

Shoulder Range of Motion Exercises

Common Questions

Dr. Stetson

Shoulder Range of Motion Exercises

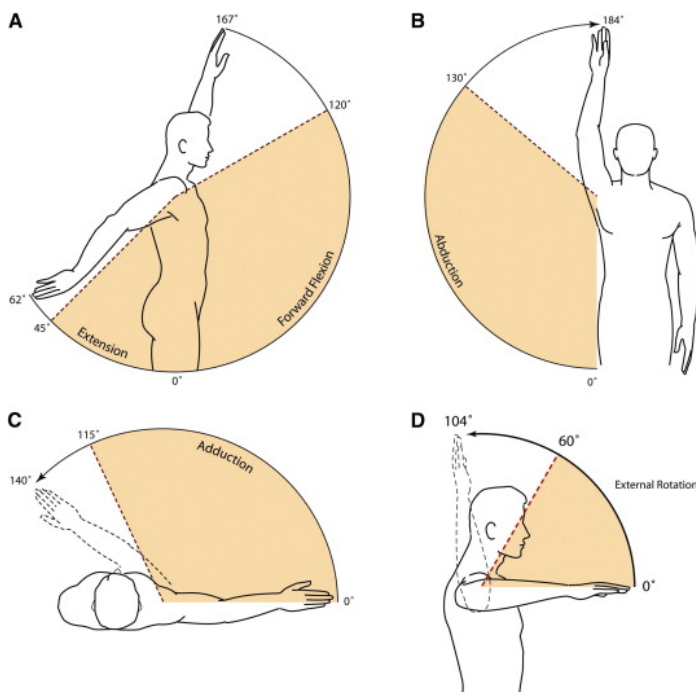
Common Questions



More information can be found on
Dr. Stetson's website at www.sportsmedicinedr.com

Are there certain exercises I should do for my shoulder range of motion?

Depending on how painful your shoulder is and what is the diagnosis, there are certain exercises that can be done right away to help regain the range of motion in your shoulder. These exercises will help prevent scar tissue or adhesions from forming inside of your shoulder joint. The shoulder has many different movements including flexion, extension, abduction, internal and external rotation.



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How often can I do these exercises for my shoulder?

These exercises can be done two or three times per day depending on what your doctor prescribes or recommends for you. If the exercises are too painful, then in the beginning once per day may be enough.

How many repetitions should I do for each exercise?

Each exercise can be done or repeated from five to ten times at one time, depending on your pain tolerance.

What if the shoulder exercise is too painful?

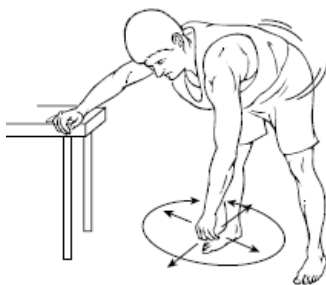
If any exercise is too painful, you should stop doing it. In the beginning, you may just be able to do only one or two of the exercises such as the pendulum exercise. As your pain subsides, you can then start doing the other exercises within your pain tolerance.

What is the first exercise I should start to do for my shoulder?

The first shoulder exercise to do is the pendulum exercise as it causes the least pain or discomfort.

What are pendulum exercises for the shoulder?

Pendulum exercises are the first exercise to do for a painful shoulder. While standing up, lean forward with your back straight, letting gravity stretch your injured arm straight down. Slowly swing your arm in an 8 inch diameter circle. Rotate both clockwise and counter-clockwise for 20 to 30 seconds each time. By doing this, it keeps the shoulder lubricated and can help scar tissue from forming.



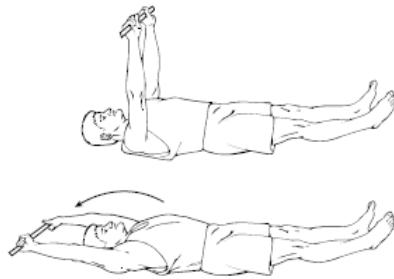
What are flexion exercises or exercises above my head?

These exercises can be done while lying down or standing up. While lying down on your back, hold a stick with both hands about shoulder width apart. Slowly raise your arms above your head until you feel a gentle stretch or some resistance. Bring the arms down holding the stick and repeat it again. This should be done at least ten times and can be repeated two or three times per day.

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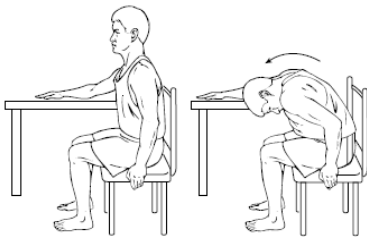
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Can I do flexion exercises for my shoulder sitting down?

Yes, you can also do flexion exercises for your shoulder while sitting down. With your injured arm flat on the surface in front of you, slide your arm forward until you feel a gentle stretch. Hold this position for 20 seconds, then rest and repeat the same movement. If you can, do it for ten times and this can also be repeated two or three times per day.



What are wall crawls and how can they help my shoulder flexion?

Wall crawls can be done standing in front of a wall or door. Slowly “walk” your fingers up the wall until you feel a gentle stretch. Hold this position for 20 seconds and then rest and repeat the same movement. Similar to other exercises, do it ten times and this can be repeated two or three times per day.



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What exercise can I do to increase the external rotation of my shoulder?

There are a few different exercises that can be done to increase the external rotation of your shoulder. One is by standing up straight, holding the stick with your arms at your side, bent at 90 degrees you're your hands shoulder-width apart. Slowly rotate hand and forearm away from body and hold for 20 seconds. Rest and then repeat the same movement ten times if you can. This exercise can also be repeated two or three times per day.



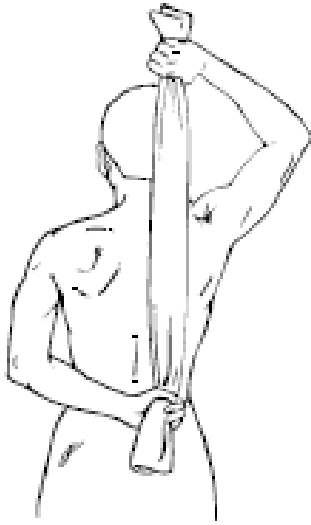
What exercise can I do to increase the internal rotation of my shoulder?

This exercise is done with a towel. Stand up straight, place the hand of the injured arm behind your lower back and hold the towel with the uninjured arm above your head with the elbow bent. Slowly pull towel with your uninjured hand until you feel a gentle stretch and hold the position for 20 seconds. Rest and repeat the same movement five to ten times if you can. By reversing the positions of your hand or placing the uninjured hand behind your back, the movement can be repeated and this will help with external rotation of your shoulder. These exercises can be repeated two or three times per day.

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What if the shoulder range of motion exercises are too easy?

If you can do all of the shoulder range of motion exercises easily without pain, then you can then graduate to start doing shoulder strengthening exercises for your shoulder.

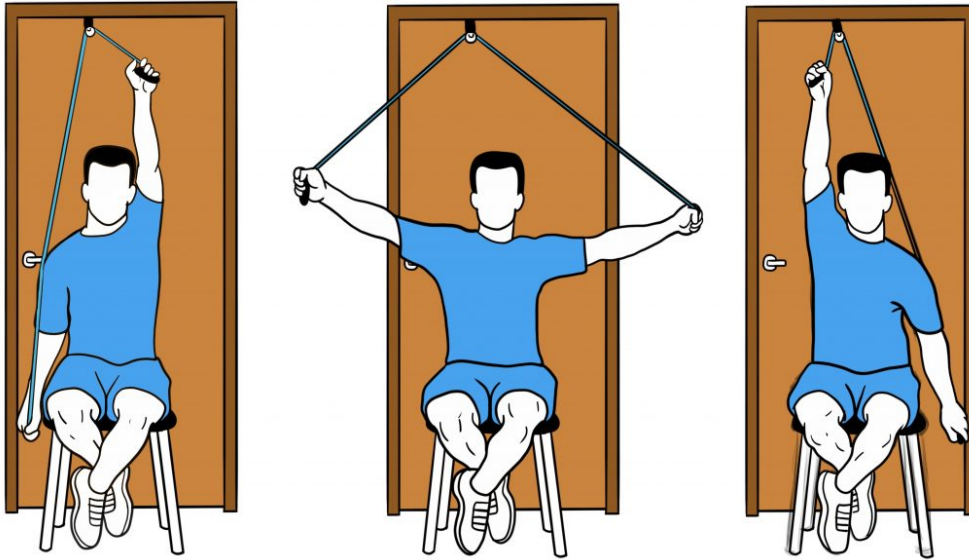
What about the use of a pulley for my shoulder?

A pulley is an excellent device that can help you regain your range of motion. These are inexpensive devices that can be purchased online. They attach to the top of a door and by pulling down on side, it pulls the other side above your head. This is especially good in the early stages of shoulder problems where the range of motion is very limited.

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What exercises should I do for my shoulder after surgery?

After most shoulder surgery, the first exercise to start doing are the pendulum exercises. These exercises start the shoulder moving and keep scar tissue from forming. Depending on what was done at the time of surgery, your surgeon will let you know what other range of motion exercises you are allowed to do after surgery.

What if I have any other questions?

If you have any other questions, more information can be found on Dr. Stetson's website at www.sportsmedicinedr.com or just call Dr. Stetson's office, we are always happy to answer any questions you may have.

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