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Shoulder Protocol

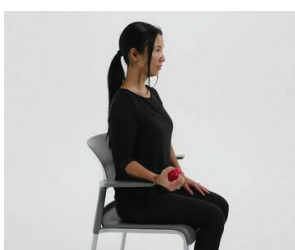
Phase 1

Provider Name: _____

■ **General Exercises:** Frequency: _____, Sets: _____, Repetitions: _____

■ **Stretching Exercises:** Frequency: _____, Repetitions: _____, Duration: _____

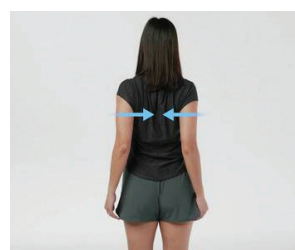
General Exercises



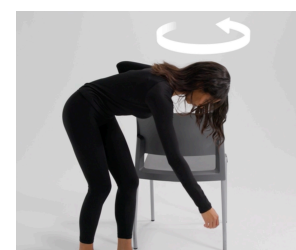
Seated hand gripping



Seated elbow bending and straightening with assist of other arm

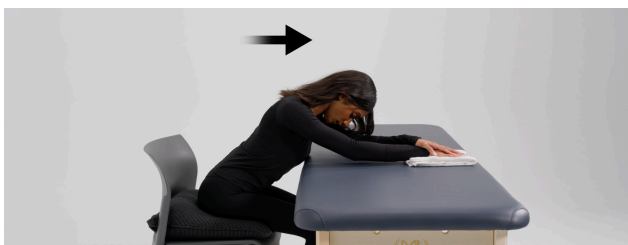


Seated or standing shoulder squeezes

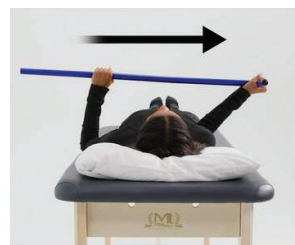


Standing shoulder pendulums

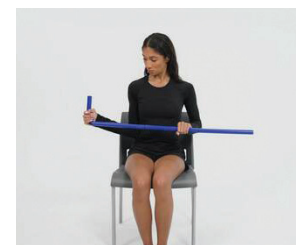
Stretching Elevation



Seated forward table slides



Supine outward rotation with elbow pressed to side



Seated outward rotation with a cane with elbow pressed to side



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Shoulder Protocol

Phase 2

Provider Name: _____

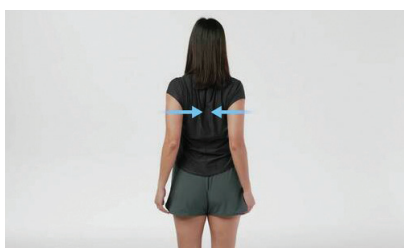
■ **General Exercises:** Frequency: _____, Sets: ____, Repetitions: ____

■ **Stretching Exercises:** Frequency: _____, Repetitions: ____, Duration: _____

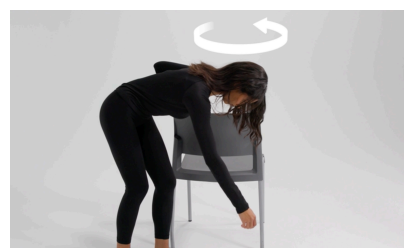
General Exercises



Standing elbow bending and straightening



Seated or standing shoulder squeezes



Standing shoulder pendulums

Stretching Exercises



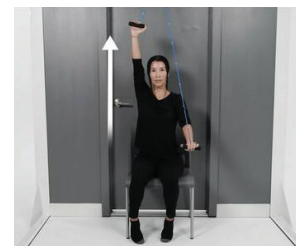
Seated forward table slides (advanced)



Lying on your back shoulder elevation stretch with or without a cane



Assisted shoulder raise stretch with pulleys while facing a door (beginner)

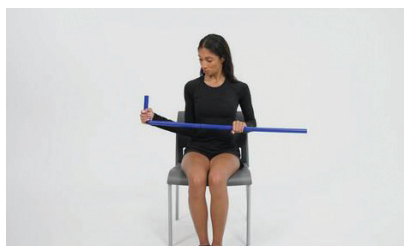


Assisted shoulder raise stretch with pulleys while facing away from the door (advanced)

