



Shevin Pollydore MD



PENDULUM FORWARD BACK

Shift your body weight forward then back to allow your injured arm to swing forward and back freely. Your injured arm should be fully relaxed.

Duration 60 Seconds

Complete 1 Set

Perform 2 Times a Day



PENDULUM CIRCLES

Shift your body weight in circles to allow your injured arm to swing in circles freely. Your injured arm should be fully relaxed. Perform in clockwise and counter clockwise

Duration 60 Seconds

Complete 1 Set

Perform 2 Times a Day



PENDULUM LATERAL

Shift your body weight side to side to allow your injured arm to swing side to side freely. Your injured arm should be fully relaxed.

Duration 60 Seconds

Complete 1 Set

Perform 2 Times a Day



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CORNER STRETCH

While standing at a corner of a wall, place your arms on the walls with elbows bent so that your upper arms are horizontal and your forearms are directed upwards as shown. Take one step forward towards the corner. Bend your front knee until a stretch is felt along the front of your chest and/or shoulders. Your arms should be pointed downward towards the ground.

NOTE: Your legs should control the stretch by bending or straightening your front knee.

Repeat 3 Times

Hold 30 Seconds

Complete 1 Set

Perform 1 Times a Day



Wall Walk Flexion

Standing facing the wall, place forearm on the wall. Walk your arm up the wall as shown in picture

Repeat 25 Times

Hold 2 Seconds

Complete 1 Set

Perform 1 Times a Day



Dynamic Shoulder External Rotation

Seat Scapula onto spine. Keep elbow bent at a 90 degree angle and close to the body. Begin side-stepping away from the doorway, creating tension in the resistance band. Hold and side-step back to doorway. Repeat.

Repeat 25 Times

Hold 1 Second

Complete 1 Set

Perform 2 Times a Day



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ELASTIC BAND SHOULDER INTERNAL ROTATION - IR

While holding an elastic band at your side with your elbow bent, start with your hand away from your stomach, then pull the band towards your stomach. Keep your elbow near your side the entire time.

Repeat 25 Times
Complete 1 Set

Hold 1 Second
Perform 2 Times a Day



Extension

First gently squeeze / set shoulder blades
Be in control going both directions

Stagger step forward a little with opposite foot
Reach out and pull backwards
Keep parallel or level to floor
Don't pull your elbow past your shoulder

Repeat 25 Times
Complete 1 Set

Hold 1 Second
Perform 2 Times a Day



Front Raise

Lift dumbbells forward to 90 deg thumbs up.

Repeat 12 Times
Complete 2 Sets

Hold 1 Second
Perform 2 Times a Day



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Shoulder Scaption

Raise your arms upward at a 45 degree angle, as if asking for a hug (shape of a "V"). Keep thumbs up and shoulder blades down.

Repeat 12 Times

Complete 2 Sets

Hold 1 Second

Perform 2 Times a Day



Standing Military Press

Start with dumbbells in front of shoulders at about eye level.

Lift straight up overhead.

Repeat 15 Times

Complete 2 Sets

Hold 1 Second

Perform 2 Times a Day