

Shoulder Strengthening Exercises

Perform all exercises with a 2-4 lb weight. Hold each position for 5 seconds and perform 3 sets of 10 repetitions.

External Rotation

With the weight on the floor and elbow tight to the side lift the weight until it is just above horizontal and hold.



Abduction

With the arm hanging at your side, raise the arm to 30-45 degrees and hold. Thumb should be pointed down. Emphasize not elevating the shoulder. This can be aided by placing the opposite hand on the shoulder to keep it down while performing the repetitions.



Forward Elevation

With the arm hanging at your side raise the arm forward to 30-45 degrees with the thumb pointing up thumb pointing up and hold.



*If you have any problems or questions,
please call your doctor's office (8am-5pm).*

Answering service for after hours.

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Biceps Tendon Exercises (Excerpted from The Sports Medicine Patient Advisor)

Active Elbow Flexion and Extension

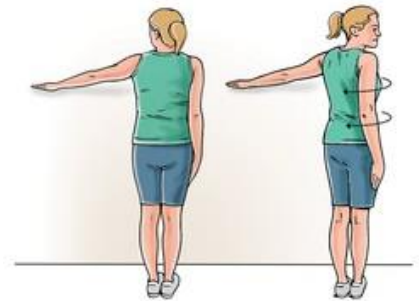
- Gently bring the palm of the hand on your injured side up toward your shoulder, bending your elbow as much as you can.
- Then straighten your elbow as far as you can.
- Repeat 15 times.
- Do 2 sets of 15.



Active elbow flexion and extension

Biceps Stretch

- Stand facing a wall (about 6 inches, or 15 centimeters, away from the wall).
- Raise your injured arm out to your side and place the thumb side of your hand against the wall (palm down). Keep your arm straight.
- Rotate your body in the opposite direction of the raised arm until you feel a stretch in your biceps.
- Hold 15 seconds.
- Repeat 3 times.



Biceps stretch

Biceps Curl

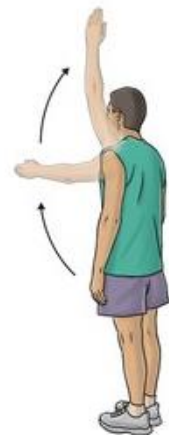
- Stand and hold a 5- to 8-pound weight in your hand. If you do not have a weight, use a soup can or hammer.
- Bend your elbow and bring your hand (palm up) toward your shoulder.
- Hold 5 seconds.
- Slowly straighten your arm and return to your starting position.
- Do 2 sets of 8 to 12.



Biceps curl

Single-Arm Shoulder Flexion

- Stand with your injured arm hanging down at your side.
- Keeping your arm straight, bring your arm forward and up toward the ceiling.
- Hold this position for 5 seconds.
- Do 2 sets of 8 to 12.
- As this exercise becomes easier, add a weight.



Single-arm shoulder flexion

Sleeper Stretch

- Lie on your injured side with your hips and knees flexed and your arm straight out in front of you.
- Bend the elbow on your injured side to a right angle so that your fingers are pointing toward the ceiling.
- Then use your other hand to gently push your arm down toward the floor.
- Keep your shoulder blades lightly squeezed together as you do this exercise.
- Hold the stretch for 30 seconds.
- Repeat 3 times.



Sleeper Stretch

Excerpted from the premier patient guide to sports injuries, *100 Questions & Answers About Your Sports Injury*. Howard TM, Ho GWK, Lewis J. 100 Questions & Answers About Your Sports Injury. Sudbury: Jones and Bartlett Publishers 2008.



**Stronger
starts
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