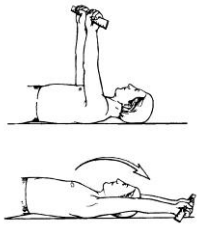
Megan R. Wolf, MD
Sports Medicine/Foot & Ankle

www.meganwolfmd.com

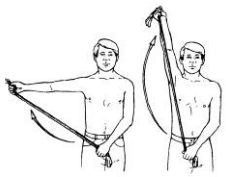
Connecticut Orthopaedics

Shoulder Impingement—Phase II

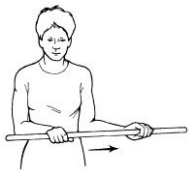
Complete __ sets of __ repetitions __ times a day



* 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



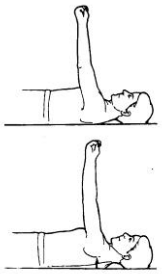
* Pull down with uninvolved arm to raise involved arm forward above head



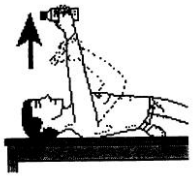
* Pull down with uninvolved arm to raise involved arm up away from side through available range



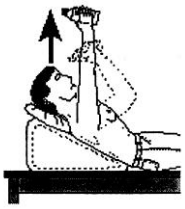
* Pull down with uninvolved arm to raise involved arm behind back



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



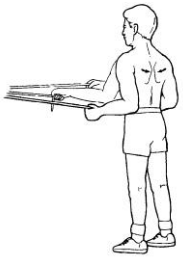
* When you can lift your arm over your head under your own power, do the same exercise with an 8 oz. can
* Then try a 1 pound weight



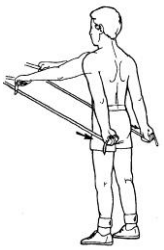
* When these exercises become easy to perform, raise the bed up 20 degrees
* Perform raises with assist, then under own power, then add weight as able



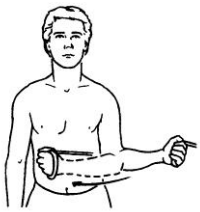
* Continue to raise bed by 20 degree increments until standing
* Perform raises with assist, then under own power, then add weight as able



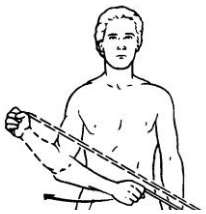
* Attach band to secure object
* With elbows by your side, pull band back
* Squeeze shoulder blades together



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



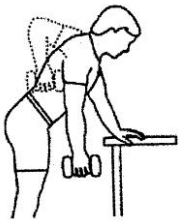
* Secure elastic at waist level
* Hold elbow at 90 degrees, arm at side
* Pull hand across body as shown



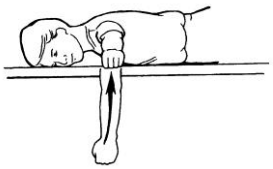
* Secure elastic at waist level
* Hold elbow at 90 degrees, arm at side
* Pull hand away from body as shown



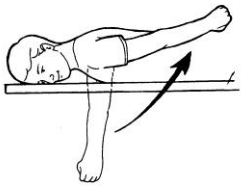
* Sitting in chair, place hands on chair arms and extend elbows
* Push hands down on chair arms and lift body upward
* Lower body and repeat, keeping elbows straight



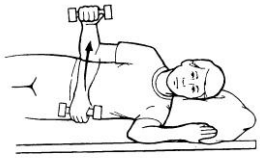
* Slightly bend hips and knees and support upper body with other arm
* Lift arm up, raising elbow to shoulder height



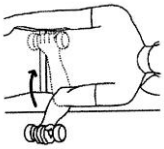
* Lie face down, arm down and thumb forward
* Raise arm and hand to shoulder height, keeping elbows straight and squeezing shoulder blades together



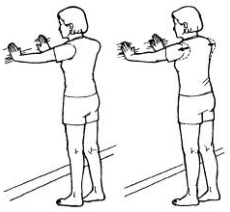
* Lie face down, arm down and thumb forward
* Raise arm and hand straight behind you until arm is in line with your body



* 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