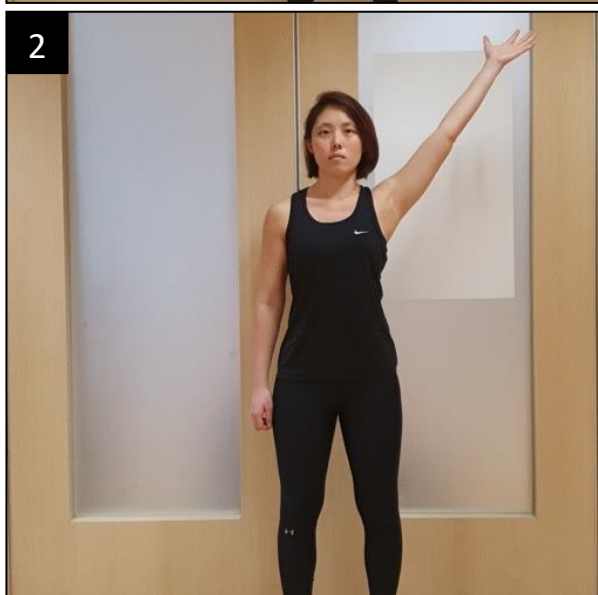
Movement

Position: Sitting / Standing

Type: Active Movement



1. Sit / Stand with your feet shoulder-width apart.
2. Start with your arm diagonally across your body and fist at your opposite hip.



3. Move your arm diagonally upwards across your body while opening your fist. Reach upward and to the side with your palm facing forward.



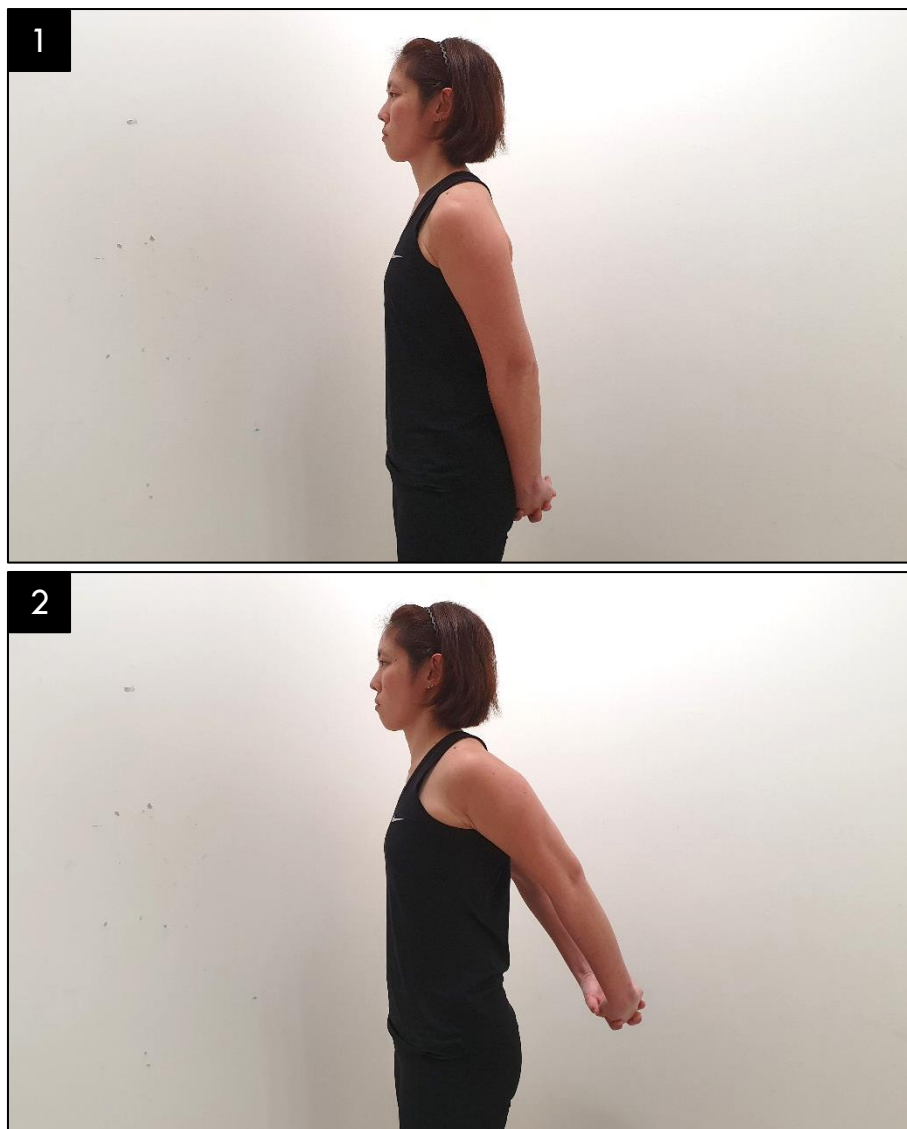
4. Close your fist and lower your arm across your body to end with fist at your opposite hip.

[\[Back to top\]](#)

2A. Anterior Capsule Stretch

Position: Sitting / Standing

Type: Stretch



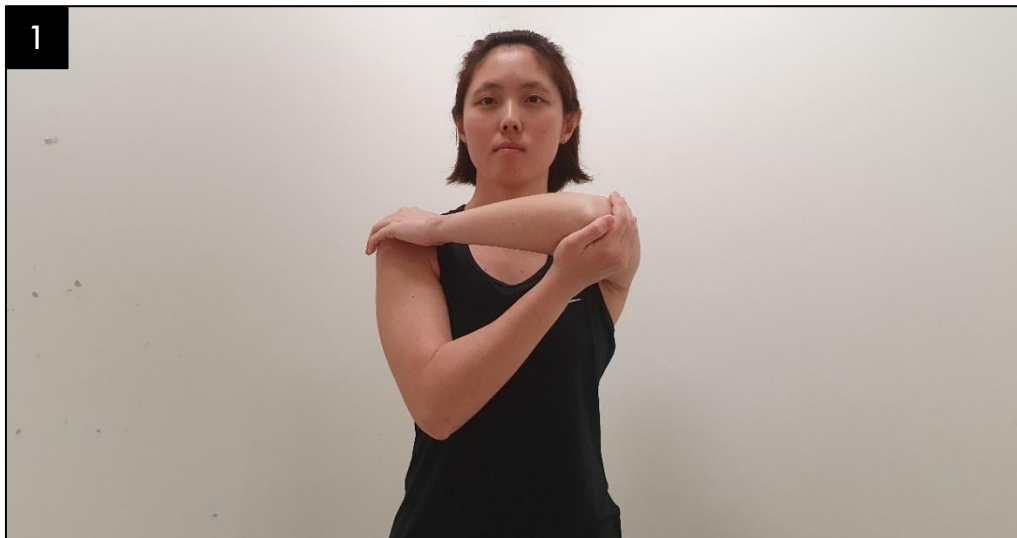
1. Sit / Stand with your feet shoulder-width apart.
2. Bring your arms behind your back and clasp your hands together.
3. Slowly bring your arms and then shoulders backward, squeezing your shoulder blades together.
4. You will feel a stretch across your chest and the front of your shoulder.
5. Hold this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

