

SHOULDER DYSFUNCTION: REHABILITATION

PHASE 2: SHOULDER STRENGTH AND ENDURANCE

(review videos at: _____ for demonstration of exercises)

1. **Continue with PHASE 1 ex's** throughout except 'shoulder control exercises with arms forward'.

2. SHOULDER STRENGTH AND ENDURANCE

- Snow Angel ON BACK 3x/week
 - 30sec+ as needed to loosen up shoulders
 - You can stop this one once you're flexibility has improved enough that you can perform Y-W-T-L against wall properly.

- Y-W-T-L STANDING - daily routine with Spinal Hygiene exercises for life.
 - Hold each position 5 seconds (work toward 15 seconds)
 - Each position held until a total of 15 seconds has been accumulated
 - Periodically do with back against wall to test how you are improving with flexibility and control (hands/arms should be able to stay in contact with wall at all times)

- Y-W-T-L STANDING - CROSS-ARM
 - Work toward performing 10 in a row of each position. (progress to doing it on Tummy 3c.)

- Pushup with PLUS on knees - progress to toes. 3x/week
 - Keep those shoulders down (away from ears) and elbows at your side
 - Work up to 3 sets of 5

- Shoulder Butt Lift. Perform Often.
 - 3 sets of 5 second holds.
this is one you can do throughout your day whenever you sit.
Keep shoulder blades squeezed back

3. Advanced Progressions:

- Y-W-T-L ON TUMMY - 3x/week
ONLY DO THIS ONCE YOU CAN DO 'STANDING' WITH EASE.
Take 2min rest between a.b.c.
 - a. Standard
 - Hold each position 5 seconds (work toward 15seconds)
 - b. Tummy Snow Angel (work toward continuous slow movement for 30sec)
 - Start movement slow with shoulder in 'strong position' throughout. Speed movement once your control and coordination improves.
 - c. Cross-Arm (work toward performing 10 in a row of each 'letter' without rest)
 - Can you use 'Cross Symmetry Bands' if you have access to them as alternative.

Tick when done:

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