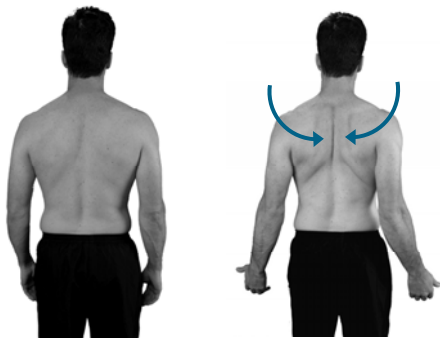


# SHOULDER STABILIZATION EXERCISES – PHASE I

The following is your personalized exercise program prescribed by your physical therapist. Please review the instructions and perform the exercises as prescribed (frequency, number of repetitions). If your symptoms feel worse with any exercise, stop doing the exercise until you check with your physical therapist or your doctor.



## 1. Shoulder Blade Setting

Start with arms relaxed at sides; rotate palms forward, squeezing your shoulder blades back and down. Hold for 2 seconds.

Frequency \_\_\_\_\_

## 2. Shoulder Clock

Start with arms relaxed at sides. Picture the face of a clock on the side of your shoulder. Raise shoulders toward ears (12 o'clock), hold for 2 seconds. Rotate shoulders back and down (9 o'clock). Hold for 2 seconds. Slowly return to the start position.

Frequency \_\_\_\_\_



## 3. Shoulder Press Up

Lie on your back with the arm pointed straight up toward the ceiling. Keep elbow straight. Press fist straight up toward the ceiling. Allow the shoulder blade to lift off the floor or bed. Hold for 2 seconds. Slowly return to start position.

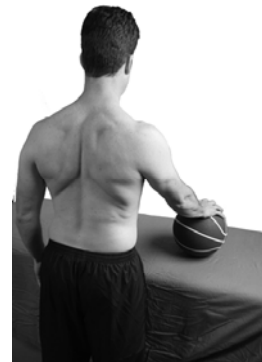
Frequency \_\_\_\_\_



## 4. Ball on Table - Press down

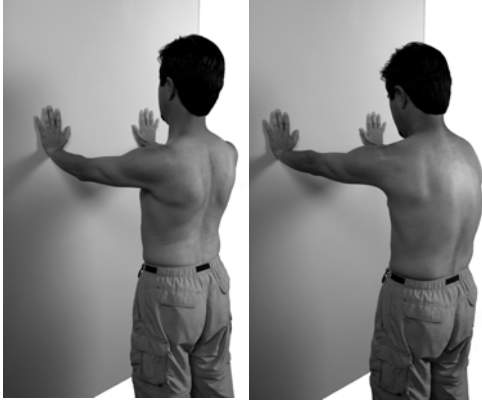
Place a ball on a table at hip height. Rest the hand on the ball. Set shoulder blade (refer to exercise #1). Press down on ball. Hold for 2 seconds.

Frequency \_\_\_\_\_



### Additional Instructions:

# SHOULDER STABILIZATION EXERCISES – PHASE I



## 5a. Wall Push-Up Plus

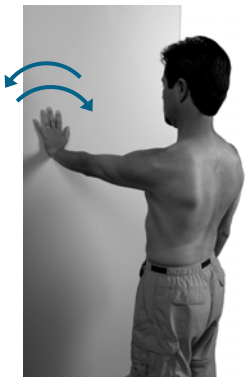
Place your hands (open or fisted) on the wall just below shoulders. Stand straight. Push your chest away from wall, rounding upper back, allowing shoulder blades to come apart and forward. Hold for 2 seconds. Avoid shrugging shoulders towards ears. Return to start position.

Frequency \_\_\_\_\_

## 5b. Wall Press—One Hand (alternate position)

Follow instructions from exercise 5a with one hand on the wall. You may place other hand behind the head.

Frequency \_\_\_\_\_



## 6. Wax On / Wax Off

Place one hand on the wall with a light touch just below shoulder level. Set your shoulder blade without shrugging. Perform small circular motions, first clockwise, then counter-clockwise, as if waxing the wall.

Frequency \_\_\_\_\_

## 7. Wall Squeeze

Place little fingers against the wall, creating a “W” with your arms. Squeeze your shoulder blades back and down, maintaining a light touch with wall. Hold for 2 seconds. Slowly return to start position.

Frequency \_\_\_\_\_

### Additional Instructions:

