

# SHOULDER DYSFUNCTION REHABILITATION

## PHASE TWO: SHOULDER STRENGTH & ENDURANCE

Please click on the exercise name to view the corresponding video tutorial.

### INTRODUCTION

#### 1. PHASE ONE EXERCISES

- > Continue with all except the 'shoulder control exercises with arms forward'

#### 2. SHOULDER STRENGTH & ENDURANCE

##### SNOW ANGEL ON BACK

- > Repeat 3x/ week, for 30+ sec as needed to loosen up shoulders.
- > You can stop this once your flexibility has improved enough to perform Y-W-T-L against the wall properly.

##### Y-W-T-L STANDING

- > Repeat daily, holding each position for 5 sec (working toward 15 sec).
- > Periodically do this with back against the wall to test flexibility and control (hands/arms should be able to stay in contact with wall at all times).

##### Y-W-T-L STANDING CROSS-ARM

- > Progress toward performing 10 in a row of each position.

##### PUSH UP WITH PLUS

- > Work up to 3 sets of 5, progressing from being on knees to toes.
- > Remember to keep your shoulders down and elbows at your side.

##### SHOULDER BUTT LIFT

- > Perform often, 3 sets of 5 sec holds.
- > This can be done throughout the day whenever you sit.

#### 3. ADVANCED POSITIONS 3X/ WEEK

##### Y-W-T-L ON TUMMY (STANDARD, TUMMY SNOW ANGEL & CROSS-ARM)

- > ONLY do this once you can do 'Y-W-T-L STANDING' with ease.
- > Take 2 min rest between moves a, b & c.

##### SIDE PLANK WITH SHOULDER TWIST

- > ONLY do this once you can do 'Y-W-T-L ON TUMMY' with ease.
- > Work toward 5 sets of 3 sec holds, progress from knees to toes.

#### TICK WHEN COMPLETED:

Week 1     Week 2     Week 3     Week 4   
Week 5     Week 6     Week 7     Week 8  +



This rehabilitation program has been designed by **Better Back Chiropractic**.

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