

Shoulder Backward Roll

Sets: 1 **Reps:** 15 **Resistance:** -- **Hold:** -- **Rest:** -- **Times Per Day:** 1
Times Per Week: --

Description:

Starting position is standing or sitting. With shoulders relaxed, raise shoulders upward and then bring them back and squeeze your shoulder blades together. Continue moving your shoulders down and then back up towards your ears again and repeat the motion.

Levator Scapulae Stretch (Left)

Sets: 1-2 **Reps:** 1 **Resistance:** -- **Hold:** 60 seconds **Rest:** -- **Times Per Day:** 1-2 **Times Per Week:** --

Description:

Begin sitting and grasp the side of the chair with the arm of the side that is to be stretched. Rotate your head away from the side that is to be stretched. Grasp the opposite side of your head with your other hand, and gently pull your head down toward your shoulder. Hold as directed. Repeat as directed.

Isometric Shoulder Internal Rotation

Sets: 2 **Reps:** 10 **Resistance:** -- **Hold:** 2 sec **Rest:** -- **Times Per Day:** 1
Times Per Week: --

Description:

Begin by standing on the inside of a door jam with your elbow bent to 90 degrees on the side to be exercised. Place a ball or towel roll between the door jam and the wrist on the side to be exercised. Keeping your elbow at your side, press the wrist in towards the door jam. Hold as indicated. Repeat as indicated.

Isometric Shoulder External Rotation

Sets: 2 **Reps:** 10 **Resistance:** **Hold:** 2 sec **Rest:** **Times Per Day:** 1
Times Per Week:

Description:

Stand against a wall or in a doorway with the side to be exercised against the wall. With a towel roll between your elbow and trunk. Place a plastic ball or towel roll between the wall and the back of your hand with your elbow bent to 90 degrees. While squeezing your elbow into your side, press your hand into the wall, rotating your arm out at your shoulder. Hold as indicated. Repeat as indicated.

Isometric Shoulder Flexion

Sets: 2 Reps: 10 Resistance: -- Hold: 2 sec Rest: -- Times Per Day: 1 Times Per Week: --

Description:

Stand facing a wall with a the elbow of the arm to be exercised bent to 90 degrees. Keeping your elbow at your side and your hand held in a fist, place a rolled towel between the wall and hand. Push your hand into the wall. Hold as indicated. Repeat as indicated.

Isometric Shoulder Abduction

Sets: 2 Reps: 10 Resistance: -- Hold: 2 sec Rest: -- Times Per Day: 1 Times Per Week: --

Description:

Standing with the side to be exercised against the wall, place a rolled towel between the wall and your elbow. Keeping your shoulders level to the floor, press your elbow into the wall, as if your are trying to bring your arm up to the side. Hold as indicated, Repeat as indicated.

Isometric Shoulder Extension

Sets: 2 Reps: 10 Resistance: -- Hold: 2 sec Rest: -- Times Per Day: 1 Times Per Week: --

Description:

Stand with your back against the wall and a rolled towel between the wall and your elbow. Push your elbow back into the wall. Hold as indicated. Repeat as indicated.

Isometric Shoulder Adduction

Sets: 2 Reps: 10 Resistance: -- Hold: 2 sec Rest: -- Times Per Day: 1 Times Per Week: --

Description:

Stand with rolled towel placed between your arm and the side of your body. Elbow should be bent to 90 degrees and shoulders back. Lightly press your arm into the towel for specified amount of time and then relax. Repeat for specified amount of time and repetitions.