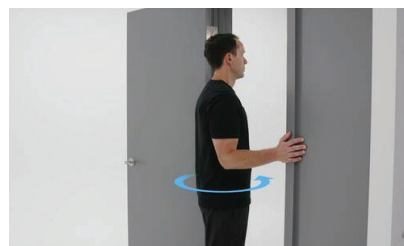
Stretching Outward Rotation



Supine outward rotation with elbow pressed to side



Seated outward rotation with a cane with elbow pressed to side



Standing shoulder passive outward rotation stretch in a doorway



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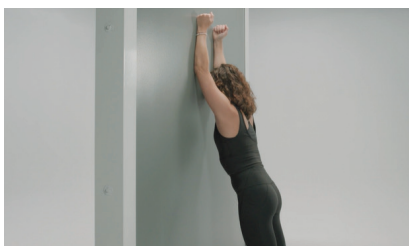
Shoulder Protocol

Phase 3

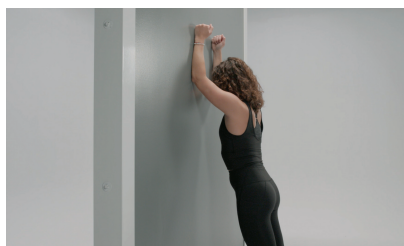
Provider Name: _____

■ **Stretching Exercises:** Frequency: _____, Repetitions: _____, Duration: _____

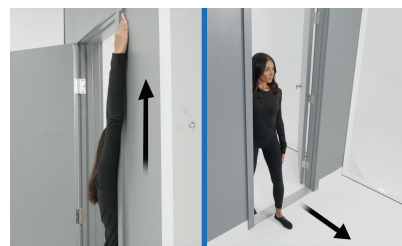
Stretching Elevation



Standing wall slide for shoulder elevation

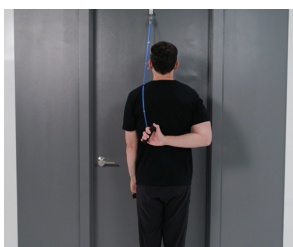


Standing shoulder elevation with elbows pushing into the wall



Doorway shoulder reach stretch

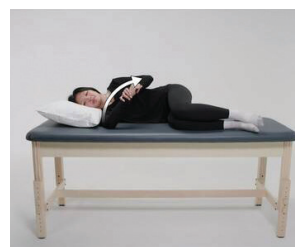
Stretching Inward Rotation



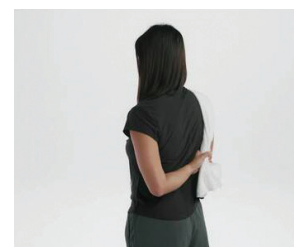
Seated or standing hand behind the back stretch with pulley assist