[\[Back to top\]](#)

2B. Posterior Capsule Stretch

Position: Sitting / Standing

Type: Stretch



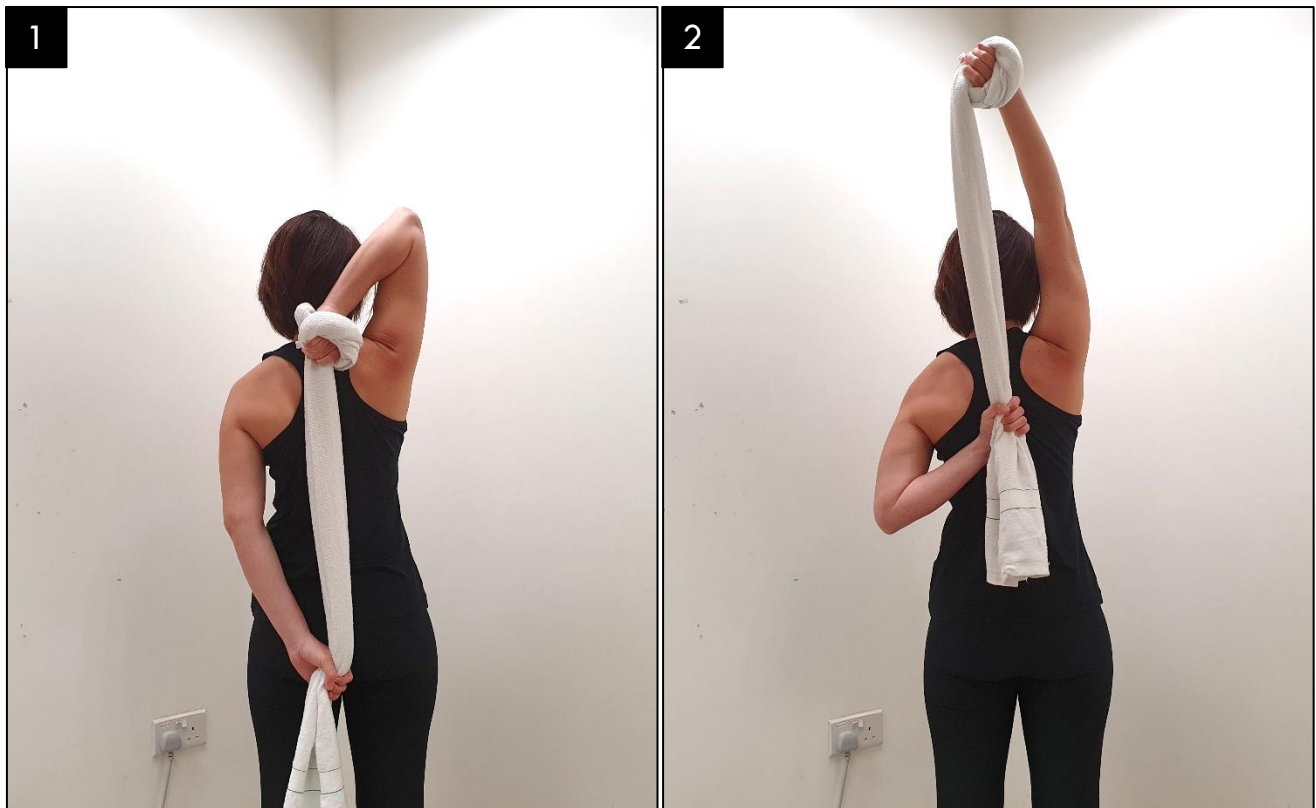
1. Sit / Stand with your feet shoulder-width apart.
2. Lift your arm (*affected side*) and reach across your chest to the opposite shoulder.
3. Use your other hand to support under the elbow (*affected side*) and slowly bring your arm toward your chest.
4. You will feel a stretch at the back of your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

[\[Back to top\]](#)

