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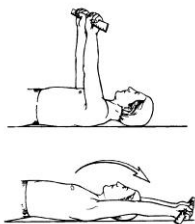
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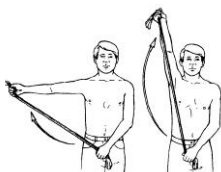


## Shoulder Impingement—Phase II

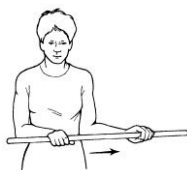
Complete \_\_ sets of \_\_ repetitions \_\_ times a day



\* In standing or laying down, hold wand in both hands  
 \* Use uninvolved arm to help raise involved arm over head as shown



\* In standing or laying down, hold wand in both hands  
 \* Use uninvolved arm to help raise involved arm up away from side through available range



\* In standing or laying down, hold wand in both hands  
 \* Rotate involved arm away from body, pushing with cane as needed with the uninvolved arm



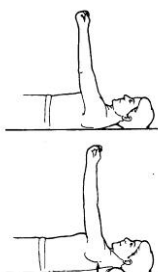
\* Pull down with uninvolved arm to raise involved arm forward above head



\* Pull down with uninvolved arm to raise involved arm up away from side through available range



\* Pull down with uninvolved arm to raise involved arm behind back



\* Lie on back, arm straight and extended  
 \* Move arm up toward ceiling, keeping elbow straight, lifting shoulder blades off table



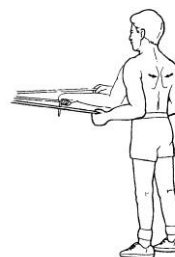
\* When you can lift your arm over your head under your own power, do the same exercise with an 8 oz. can  
 \* Then try a 1 pound weight



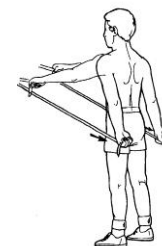
\* When these exercises become easy to perform, raise the bed up 20 degrees  
 \* Perform raises with assist, then under own power, then add weight as able



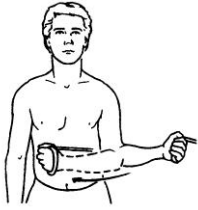
\* Continue to raise bed by 20 degree increments until standing  
 \* Perform raises with assist, then under own power, then add weight as able



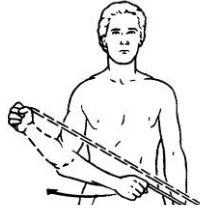
\* Attach band to secure object  
 \* With elbows by your side, pull band back  
 \* Squeeze shoulder blades together



\* Attach elastic to secure object  
 \* Arms at side fully extended  
 \* Pull hands backward, keeping elbows straight



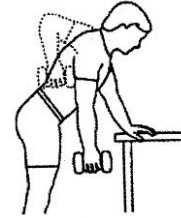
- \* Secure elastic at waist level
- \* Hold elbow at 90 degrees, arm at side
- \* Pull hand across body as shown



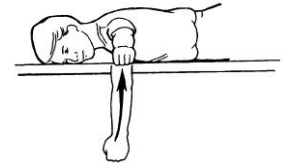
- \* Secure elastic at waist level
- \* Hold elbow at 90 degrees, arm at side
- \* Pull hand away from body as shown



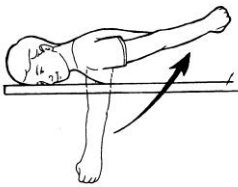
- \* Sitting in chair, place hands on chair arms and extend elbows
- \* Push hands down on chair arms and lift body upward
- \* Lower body and repeat, keeping elbows straight



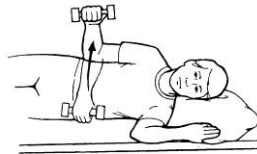
- \* Slightly bend hips and knees and support upper body with other arm
- \* Lift arm up, raising elbow to shoulder height



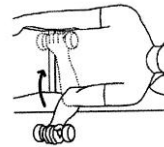
- \* Lie face down, arm down and thumb forward
- \* Raise arm and hand to shoulder height, keeping elbows straight and squeezing shoulder blades together



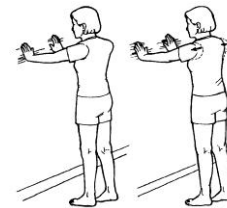
- \* Lie face down, arm down and thumb forward
- \* Raise arm and hand straight behind you until arm is in line with your body



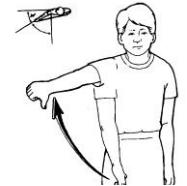
- \* Lie on side, involved side up
- \* Arm at side, elbow bent, with or without weight
- \* Move hand up as shown



- \* Lie on involved side, elbow bent at 90 degrees, arm at side
- \* With or without weight, pull hand inward across body as shown



- \* Facing a wall in standing, place palms on wall, fingers pointing upward
- \* Lean slowly into wall, bending elbows
- \* Push slowly back until elbows are straight again



- \* Hold arm out from side, thumb up, at 45 degrees as shown
- \* Raise arm to shoulder level



- \* Start with arm at side, elbows straight, thumb up
- \* Raise arm up to shoulder height, and if instructed, overhead, as shown