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## Your Shoulder Exercise Program

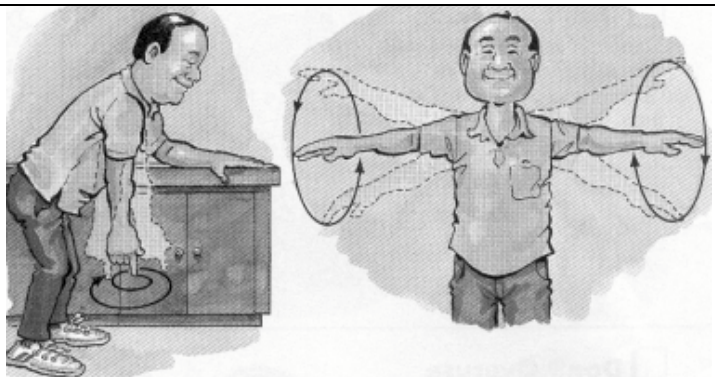
Follow the recommended exercises to restore your shoulder's health and keep it working well. The 3 important goals of exercise are: 1) keep the shoulder moving to avoid stiffness and immobility... 2) build muscle strength and flexibility, and... 3) prevent further shoulder injury from unsafe overuse.

Before starting, consider these suggestions. Follow instructions carefully. Ask your Chiropractor anything you do not understand. Start with a few minutes of warm-up, progress slowly, relax and breathe naturally while exercising. **If you have increased pain and discomfort, stop and check with your chiropractor!**

### Pendulum and Arm Circles

Start with the pendulum. Lean against a table, keeping your back straight. Make ever-widening circles for 90 seconds. Gradually build up to arm circles. Continue for 90 seconds.

Goal: gradually increases shoulder mobility, keeping it in a safe range of motion.



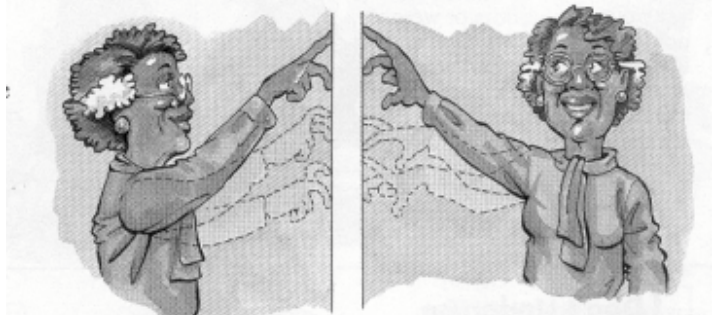
**Pendulum.** Let your affected arm hang free. Gently trace wider circles in each direction.

**Arm circles.** Reaching out, slowly rotate your arms in small circles forwards, then backwards.

### Wall Walking

Start with your feet about 12 inches from the wall. Keep your shoulders level as you walk your fingers up and down the wall for up to 5 minutes. Next time, start a little closer to the wall and try to "walk" a little higher.

Goal: Gradually extends your range of motion without pain.



**Facing the wall,** slowly walk your fingers up as high as pain permits. Keep your shoulders level.

**With your side to the wall,** walk your fingers slowly up and down, keeping your shoulders level.

### Head Press

Look straight ahead into a mirror with your shoulder level. Press your head against your palms, but resist any actual motion. Do each press for 30 seconds.

Goal: Keeps your neck in alignment and prevents compression of nerve roots.



**Resist the forward** press of your head.

**Resist the backward** press of your head.

**Resist the sideways** press of your head.

### **Rubber Tubing Exercises**

Stand 2-3 feet from a door and anchor the tubing into the doorjamb. Pull slowly and firmly to your limit of pain. Release slowly and smoothly. Continue for 30 seconds at least once a day.

The goal is to build strength and endurance in your deltoid and rotator cuff muscles.



**Deltoid.** Keeping your elbow bent, slowly raise your arm up and out to 45 degrees.



**Teres minor.** Keeping your elbow bent, slowly rotate your arm externally out to 90 degrees.

### **Corner Press**

A corner press looks like “pushups” into a corner. Keep the back straight and let your weight push you slowly into the corner. Push back slowly to upright. Continue for 30 seconds, 3 times a day.



**Face the corner,** feet at shoulder width 12" from the wall, hands at shoulder level, back straight.



**Gently and slowly** let your weight press you into the corner. Then push back with your arm muscles.