2C. Shoulder Internal Rotation Stretch

Position: Sitting / Standing

Type: Stretch



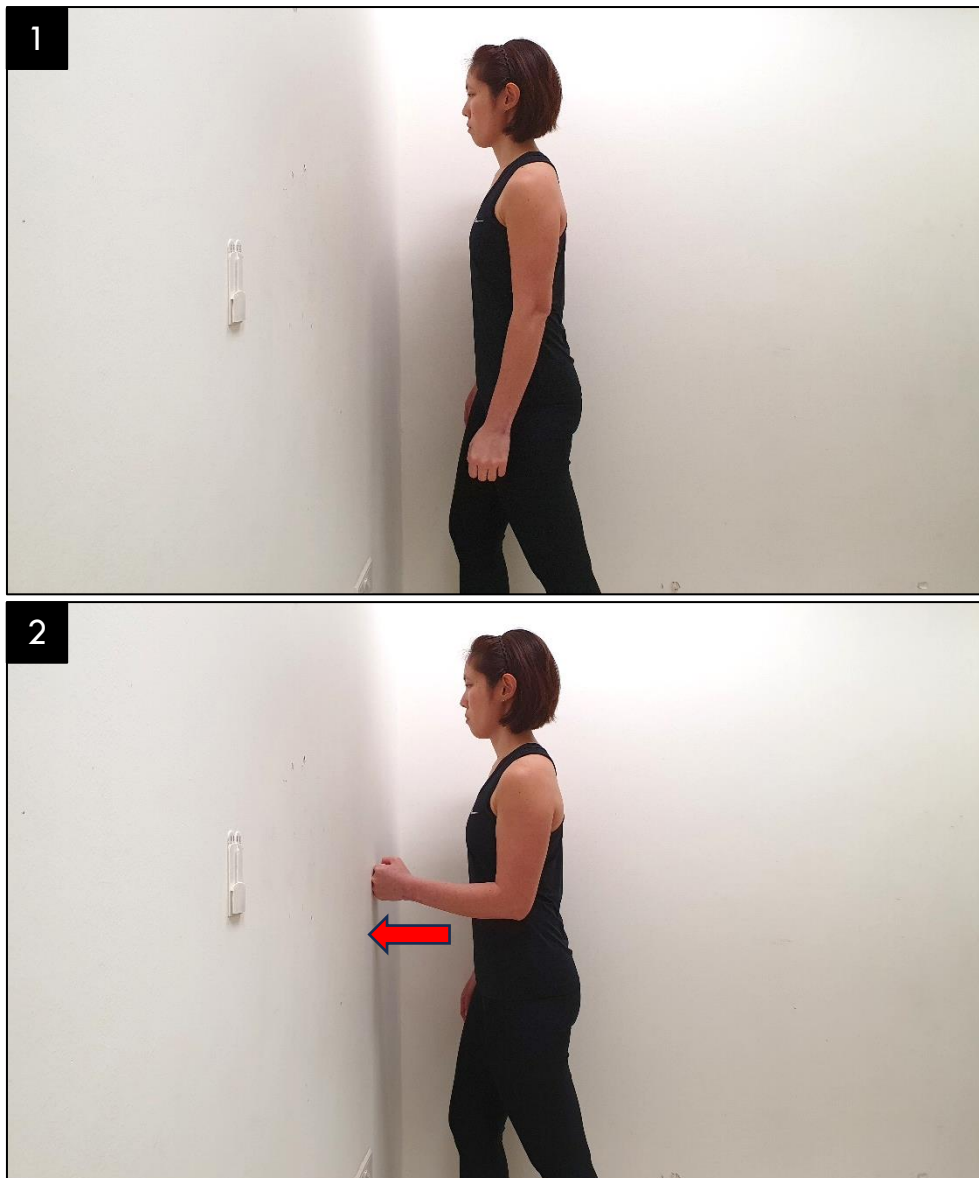
1. Sit / Stand with your feet shoulder-width apart.
2. Use your hand (*unaffected side*) to hold one end of a towel behind your neck.
3. Bring your affected arm behind your body to grasp the other end of the towel.
4. Slowly pull the towel upwards with your unaffected arm to lift your other hand (*affected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

[\[Back to top\]](#)

3A. Shoulder Flexion Static Strengthening

Position: Sitting / Standing

Type: Strengthening



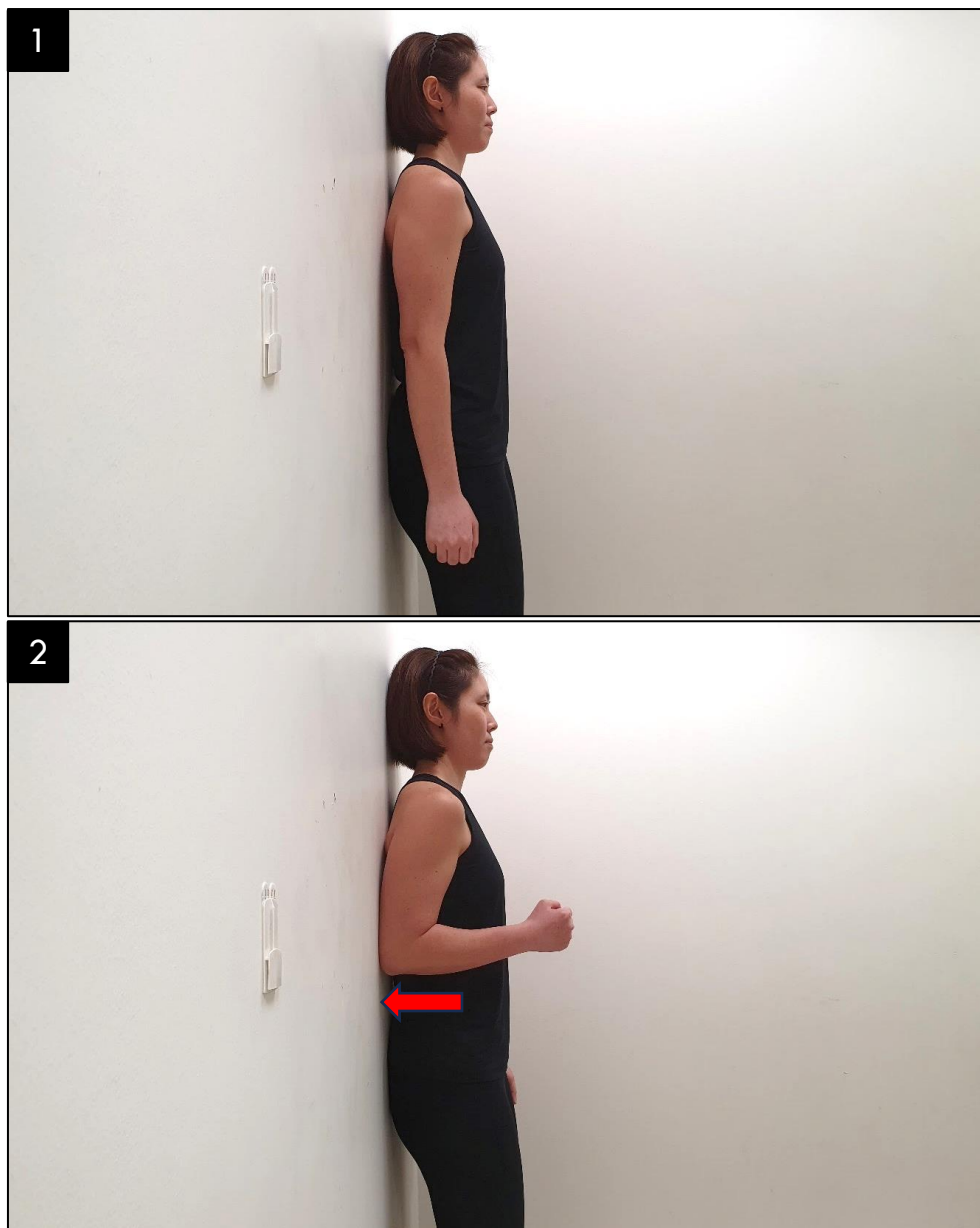
1. Sit / Stand facing a wall.
2. Bend your elbow to a 90-degree angle and make a closed fist.
3. Gently press your fist into the wall while keeping your elbow against your body.
4. Maintain a steady pressure for 5 seconds, then slowly release.

