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# Level 4 Shoulder Exercises

## PULLEYS

SHOULDER EXERCISES

EARLY

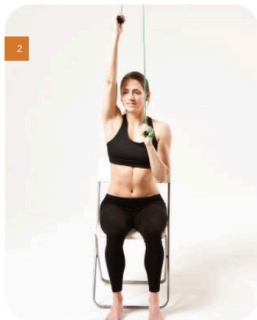
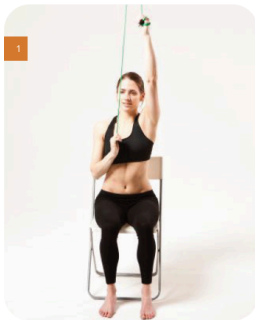
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In sitting, hold pulley handles in each hand, use unaffected arm to pull down, moving the affected arm upwards and then lower. Do not force into a stretch.

SAFE ZONE	REPEAT (TIMES)

## SLEEPER STRETCH, HOLD RELAX TECHNIQUE

SHOULDER EXERCISES

INTERMEDIATE

LATE

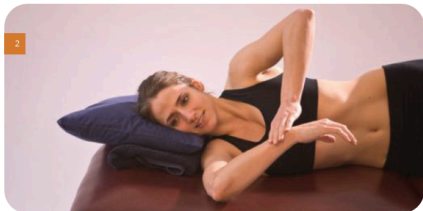
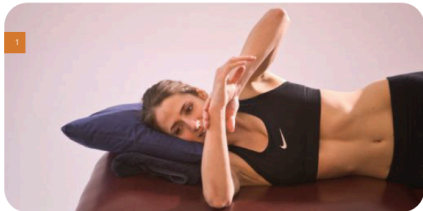
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Lie on your affected side, with your shoulder at 90° and your elbow flexed to 90°. Take your affected hand down towards the bed as far as it will go. Then gently resist the movement with your unaffected hand. Relax and then push your hand a little bit further towards the bed. Repeat and gradually increase your range of movement.

HOLD FOR (SECONDS)	REPEAT (TIMES)

## HAND BEHIND BACK - HOLD RELAX ABDUCTION AND EXTENSION

SHOULDER EXERCISES

INTERMEDIATE

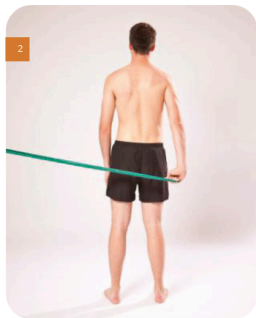
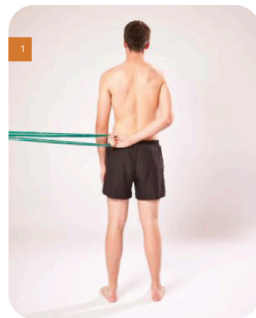
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In standing with your feet hip width apart using a high resistance band. Hold on to the band with your affected arm behind your back and the other end of the band fixed to a door. Straighten the elbow on the affected arm working against the resistance of the band and then return to your start position.

REPEAT (TIMES)

## 4 POINT KNEELING TO SUPERMAN

INTERMEDIATE

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In four point kneeling with a neutral spine position. Take one arm out in front of you and the opposite leg out behind you. Make sure you hold your neutral spinal posture throughout the movement. Repeat on the opposite side.

REPEAT (TIMES)

## Adaptations - easier

1. Only take one arm out in front
2. Only slide out opposite leg to affected arm

## Tip:

Allow your toes to slide along the floor while you extend your knee. This will help activation of the bottom muscles (gluteal muscles).

## CLINICIAN NOTES:

You can alter the emphasis on specific scapula muscles by changing which leg is extended. Contra-lateral leg extension will bias more lower trapezius activity, whereas ipsilateral leg extension will bias serratus anterior activity.

Refs: Maenhout et al 2010, Cools et al 2007, De Mey et al 2013

## ELEVATION AND EXTERNAL ROTATION WITH RESISTANCE BAND INTO LUNGE

INTERMEDIATE

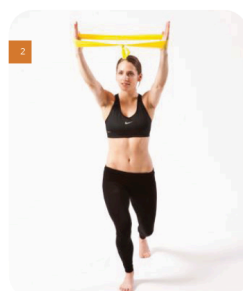
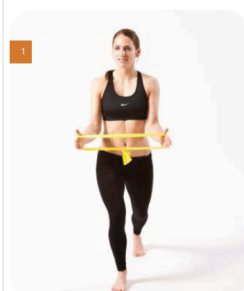
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Stand with good posture. Bend elbows to 90°, resistance band looped around both hands/ wrists. Hands should face each other. Push outwards against the resistance of the looped band. Step forwards with the opposite leg into a lunge. Raise your arms up and out in one smooth movement straightening your elbows, finishing with arms above your head. Hold at the top and slowly return to starting position by reversing the movement, leading with the elbows and stepping back.

HOLD FOR (SECONDS)	REPEAT (TIMES)

Tip: If difficulty lunging forward with control then lunge backwards.

## LAWNMOWER WITH RESISTANCE BAND

LATE

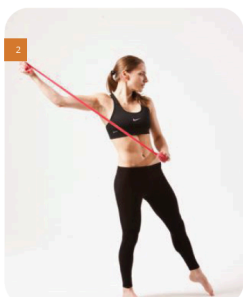
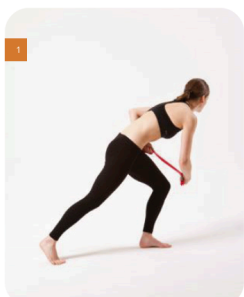
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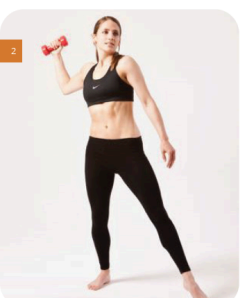
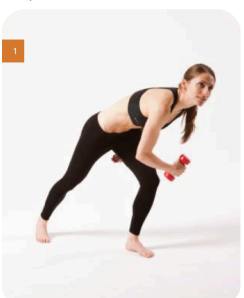
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## Adaptation:



Start in a rotated lunge position. Holding a resistance band in both hands, (or with the affected arm and under the opposite foot). Move in a diagonal pattern, by stepping back to transfer your weight onto the affected side and take your arm up and out as high as comfortable. Hold and slowly return to the start position by reversing the movement.

HOLD FOR (SECONDS)	REPEAT (TIMES)

## Adaptation:

1. An easier adaptation is to take the exercise through a smaller range of movement
2. Alternatively you can use a small weight

SAFE ZONE	REPEAT (TIMES)

## CLINICIAN NOTES:

Initiating the movement with the lower quadrant increases activation levels of the scapula muscles. The thorax has a significant influence on upper limb function. The addition of trunk rotation to upper limb exercises enhances scapula mechanics and recruitment ratios.

Resistance or load can be used to reinforce activation of the rotator cuff and scapula muscles.

Refs: McMullen & Uhl 2000, Kibler 2008, Moeller et al 2014, Yamauchi et al 2015, Youdas et al 2012