Shoulder Supine Flexion PROM with Stick

1. Lie down on your back. Using a broomstick or cane, place the hand of your injured side on the cane and relax your arm.
2. Move the stick with your other arm upwards until you feel a stretch. Slowly come back down.
Reps: 10-15 | Sets: 2-3 | Hold Time: 1-2 seconds | How Often: 2-3 times per day

Video: hepbuilder.com/v.php?y=FMOuwmQzi6w

Shoulder External Rotation with Stick (PROM/AAROM)

1. Bend the elbow of your injured side at a 90 degree angle and keep it close to your side. Place the hand of your injured side on the end of a broomstick or cane.
2. Keep your elbow by your side and use the stick to push the hand on your injured side outward until you feel a stretch.
Reps: 10-15 | Sets: 2-3 | Hold Time: 1-2 seconds | How Often: 2-3 times per day

Video: hepbuilder.com/v.php?y=9baME663oPs

Shoulder Internal Rotation with Towel

1. Take a towel in the hand of the arm you are not stretching, and bring it up and over your shoulder where it is draped behind you. Grab the towel behind you near the middle of your back with the arm you want to stretch.
2. With the arm on top, pull upwards until you feel a stretch in the arm on the bottom.
Reps: 5-10 | Sets: 2-3 | Which Side: Both | Hold Time: 10-15 seconds | How Often: 2-3 times per day

Video: hepbuilder.com/v.php?y=lMzJ0EbyCMw
**Shoulder External Rotation Standing with Resistive Band**

1. Anchor the band on a door or wall on the opposite side of the arm you are working. Bend your elbow to 90-degrees, keep your elbow by your side, and your thumb in an upward position. Start with your hand at your stomach.

2. Keeping your elbow by your side, pull the band out until it's straight in front of you.

   Reps: 10-15 | Sets: 2-3 | Hold Time: 1 - 2 seconds | How Often: 2-3 times per day

   Video: hepbuilder.com/v.php?y=fUwOs8TBfPM

**Shoulder Internal Rotation Standing with Resistive Band**

1. Anchor the band on a door or wall on the same side of the arm you are working. Bend your elbow to 90-degrees, keep your elbow by your side, and your thumb in an upward position. Start with your hand out in front of you at about 90-degrees.

2. Keeping your elbow by your side, pull the band in toward your stomach.

   Reps: 10-15 | Sets: 2-3 | Hold Time: 1 - 2 seconds | How Often: 2-3 times per day

   Video: hepbuilder.com/v.php?y=xRH41kgJw-0

**Shoulder Squeezes**

1. Start with your shoulders relaxed and your elbows slightly bent.

2. Imagine there is a hand on your spine, and squeeze your shoulder blades back and together like you are trying to squeeze the hand.

   Reps: 10-15 | Sets: 2-3 | Which Side: Both | Hold Time: 1-2 seconds | How Often: 2-3 times per day

   Video: hepbuilder.com/v.php?y=XUA7kQ9RkLA
**Prone I, T, W, Ys**

- Lie on your stomach.
- 1. Prone Is - Put your arms straight out in front of you with your thumbs up (like an I). Keeping your arms straight, raise your arms up off the floor or bed.
- 2. Prone Ts - Put your arms straight out to the side of you with your thumbs up (like a T). Keeping your arms straight, raise your arms up off the floor or bed.
- 3. Prone Ws - Put your arms out to the side with your elbows bent and palms down (like a W). Raise your arms up off the floor or bed squeezing your shoulder blades together.
- 4. Prone Ys - With your thumbs up, put your arms straight out in front of you at an angle (like a Y). Keeping your arms straight, raise your arms up off the floor or bed.

Reps: 10-15 | Sets: 2-3 | Which Side: Both | Hold Time: 1-2 seconds | How Often: 2-3 times per day

Video: hepbuilder.com/v.php?y=ZGAXjlGiHAY

**Serratus Punches Supine**

- Lie down on your back, and put your arm straight up towards the ceiling at about 90 degrees.
- 2. Keeping your elbow locked out and straight, punch upwards towards the ceiling lifting your shoulder and arm at the same time. Slowly come back down.

Reps: 10-15 | Sets: 2-3 | Which Side: Both | Hold Time: 1-2 seconds | How Often: 2-3 times per day

Video: hepbuilder.com/v.php?y=nCKI-nhQnek

**Serratus Punches with Weight**

- Lie down on your back, and put your arm straight up towards the ceiling at about 90 degrees. Hold a weight or soup can in your hand.
- 2. Keeping your elbow locked out and straight, punch upwards towards the ceiling lifting your shoulder and arm at the same time. Slowly come back down.

Reps: 10-15 | Sets: 2-3 | Which Side: Both | Hold Time: 1-2 seconds | How Often: 2-3 times per day

Video: hepbuilder.com/v.php?y=C4bha2p8z0A

Disclaimer: These exercises were selected by your healthcare provider. To avoid injury, use caution when performing them. If you experience any pain or discomfort, stop the exercise and contact your healthcare provider.