[\[Back to top\]](#)

3B. Shoulder Extension Static Strengthening

Position: Sitting / Standing

Type: Strengthening



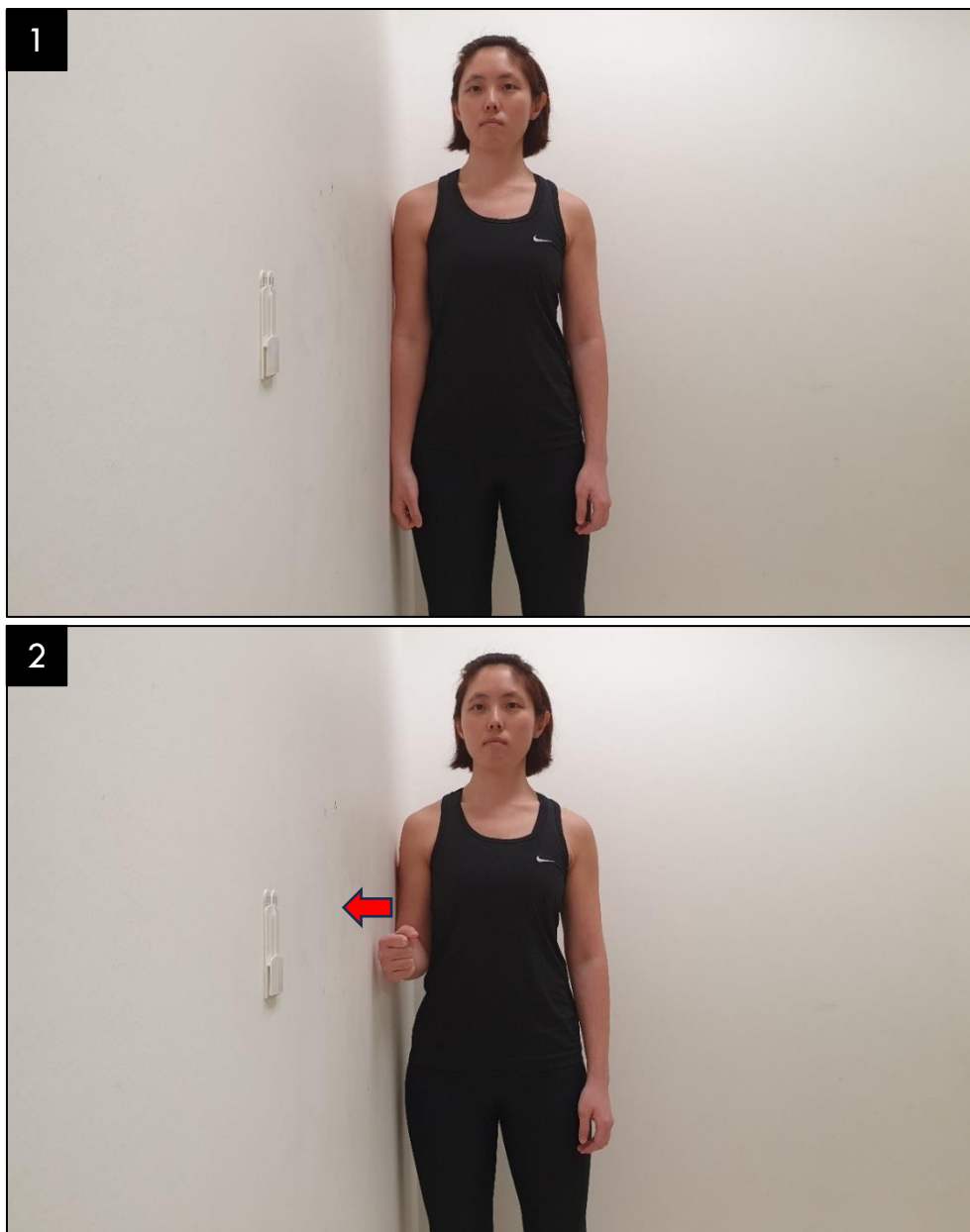
1. Sit / Stand with your feet shoulder-width apart. Keep your back against a stable support (e.g., chair backrest / a wall).
2. Bend your elbow to a 90-degree angle.
3. Gently press the back of your arm into the backrest / wall while keeping your elbow by your side.
4. Maintain a steady pressure for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

[\[Back to top\]](#)

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.

