



Home Exercise Program- Shoulder Dislocation- Phase 1

Coastal Orthopedics and Sports Medicine
14 Thomas Point Road. Brunswick, ME 04011



Massage with ball against the wall.

Place ball between back of shoulder and wall and gently lean against the ball. Find a tender spot and slowly roll the ball around- a light massage to increase blood flow and to decrease tension in the shoulder.

1. Front of shoulder (pec)
2. Back of shoulder- rotator cuff (on shoulder blade)

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Perform every other day.



Stand leaning on a table with one hand.

Let your other arm hang relaxed straight down OR cradle with your other arm (with elbow bent). Swing your arm as if drawing a circle on the floor. Change direction.

**THIS SHOULD NOT CREATE SORENESS OR FEELING OF
SUBLUXATION**

Repeat 10 - 15 times.

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Rest hands on counter at shoulder width apart and relax arms/neck
Slowly back up- this will passively elevate your arm without engaging the muscles of the shoulder.

Do not force arm into a stretch and only go within comfort level. This is to start light range of motion and is not mean to be a forceful stretch.

DO NOT LET YOUR HAND GO TO ABOVE THE LEVEL OF THE EYE

Repeat 5 - 10 times. Holding 5 seconds. 2 times a day

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Stand in a doorway with your elbow close to your body and bent at a right angle. Place your hand against the wall.

Push your hand inwards against the wall. Hold 5 secs. Relax.

Repeat 3 x 8

3x a day



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Stand with your upper arm close to your side, elbow at a right angle and the back of your hand against a wall.

Push the back of your hand against the wall. Hold approx. 5 secs.

Repeat 3 x 8

3x a day



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Stand with your back against the wall. Keep your upper arm close to the side and elbow at a right angle.

Push the elbow back against the wall. Hold for 5 seconds.

Repeat 3 x 8

3x a day



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Ice after exercises for 15-20 minutes or as needed for pain.
