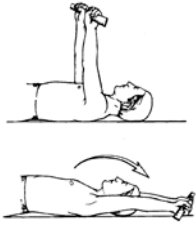




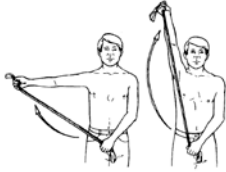
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Shoulder Impingement—Phase II



- 1) In standing or laying down, hold wand in both hands
- 2) Use uninvolved arm to help raise involved arm over head as shown



- 1) In standing or laying down, hold wand in both hands
- 2) Use uninvolved arm to help raise involved arm up away from side through available range



- 1) In standing or laying down, hold wand in both hands
- 2) Rotate involved arm away from body, pushing with cane as needed with the uninvolved arm



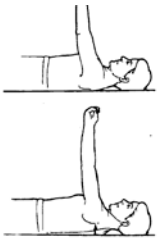
- Pull down with uninvolved arm to raise involved arm forward above head



- Pull down with uninvolved arm to raise involved arm up away from side through available range



- Pull down with uninvolved arm to raise involved arm behind back



- 1) Lie on back, arm straight and extended
- 2) Move arm up toward ceiling, keeping elbow straight, lifting shoulder blades off table



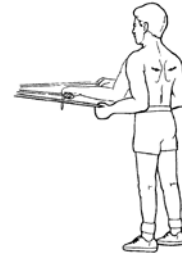
- 1) When you can lift your arm over your head under your own power, do the same exercise with an 8 oz. can
- 2) Then try a 1 pound weight



- 1) When these exercises become easy to perform, raise the bed up 20 degrees
- 2) Perform raises with assist, then under own power, then add weight as able



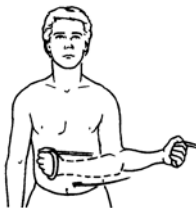
- 1) Continue to raise bed by 20 degree increments until standing
- 2) Perform raises with assist, then under own power, then add weight as able



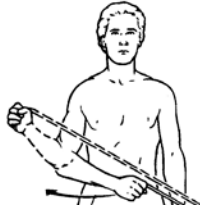
- 1) Attach band to secure object
- 2) With elbows by your side, pull band back
- 3) Squeeze shoulder blades together



- 1) Attach elastic to secure object
- 2) Arms at side fully extended
- 3) Pull hands backward, keeping elbows straight



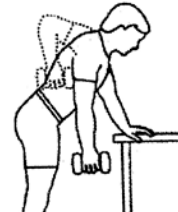
- 1) Secure elastic at waist level
- 2) Hold elbow at 90 degrees, arm at side
- 3) Pull hand across body as shown



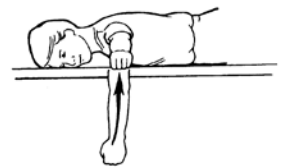
- 1) Secure elastic at waist level
- 2) Hold elbow at 90 degrees, arm at side
- 3) Pull hand away from body as shown



- 1) Sitting in chair, place hands on chair arms and extend elbows
- 2) Push hands down on chair arms and lift body upward
- 3) Lower body and repeat, keeping elbows straight



- 1) Slightly bend hips and knees and support upper body with other arm
- 2) Lift arm up, raising elbow to shoulder height



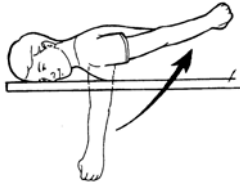
- 1) Lie face down, arm down and thumb forward
- 2) Raise arm and hand to shoulder height, keeping elbows straight and squeezing shoulder blades together



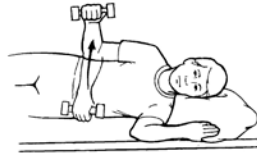
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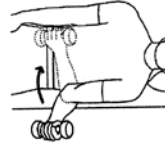
Shoulder Impingement—Phase II



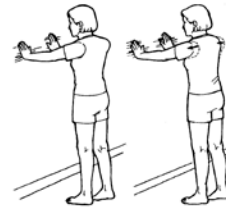
- 1) Lie face down, arm down and thumb forward
- 2) Raise arm and hand straight behind you until arm is in line with your body



- 1) Lie on side, involved side up
- 2) Arm at side, elbow bent, with or without weight
- 3) Move hand up as shown



- 1) Lie on involved side, elbow bent at 90 degrees, arm at side
- 2) With or without weight, pull hand inward across body as shown



- 1) Facing a wall in standing, place palms on wall, fingers pointing upward
- 2) Lean slowly into wall, bending elbows
- 3) Push slowly back until elbows are straight again



- 1) Hold arm out from side, thumb up, at 45 degrees as shown
- 2) Raise arm to shoulder level



- 1) Start with arm at side, elbows straight, thumb up
- 2) Raise arm up to shoulder height, and if instructed, overhead, as shown