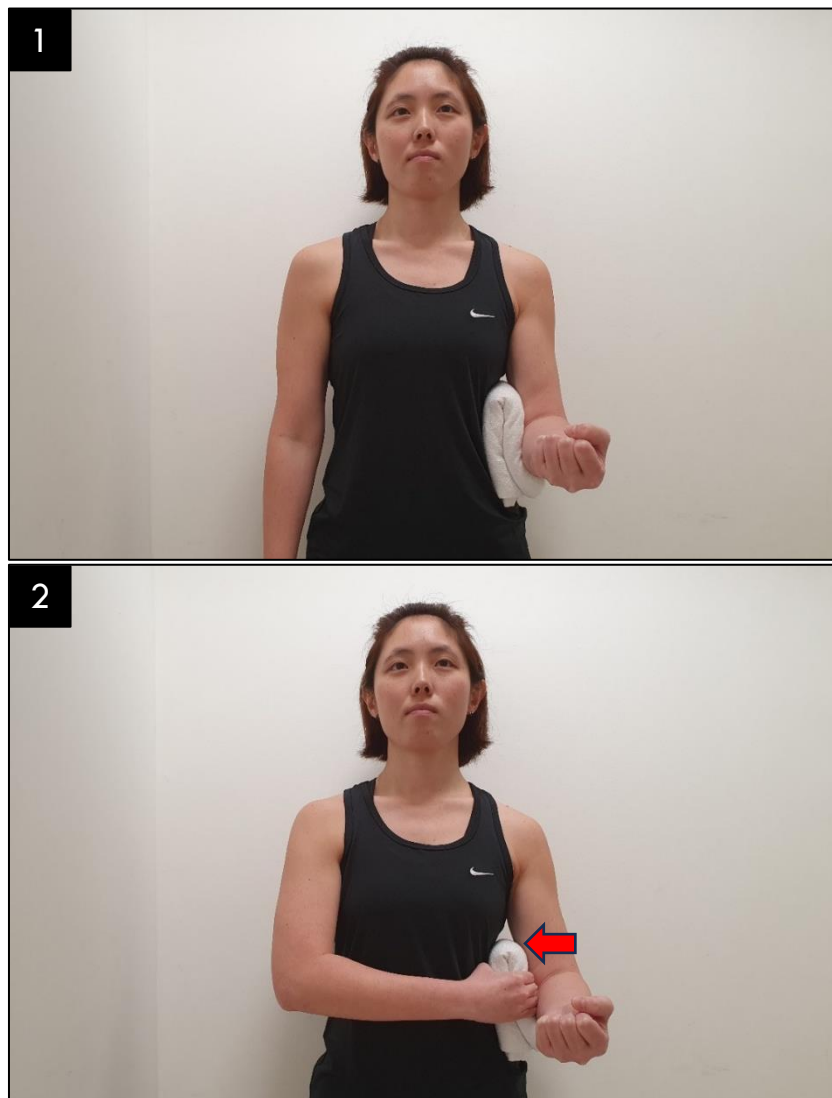
[\[Back to top\]](#)

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.

[\[Back to top\]](#)

3E. Shoulder Internal Rotation Static Strengthening

Position: Sitting / Standing

Type: Strengthening



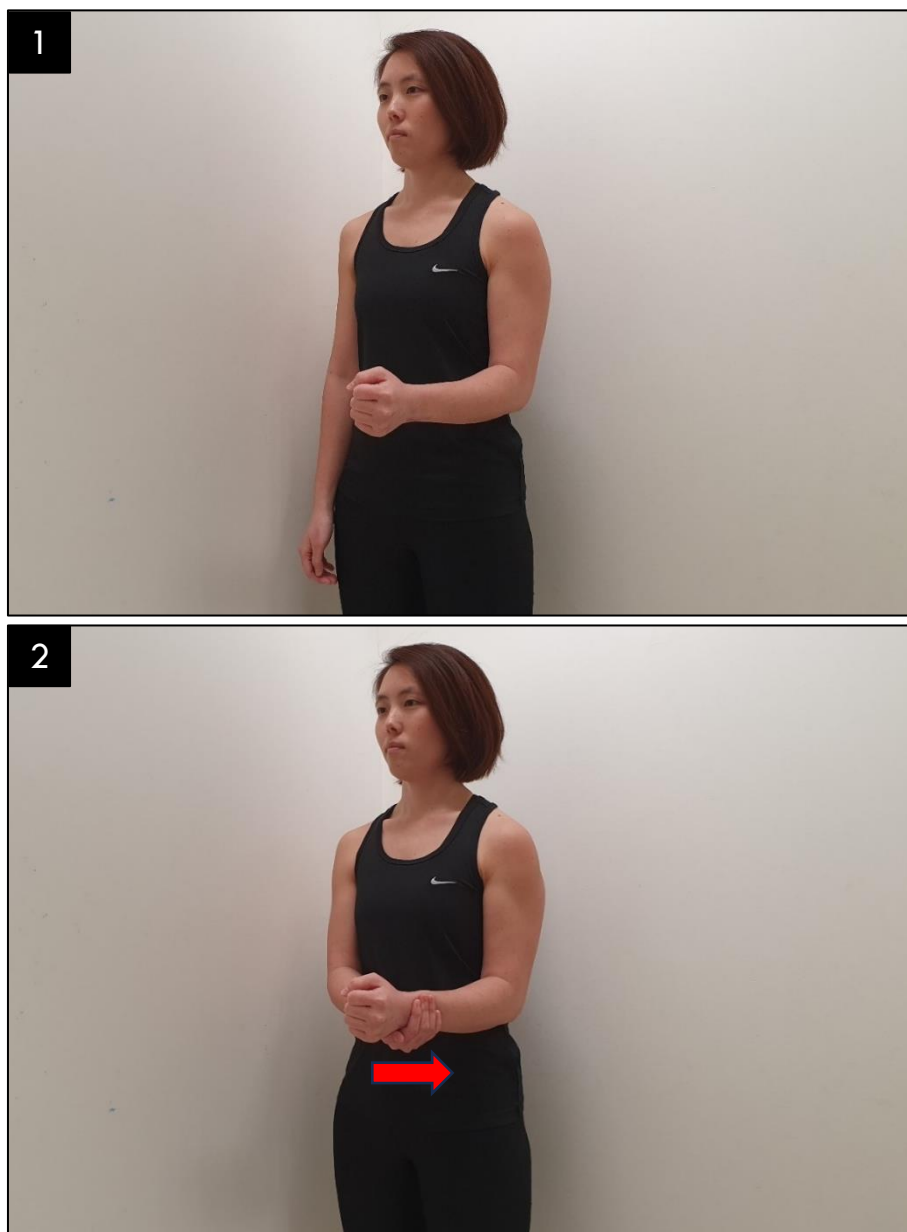
1. Sit / Stand with your elbow bent to a 90-degree angle.
2. Use your other hand (*unaffected side*) to hold the underside of your wrist (*affected side*).
3. Gently press your wrist against your hand (*unaffected side*) in the direction towards your body while keeping your arm against your body.
4.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

[\[Back to top\]](#)

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.

