

SHOULDER DYSFUNCTION: REHABILITATION

PHASE 1: FLEXIBILITY AND POSTURE AWARENESS

(review videos at: _____ for demonstration of exercises)

1. **SPINAL HYGIENE EX'S**: Daily for life

2. **SHOULDER FLEXIBILITY**: 1x/day. 5x/week

- BALL to BACK of shoulder muscles self massage
 - (30sec per sore spot) could take 5+ min
 - Remember to put arm of affected shoulder across body
- BALL to FRONT of shoulder muscles self massage
 - (30sec 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 5min hold (take breaks to total 5min 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 - (Back and Down)
 - hold for 15sec. (use mirror if needed for feedback initially)
 - Multiple times per day.
- Consciously be aware of your shoulder position throughout your day:
 - When sitting, driving, typing, writing,...
 - Then reposition your shoulder into the Strong Position (Back and Down) while continuing to perform the task at hand.
- Shoulder Control Exercises with Arms Forward
 - 1x/day. 5x/week.
 - Position your arms facing straight in front of you. Then perform the following:
 - Hold each position for 15 seconds.
 - Push shoulders FORWARD
 - Pull shoulders BACK - SQUEEZING SHOULDER BLADES TOGETHER (don't let shoulders lift to ears)
 - Pull shoulders BACK & DOWN. (STRONG SHOULDER POSITION)
 - from this Strong Shoulder Position do the following:
 - TURN ARMS IN (don't let shoulders lift up to ears)
 - TURN ARMS OUT

Tick when done:

WEEK 1 WEEK 2 WEEK 3 WEEK 4