



Home Exercise Program- Shoulder Dislocation- Phase 2

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)

Perform every other day.



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.

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

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Straight Arm Plank Against Counter Top



PERFORM AGAINST A COUNTER TOP (Feet on floor- hands against counter top)- DO NOT START ON THE FLOOR

Hold 15 - 20 seconds.

Repeat 3 - 5 times.

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Stand. Place a rolled towel between your upper arm and side. Your upper arm should be slightly forward and your elbow at a right angle. Hold an exercise band.

Pull the band bringing your forearm in 45 degrees.

3 x 6-10

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Stand. Place a rolled towel between your upper arm and side. Your upper arm should be slightly forward and your elbow at a right angle. Hold an exercise band.

Pull the band taking your forearm out 45 degrees.

3 x 6-10



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Lie on your side. Place a rolled towel between your upper arm and side. Bend your elbow 90 degrees. Hold a _____ kg weight. 1-3 pounds

Lift your hand up to 45 degrees.

3 x 6-10

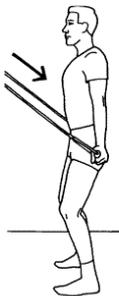


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Stand keeping your arm close to your side and your elbow at a right angle. Hold an exercise band.

Pull the band back until your upper arm is at 45 degrees.

3 x 6-10



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Standing Shoulder Extension

Start by standing in front of the cable machine. The pulling direction is diagonal and down from above. Hold the ropes with straight arms. Pull them down to the side your body. In the starting position your palms should be pointing down and in your final position they are forward.

Make sure that you stay upright during the exercise.

3 x 6-10



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Stand with your arm up and across your body. Hold on to a rubber exercise band.

Pull the band down and out.

3 x 6-10

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

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