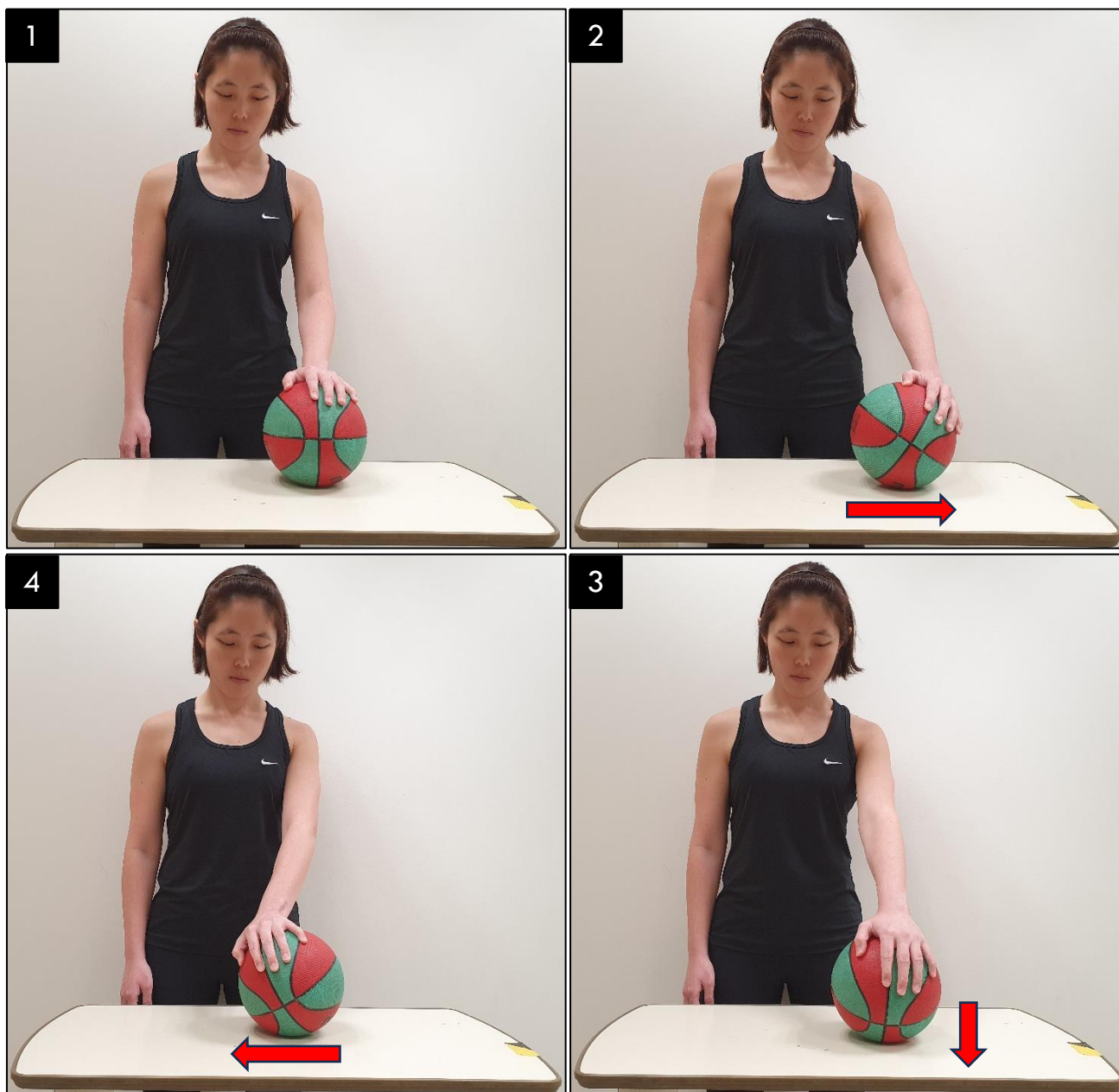
[\[Back to top\]](#)

4A. Ball on Table – Circles

Position: Standing

Type: Proprioception

Equipment: Table, Ball



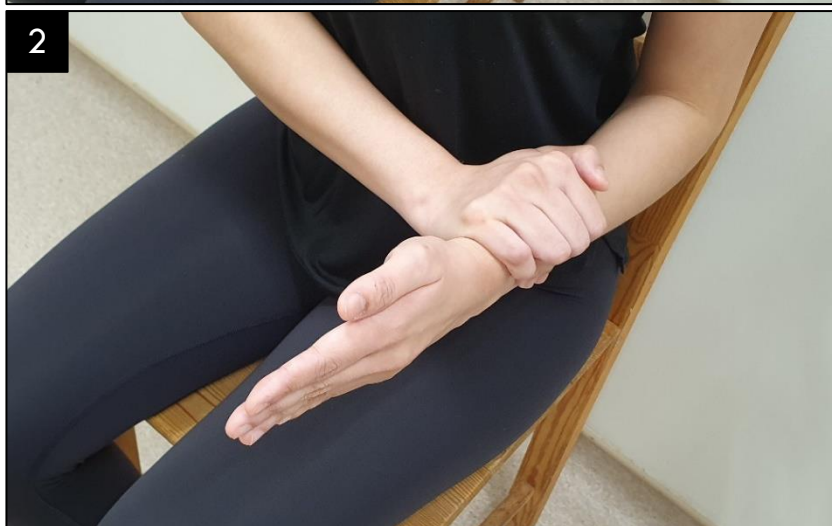
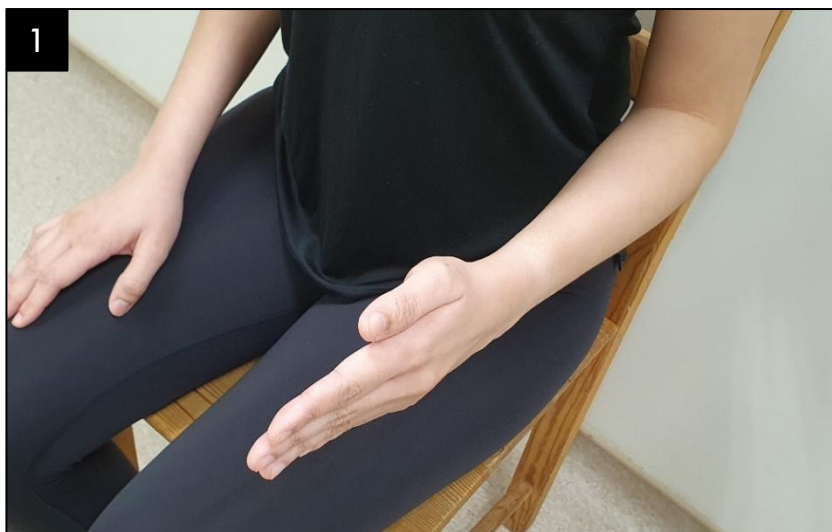
1. Hold a ball on a table surface in front of you.
2. While applying some pressure to the ball, gradually roll the ball in a forward and backward direction, a side-to-side direction, then in all directions.

