



Level 3 Shoulder Exercises

DO NOT PUSH **PAST** YOUR PAIN THRESHOLD

Do 10 repetitions of each exercise 4 times a day.

SCAPULA POSITIONING EXERCISES – ALWAYS DO THESE

Prone Scapular Positioning

SHOULDER LEVEL 3 RANGE OF MOTION EXERCISES - ALWAYS DO THESE

Flexion

Active Flexion in Lying Short to Long Lever

OR Balance Point Circles In Lying

Abduction

Short Lever Abduction In Side Lying

SHOULDER LEVEL 3 STRENGTHENING EXERCISES – EARLY (START WITH THESE)

Wall Slides +/- Band (Start without resistance loop; progress to use light loop)

Spiderman

4 point kneeling lateral glides with resistance band (Start without resistance loop; progress to use light loop)

ER / IR In Sitting With Support

SHOULDER LEVEL 3 STRENGTHENING EXERCISES – ADVANCED (PROGRESS TO THESE)

Press Up On Wall (Start standing virtually upright and without a Swiss Ball; Progress by moving your feet further from the wall or using a Swiss Ball Wedged in a Corner)

External Rotation In Standing With Resistance Loop

External Internal Rotation In Sitting Unsupported +/- Weight

Diagonal Pattern 1 With Resistance Band

Diagonal Pattern 2 With Resistance Band