



Level 1 Shoulder Exercises

DO NOT PUSH PAST YOUR PAIN THRESHOLD

Do 10 repetitions of each exercise 4 times a day.

SCAPULAR (SHOULDER BLADE) POSITIONING EXERCISES – ALWAYS DO THESE

Weight Bearing Co-Contraction OR Low Row
AND Shoulder Dump (Do NOT do Shoulder Dump if Subscapularis Repair)

SHOULDER RANGE OF MOTION EXERCISES – START WITH THESE

A) Flexion

Step Back Flexion In Standing
OR Forward Flexion In Lying With Stick

B) External rotation

Seated External Rotation With Stick

C) Abduction

Seated Table Slide Into Abduction
OR Table Swiss Ball Abduction

SHOULDER RANGE OF MOTION EXERCISES – PROGRESS THE FLEXION EXERCISES TO THESE AS YOU ARE ABLE (CONTINUE THE EXTERNAL ROTATION AND ABDUCTION EXERCISES)

Seated Butterfly Clock Table Slide
OR Table Swiss Ball Flexion