[\[Back to top\]](#)

5A. Forearm Pronation Static Strengthening

Position: Sitting

Type: Strengthening



1. Sit with your arm (*affected side*) close to the side of your body and bend your elbow to 90 degrees.
2. Place your hand (*unaffected side*) on top of your forearm (*affected side*), close to your wrist.
3. Use your hand (*unaffected side*) to provide a gentle resistive force while you attempt to rotate your forearm (*affected side*) towards your body as though you are turning your palm down.
4. Hold this position for 3-5 seconds.

[\[Back to top\]](#)

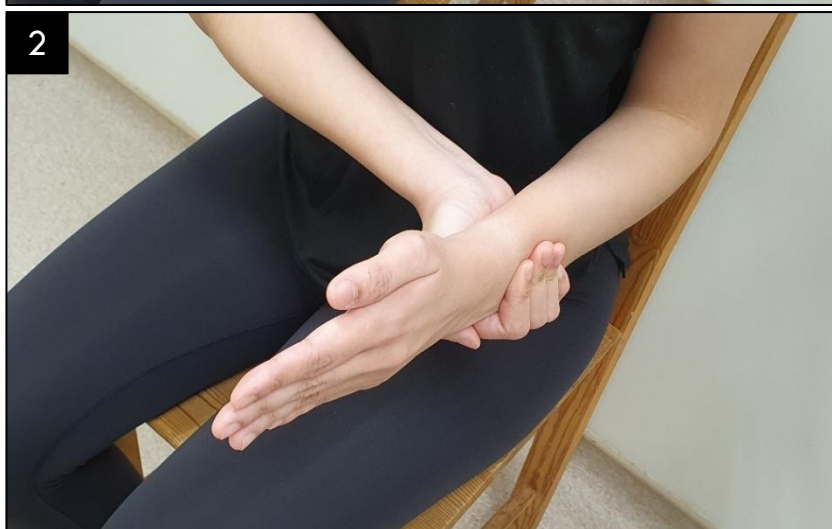
5B. Forearm Supination Static Strengthening

