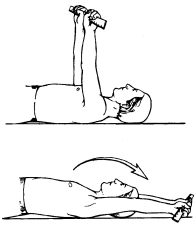
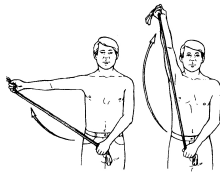


Shoulder Impingement—Phase II

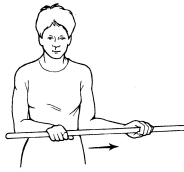
Complete __ sets of __ repetitions __ times a day



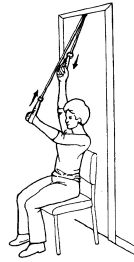
* In standing or laying down, hold wand in both hands
* Use uninvolved arm to help raise involved arm over head as shown



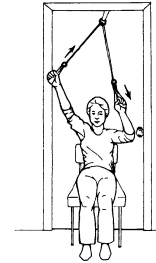
* In standing or laying down, hold wand in both hands
* Use uninvolved arm to help raise involved arm away from side through available range



* In standing or laying down, hold wand in both hands
* Rotate involved arm away from body, pushing with cane as needed with the uninvolved arm



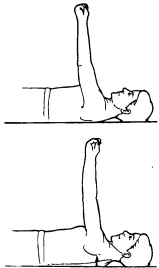
* Pull down with uninvolved arm to raise involved arm forward above head



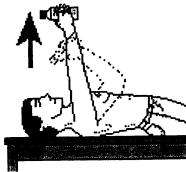
* Pull down with uninvolved arm to raise involved arm up away from side through available range



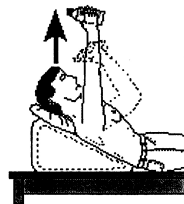
* Pull down with uninvolved arm to raise involved arm behind back



* Lie on back, arm straight and extended
* Move arm up toward ceiling, keeping elbow straight, lifting shoulder blades off table



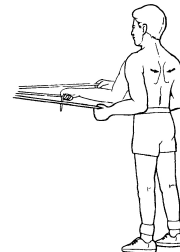
* When you can lift your arm over your head under your own power, do the same exercise with an 8 oz. can
* Then try a 1 pound weight



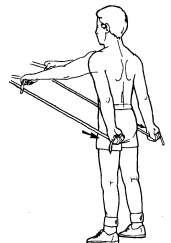
* When these exercises become easy to perform, raise the bed up 20 degrees
* Perform raises with assist, then under own power, then add weight as able



* Continue to raise bed by 20 degree increments until standing
* Perform raises with assist, then under own power, then add weight as able

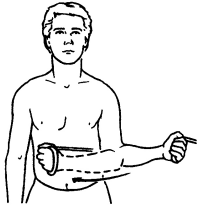


* Attach band to secure object
* With elbows by your side, pull band back
* Squeeze shoulder blades together

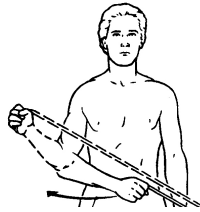


* Attach elastic to secure object
* Arms at side fully extended
* Pull hands backward, keeping elbows straight

Vanderbilt Sports Medicine



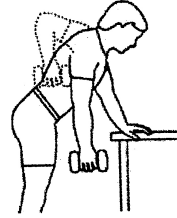
- * Secure elastic at waist level
- * Hold elbow at 90 degrees, arm at side
- * Pull hand across body as shown



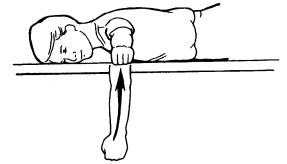
- * Secure elastic at waist level
- * Hold elbow at 90 degrees, arm at side
- * Pull hand away from body as shown



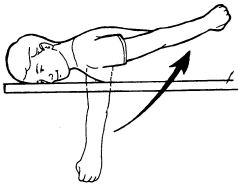
- * Sitting in chair, place hands on chair arms and extend elbows
- * Push hands down on chair arms and lift body upward
- * Lower body and repeat, keeping elbows straight



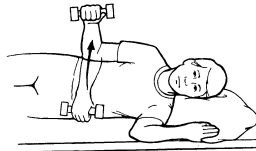
- * Slightly bend hips and knees and support upper body with other arm
- * Lift arm up, raising elbow to shoulder height



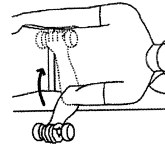
- * Lie face down, arm down and thumb forward
- * Raise arm and hand to shoulder height, keeping elbows straight and squeezing shoulder blades together



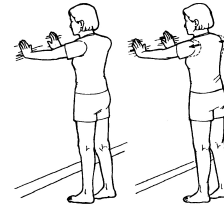
- * Lie face down, arm down and thumb forward
- * Raise arm and hand straight behind you until arm is in line with your body



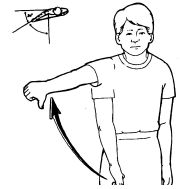
- * Lie on side, involved side up
- * Arm at side, elbow bent, with or without weight
- * Move hand up as shown



- * Lie on involved side, elbow bent at 90 degrees, arm at side
- * With or without weight, pull hand inward across body as shown



- * Facing a wall in standing, place palms on wall, fingers pointing upward
- * Lean slowly into wall, bending elbows
- * Push slowly back until elbows are straight again



- * Hold arm out from side, thumb up, at 45 degrees as shown
- * Raise arm to shoulder level



- * Start with arm at side, elbows straight, thumb up
- * Raise arm up to shoulder height, and if instructed, overhead, as shown