Standing hand behind back stretch with a cane

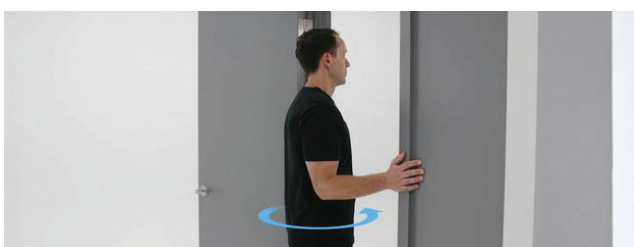


Side lying (sleeper) shoulder stretch

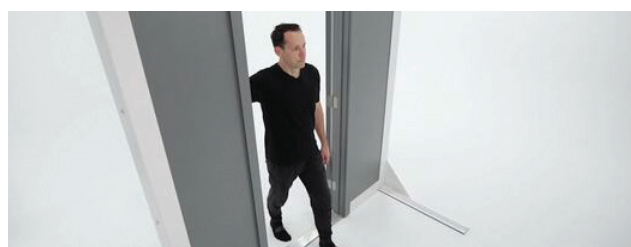


Standing shoulder hand behind the back stretch with a towel

Stretching Outward Rotation



Standing shoulder passive outward rotation stretch in a doorway



Standing doorway chest stretch single arm



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Shoulder Protocol

Phase 3

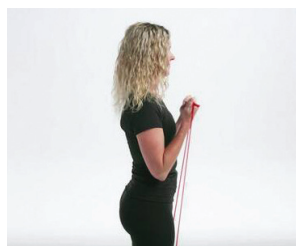
Provider Name: _____

■ **Strengthening Exercises:** Frequency: _____, Sets: _____, Repetitions: _____

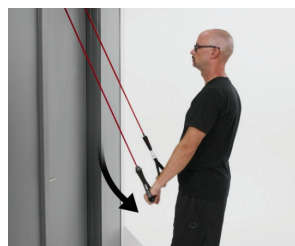
General Strengthening



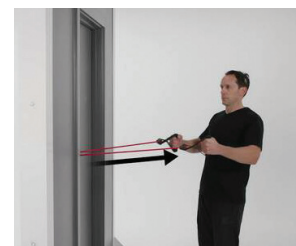
Standing elbow extension with resistance



Standing biceps curls with a resistance band

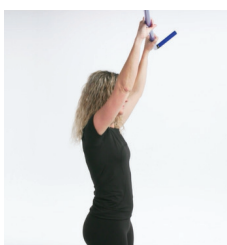


Standing shoulder behind the body pull with a resistance band or cable

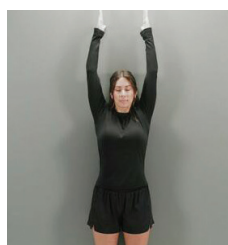


Standing pull backs with a resistance band

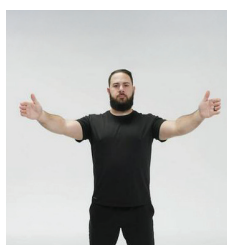
Strengthening Elevation



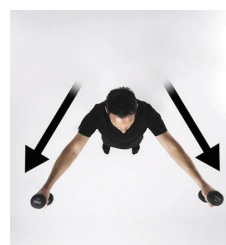
Standing shoulder elevation with a cane



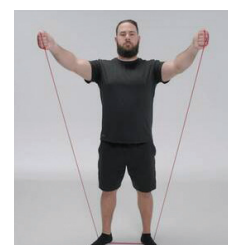
Standing shoulder elevation with back to the wall for thumb touch



Standing arm raises in midplane

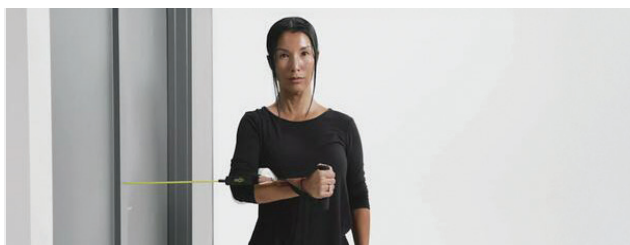


Standing shoulder "V" with dumbbells



Standing arm raises in midplane with a resistance band

Strengthening Inward Rotation



Standing shoulder inward rotation with a resistance band



Standing shoulder outward rotation with a resistance band



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Shoulder Protocol

Phase 4

Provider Name: _____

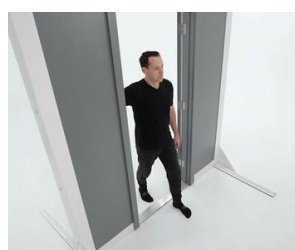
■ **Stretching Exercises:** Frequency: _____, Repetitions: ____, Duration: _____

