

Shoulder Strengthening with Weights

Your physical therapist or doctor recommends the following personalized exercise program for you. Please follow your therapist's instructions on how often to hold or repeat each one. If your symptoms feel worse with any exercise, stop doing the exercise until you check with your physical therapist or your doctor.

Biceps Curls

Stand and hold a small weight in your hands with your palms facing up. Slowly bend one elbow, bringing the weight up towards your shoulder. Keep your elbows at your sides. Slowly lower the weight back down to the start position.

FREQUENCY _____ WEIGHT # _____



Triceps Extension (kickbacks standing)

Support your arm on a chair or other raised surface and keep your back flat. Start with your elbow to your side. Lift the weight by straightening your arm. Keep your shoulder still during the movement.

Slowly lower the weight back down to the start position.

FREQUENCY _____ WEIGHT # _____



Scaption Standing with Weight

Stand with your arms at your side and thumbs facing upward with a weight in your hand.

Squeeze your shoulder blades together. Raise your arm up and slightly to the side. Stop the movement when your arm reaches shoulder level or when you are about to feel pain. Lower your arm slowly to return to the start position.

This can be done with both arms at the same time.

FREQUENCY _____ WEIGHT # _____



Short Lever Arm Flexion

Stand with both arms by your side, elbows bent, your palms facing each other, and a weight in your hands.

Lift your arms straight up. Go as far as you can without causing shoulder pain

Lower your arms slowly to return to the start position.

FREQUENCY _____ WEIGHT # _____



Shoulder Press Up

Lie down on your back on a mat. Start with your arms straight, your palms facing each other, and weights in your hands. Reach both arms toward the ceiling, keeping your elbows straight. Feel your shoulder blades moving apart.

Relax back to the start position.

FREQUENCY _____ WEIGHT # _____



External Rotation: Side-lying

Lie on your unaffected side with your upper arm at your side. Place small rolled towel between your elbow and your side. Begin with your forearm across your body and your thumb pointed toward the ceiling holding onto a weight.

Raise your hand toward the ceiling keeping your elbow pressed into the towel. Keep your elbow bent to 90 degrees.

Slowly return to the start position.

FREQUENCY _____ WEIGHT # _____



External Rotation: Sitting

Place your elbow on the table just below shoulder height. Start with your forearm and hand resting on the table and a weight in your hand. Lift the weight up keeping your elbow on the table. Slowly return to the start position.

FREQUENCY _____ WEIGHT # _____



Prone Horizontal Abduction

Lie face down on a bench or bed with a small towel roll placed under your forehead.

Start with your arm hanging down toward the floor and a weight in your hand (not shown). Point your thumb up and squeeze your shoulder blade while raising your arm up to the side. The goal is to raise your hand to the level of your shoulder. Hold for 2 seconds. Slowly return to the start position.

FREQUENCY _____ WEIGHT # _____



Consult with your physical therapist or doctor if you experience an increase in your symptoms with recommended exercises. This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor. If you have questions or need more information about your medication, please speak to your pharmacist.