

## **Shoulder Rehabilitation** **and Home Care**

The information below provides important home care instructions and exercise suggestions to help you reach your rehabilitation goals.

### **Icing Instructions**

- Use gel packs that remain flexible after freezing; freeze the pack continuously for at least one hour before use or just store it in the freezer.
- Remove the cold pack from the freezer and wrap in two layers of paper towel or a thin dish towel.
- Press the cold pack firmly against the painful area for 15-20 minutes.
- Allow at least 60 minutes from the end of one icing to the beginning of the next.

### **Breathing**

- It is essential to maintain proper breathing patterns while performing exercises.
- Breathe out while engaging the muscle (during the concentric movement) and breathe in when relaxing or returning to the starting point (eccentric movement.)

### **Exercise Tempo**

- One must make certain to perform exercises slow and controlled. It is important to concentrate on the area or muscle that one is focusing on in a given exercise.
- For example: while performing a biceps curl; take 3 sec to curl, 2 sec at top, 3 sec on the way down and pause at the bottom for 2 sec.
- During rehabilitation training, all exercises should be performed at the same tempo.

### **Good Pain vs. Bad Pain**

- Good pain: muscle burning, bearable muscle soreness, muscle fatigue.
- Bad pain: pain in joints (i.e. knee), persistent pain, sharp shooting pain, unbearable soreness or muscle aching.
- It is important to know ones body when some pain can be worked through and is beneficial; other types of pain can signal a new injury or an aggravation of an old injury. In the later case, the movement that causes the undesirable pain should be discontinued or the resistance (i.e. weight) should be decreased.

### **Cardiovascular Activity as Part of the Healing Process**

- A workout on a stationary exercise bicycle may be ideal for a patient with knee arthritis.
- When disease of weight-bearing joints is severe, swimming or water exercises has proven an excellent choice.
- 3 separate 10-minute aerobic sessions seem to be as effective in improving fitness and health risk profiles as a single 30-minute session.

### **Goal Setting: Expectations for Improvement/ Functionality**

- Make certain to follow the exercise prescription given to you.
- Too much stress on an area can damage new structures and significantly slow the healing process.
- The goal of treatment is to prevent new tissue disruption, prevent muscle atrophy and joint deterioration in the injured area, and finally, increase tissue function.



#### Exercise 1 of 4 - SH3102 - Rotator Cuff External Rotation

**Sets:** 3 - **Reps:** 10 - **Time:** 0 - **Rest:** 30 - **Freq:** 3x/week

**Start:** Begin standing. Place towel between elbow and body. Grasp end of resistance band in hand while opposite end is anchored in door at elbow level. Bend elbow to 90°.

**Movement :** Activate core muscles. While maintaining a 90° elbow bend, externally rotate arm, keeping towel trapped against body. If elbow loses contact, shorten range of motion. Slowly return to start position. Repeat for prescribed repetitions and sets.



#### Exercise 2 of 4 - SH3104 - Rotator Cuff Internal Rotation

**Sets:** 3 - **Reps:** 10 - **Time:** 0 - **Rest:** 30 - **Freq:** 3x/week

**Start:** Begin standing. Place towel between elbow and body. Grasp end of resistance band in hand while opposite end is anchored in door at elbow level. Bend elbow to 90°.

**Movement :** Activate core muscles. While maintaining a 90° elbow bend, internally rotate arm, keeping towel trapped against body. If elbow loses contact, shorten range of motion. Slowly return to start position. Repeat for prescribed repetitions and sets.



#### Exercise 3 of 4 - SH3106 - Empty the Can (Scaption with Band)

**Sets:** 3 - **Reps:** 10 - **Time:** 0 - **Rest:** 30 - **Freq:** 3x/week

**Start:** Begin standing. Grasp one end of resistance band while other end is stabilized under same side foot.

**Movement :** Activate core muscles. Lift arm to side, and forward 30° (in shoulder blade plane), to just below shoulder level. Arm should remain straight with thumb down. Slowly return to start position. Repeat for prescribed repetitions and sets.



#### Exercise 4 of 4 - SH3114 - Drawing a Sword (Abduction & Flexion)

**Sets:** 3 - **Reps:** 10 - **Time:** 0 - **Rest:** 30 - **Freq:** 3x/week

**Start:** Begin standing. Grasp one end of resistance band while other end is stabilized under opposite foot. The arm that is performing movement begins from opposite thigh.

**Movement :** Activate core muscles. Abduct arm across body in diagonal pattern, reaching above head and extending arm fully. Squeeze shoulder blade toward spine. Slowly return to start position and repeat for prescribed repetitions and sets.

**If you experience an exacerbation or have a change in medical condition, you should promptly seek appropriate medical advice.**

© 2014 WebExercises, Inc. All Rights Reserved.