■ **Strengthening Exercises:** Frequency: _____, Sets: ____, Repetitions: ____

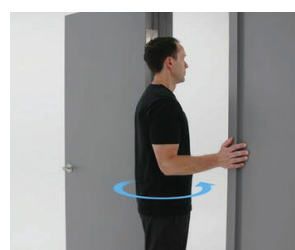
General Stretching



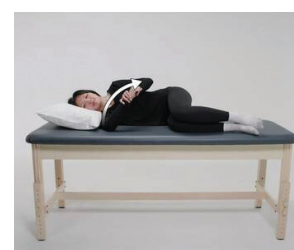
Doorway shoulder reach stretch



Standing doorway chest stretch single arm

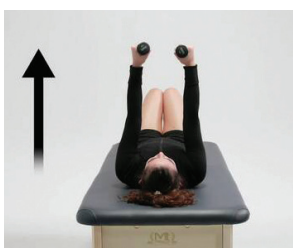


Standing shoulder passive outward rotation stretch in a doorway

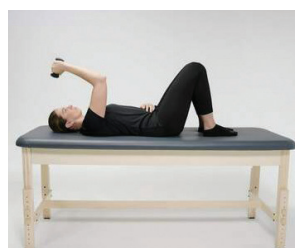


Side lying (sleeper) shoulder stretch

General Strengthening



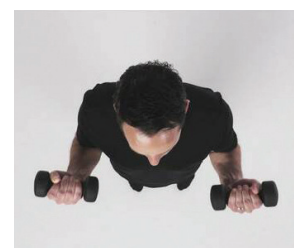
Lying on your back dumbbell punches with a plus



Lying on your back elbow extensions with dumbbells

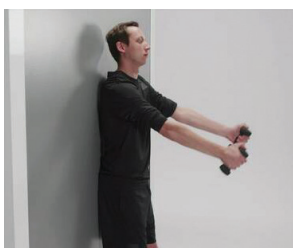


Lying face down shoulder row with shoulder blade squeeze

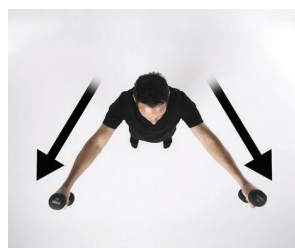


Standing weighted arm curls

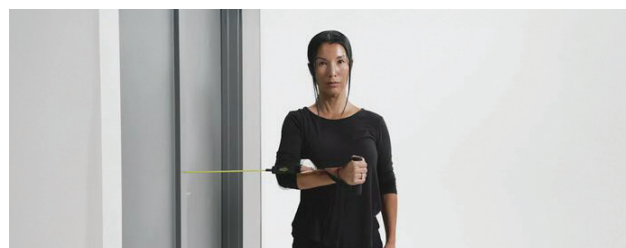
Strengthening Elevation



Standing front shoulder raises with dumbbells with thumbs up



Standing shoulder "V" with dumbbells



Standing shoulder inward rotation with a resistance band

Strengthening Inward Rotation



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Shoulder Protocol

Phase 4

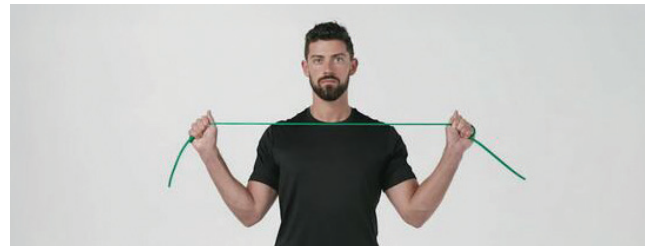
Provider Name: _____

■ **Strengthening Exercises:** Frequency: _____, Sets: ____, Repetitions: ____

Strengthening Outward Rotation



Standing shoulder outward rotation with a resistance band

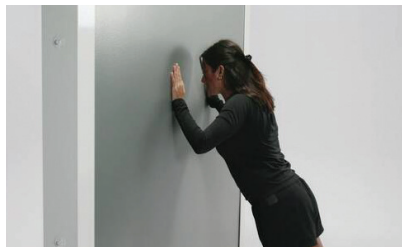


Standing shoulder W's with a resistance band

Strengthening Stability (Closed Kinetic Chain)



Standing ball circles and pluses on the wall



Standing wall press-up with progressions



Standing shoulder push-up position on the wall with body weight-shifting progressions



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Shoulder Protocol

Phase 5

Provider Name: _____

■ **Stretching Exercises:** Frequency: _____, Repetitions: ____, Duration: _____

■ **Strengthening Exercises:** Frequency: _____, Sets: ____, Repetitions: ____

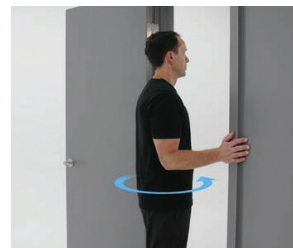
General Stretching



Doorway shoulder reach stretch



Standing doorway chest stretch single arm

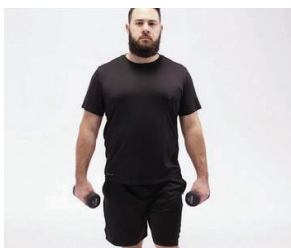


Standing shoulder passive outward rotation stretch in a doorway



Side lying (sleeper) shoulder stretch

Advanced Strengthening



Farmer's carry



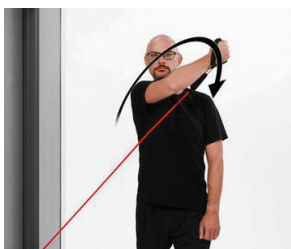
Standing shoulder middle back "W"