Position: Sitting

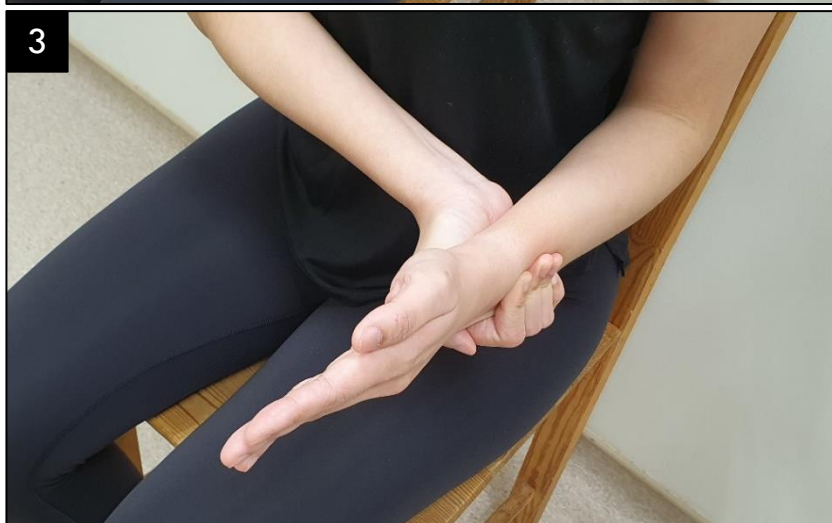
Type: Strengthening



1. Sit with your arm close to the side of your body and bend your elbow to 90 degrees.



2. Place your hand (*unaffected side*) on the bottom of your forearm (*affected side*), close to your wrist.



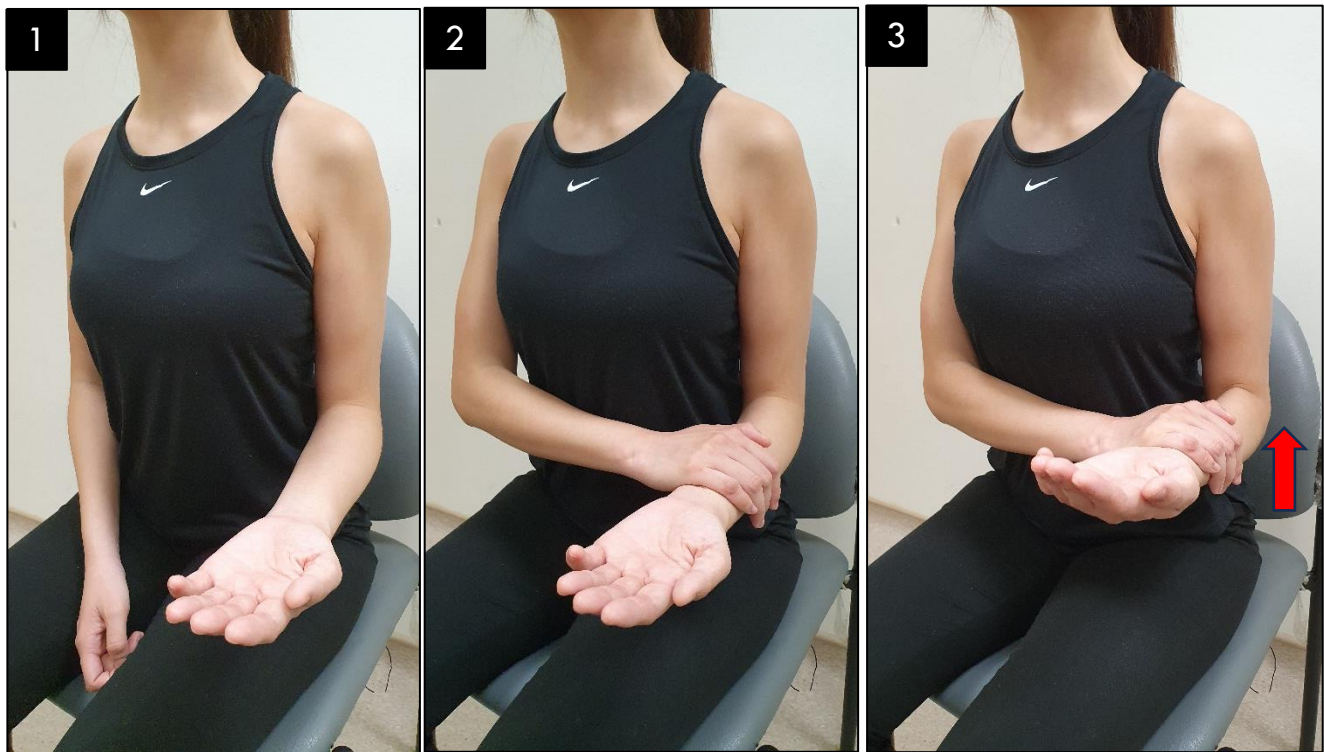
3. Use your hand (*unaffected side*) to provide a gentle resistive force while you attempt to rotate your forearm (*affected side*) away from your body as though you are turning your palm up.
4. Hold this position for 3-5 seconds.

[\[Back to top\]](#)

5C. Biceps Static Strengthening

Position: Sitting / Standing

Type: Strengthening



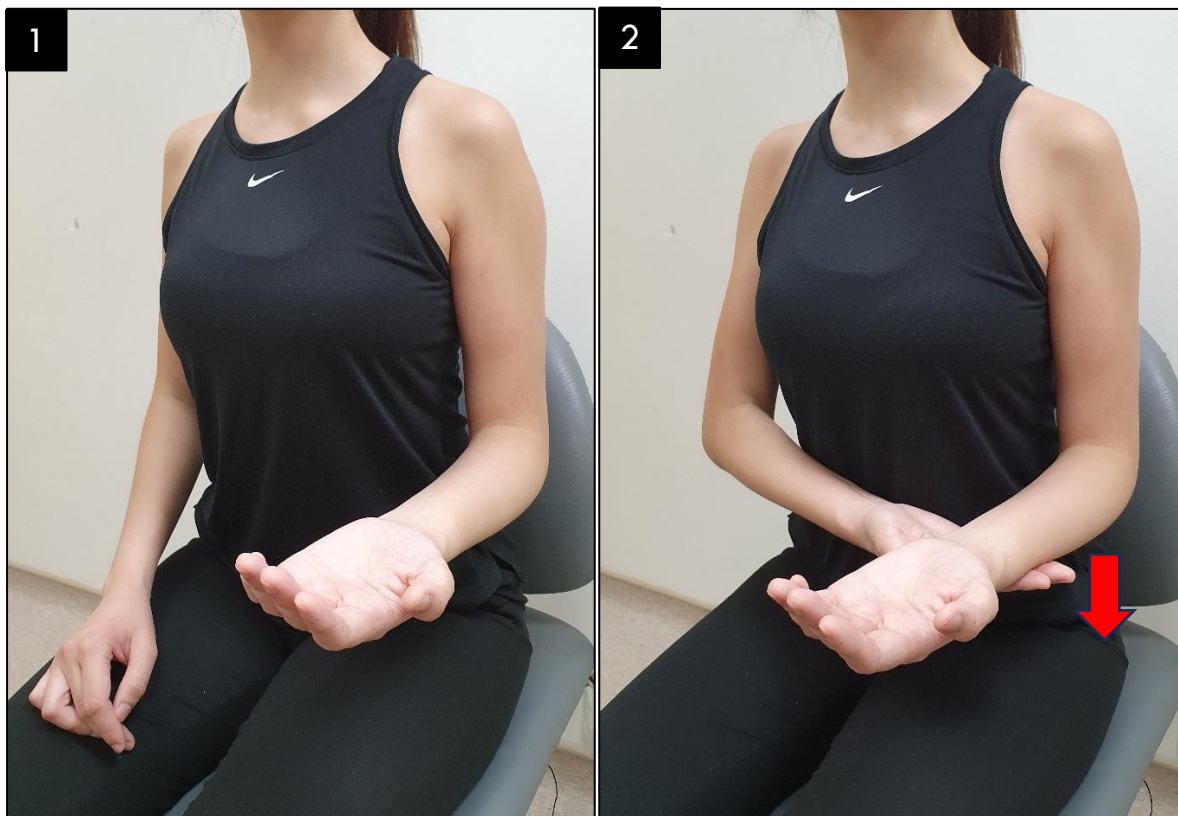
1. Start in a seated or standing position.
2. Keep your arm (*affected side*) at the side of your body with your elbow bent at a 90-degree angle and your palm facing upwards.
3. Place your other hand (*unaffected side*) on top of your forearm (*affected side*).
4. Using your unaffected arm, apply a gentle downward pressure onto your forearm (*affected side*). Push back with your affected side while maintaining the starting position.
5. Hold this position for 5 seconds.

[\[Back to top\]](#)

5D. Triceps Static Strengthening

Position: Sitting / Standing

Type: Strengthening



1. Start in a seated or standing position.
2. Keep your arm (*affected side*) at the side of your body, with your elbow bent at a 90-degree angle and your palm facing upwards.
3. Place your other hand (*unaffected side*) below your forearm (*affected side*).
4. Using your unaffected arm, apply a gentle upward pressure onto your forearm (*affected side*). Push back with your affected side while maintaining the starting position.
5. Hold this position for 5 seconds.

[\[Back to top\]](#)