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1

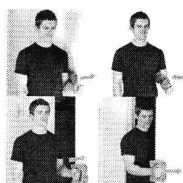


Isometric Shoulder Flexion

Keep the affected arm bent at 90 degrees and close to your side. Place the ball in front of your wrist, against a wall and make a fist. Press forward into the ball

Repeat 10 Times
Hold 5 Seconds
Complete 3 Sets
Perform 1 Time(s) a Day

5



**Shoulder Isometrics
ADD/ABD/ER/IR**

Gently press your hand into a wall using your hand. Place a towel roll between hand and wall, do not drop while performing exercise. Maintain a bent elbow the entire time. Perform in each direction shown.

Repeat 10 Times
Hold 5 Seconds
Complete 3 Sets
Perform 1 Time(s) a Day

2



Isometric Shoulder Extension

Using a pillow, ball, or towel. Place the object behind the elbow of the affected arm against the wall. Keep your elbow bent at 90 degrees and press back into the wall. Try to avoid shrugging the shoulder.

Repeat 10 Times
Hold 5 Seconds
Complete 3 Sets
Perform 1 Time(s) a Day

6



Elastic Band Biceps Curls

Sit in chair but make sure armrests are not going to interfere with exercise. With your arm at your side holding one end of elastic band and the other end anchored under your foot or staff assist. Draw up your hand by bending your elbow to the shoulder with palm face up at all times.

Repeat 10 Times
Hold 3 Seconds
Complete 3 Sets
Perform 1 Time(s) a Day

3

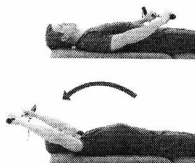


Isometric Shoulder Internal Rotation

Using a ball, pillow, or towel. Keep the affected arm bent at 90 degrees and close to your side. Place the ball on the inside of your wrist, against a wall and make a fist. Press into the ball (hinging at the elbow)

Repeat 10 Times
Hold 5 Seconds
Complete 3 Sets
Perform 2 Time(s) a Day

7



WAND FLEXION - SUPINE

Lying on your back and holding a wand or cane, slowly raise the wand towards overhead. Use your unaffected arm to assist with the movement.

Repeat 10 Times
Hold 3 Seconds
Complete 3 Sets
Perform 2 Time(s) a Day

Make sure to bend knees so back is flat

4

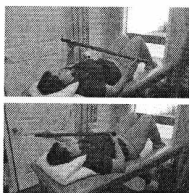


Isometric Shoulder External Rotation

Using a ball, towel, or pillow. Keep the affected arm bent at 90 degrees and close to your side. Place the ball on the outside of wrist, against a wall and make a fist. Press out into the ball (hinging at the elbow)

Repeat 10 Times
Hold 5 Seconds
Complete 3 Sets
Perform 1 Time(s) a Day

8



Wand- shoulder External Rotation

Starting position: supine with knees bent, pillow under elbow, shoulder in slight abduction. Hold wand under hand in RIGHT involved upper extremity, use the LEFT uninvolved upper extremity to push the involved upper extremity outwards, keeping the elbow still. Hold when you feel a nice

Repeat 10 Times
Hold 3 Seconds
Complete 3 Sets
Perform 2 Time(s) a Day