

SHOULDER DYSFUNCTION REHABILITATION

PHASE ONE: FLEXIBILITY & POSTURE AWARENESS

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

INTRODUCTION

1. **SPINAL HYGIENE EXERCISES** DAILY(FOR LIFE!)
2. **SHOULDER FLEXIBILITY** 1x/ DAY, 5x/ WEEK
 - BALL TO BACK**
 - > 30 sec per sore spot (could take 5+ min)
 - > Remember to put arm of affected shoulder across body.
 - BALL TO FRONT**
 - > 30 sec per sore spot (could take 5+ min)
 - > Remember to put hand of affected shoulder behind back and squeeze shoulder blade back.
 - SLEEPER SHOULDER CAPSULE STRETCH**
 - > 1x 5 min hold (take breaks to total of 5 min if required)
 - > Remember not to let the back of your shoulder lift off the ground.
 - CHILD'S POSE SHOULDER STRETCH**
 - WALL CHEST STRETCH**
 - > Alternate between Child's Pose and Wall Chest Stretch
 - > Both stretches 3x for 30 sec each
3. **SHOULDER POSITION AWARENESS**
 - STRONG SHOULDER POSITION**
 - > Multiple times per day, hold for 15 sec
 - > Use a mirror if needed for feedback initially
 - CONSCIOUS AWARENESS**
 - > Consider your shoulder position throughout the day and reposition to Strong Position (Back and Down) while continuing to perform daily tasks.
 - SHOULDER CONTROL EXERCISES**
 - > 1x/ day, 5x/ week, hold each position for 15 sec
 - > Remember not to let shoulders lift up toward ears.

TICK WHEN COMPLETED:

Week 1 Week 2 Week 3 Week 4

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

📍 218 Onkaparinga Valley Road, Oakbank 📞 (08) 8388 4229



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