



COMPREHENSIVE SPINE CENTER

OF DALLAS

For more information, visit WWW.DALLASSPINE.COM (Physical Therapy Tab).

SHOULDER LIGHT WEIGHT

FREE WEIGHT - EXTERNAL ROTATION - ER



Lie on your side and hold a weight or similar sized object with your elbow bent and rested on your side. Place a small rolled up towel between your upper arm and body. Next, move your forearm and hand from the ground towards the ceiling as shown. Lower back down and repeat.

Repeat 10 Times
Complete 2 Sets

Hold 3 Seconds
Perform 2 Times a Day



FREE WEIGHT INTERNAL ROTATION - IR

Lie on your affected side and hold a weight or similar sized object with your elbow bent and rested near your side. Next, draw up the your arm from the ground towards the ceiling.

TIP: Try to lie on your affected side but more towards your back with and off your shoulder. This may feel better and take pressure off your shoulder.

Repeat 10 Times
Complete 2 Sets

Hold 3 Seconds
Perform 2 Times a Day

FREE WEIGHT - BILATERAL SCAPTION

Hold a free weight or similar sized object in both hands and then raise them both up away from your side in a forward/lateral direction. Your elbows should be straight and the movement should occur in the plane of the scapula or 45 degrees to the side as shown.



Do not let your shoulder shrug upwards unless instructed to go over shoulder level height.

Repeat 10 Times

Hold 8 Seconds

Complete 2 Sets

Perform 2 Times a Day

FREE WEIGHT FLEXION IN NEUTRAL ROTATION

Start with your arms down by your side. While holding a free weight or similar sized object with your palm facing your side and your elbows straight raise up your arm forward as shown then return to starting position.



Repeat 10 Times

Hold 8 Seconds

Complete 2 Sets

Perform 2 Times a Day

SHOULDER ABC's

While standing and holding a small ball or free weight, write out the alphabet in the air with your arm.

Only your arm should be moving as you perform this.



Repeat 1 Time

Hold 1 Second

Complete 1 Set

Perform 2 Times a Day

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FREE WEIGHT - EXTENSION

While holding a weight or similar sized object by your side, draw your arm back as shown.

Your elbow should be straight the entire time.

Repeat 10 Times

Complete 2 Sets

Hold 5 Seconds

Perform 2 Times a Day