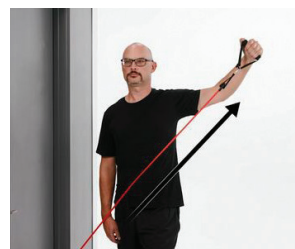
Standing banded shoulder inward rotation with the elbow and shoulder at 90°



Standing banded shoulder outward rotation with the elbow and shoulder at 90°



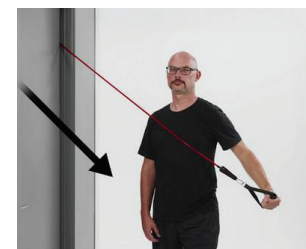
Standing low to high diagonal palm back with resistance



Standing low to high diagonal palm forward with resistance



Standing high to low diagonal palm back with resistance



Standing high to low diagonal palm forward with resistance



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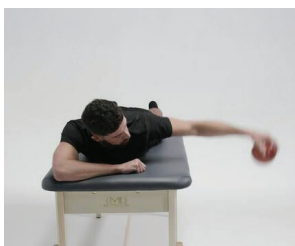
Shoulder Protocol

Phase 5

Provider Name: _____

■ **Strengthening Exercises:** Frequency: _____, Sets: ____, Repetitions: ____

Advanced Strengthening Overhead Athlete/Worker



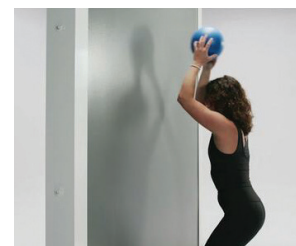
Lying face down shoulder ball drop with your arm and elbow elevated and to the side



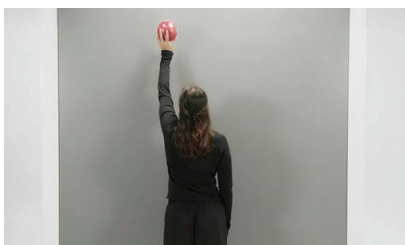
Lying face down shoulder rotation ball drop with your arm and elbow elevated



Lying face down upper back strengthening 3 ways



Standing overhead ball bounce on a wall



Standing single arm ball dribble on wall

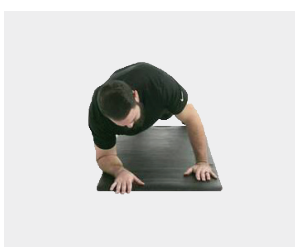


Standing banded shoulder inward rotation plyometric with the elbow and shoulder at 90°

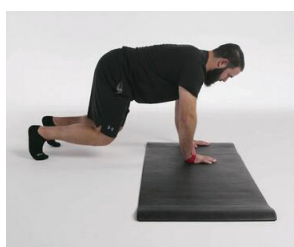


Standing banded shoulder outward rotation plyometric with the elbow and shoulder at 90°

Strengthening Stability (Closed Kinetic Chain)



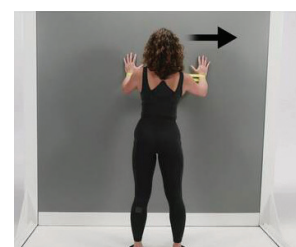
Forearm plank to tall plank



Bear crawl sideways with a loop band at the wrists



Prone physio ball walkouts



Standing banded arm taps on the wall/standing banded wall walks



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arthrex.info/Neck

Shoulder Protocol

Optional Neck Stretches

Provider Name: _____

■ **Stretching Exercises:** Frequency: _____, Repetitions: _____, Duration: _____



Neck side stretch (upper trapezius)



Neck, back, and side stretch
(levator scapulae)



Neck front and side stretch
(sternocleidomastoid)