Shoulder Isometrics Home Exercise Sheet

Rehabilitation of the shoulder may take an extended period of time. A loss of strength, range of motion, and use is common after an injury or surgery. Your strength, range of motion, and use of the shoulder can be regained. It may become frustrating at times, but you can be successful with hard work, patience, and listening to your body.

When you are exercising on your own at home there are some things to remember....

* Any specific exercise that causes pain, especially sharp knife like pain, is hindering the healing process for your injury and should be modified or discontinued until you notify your therapist.

* Increased swelling after exercise indicates that the exercise may be too difficult or it is not being done correctly. Be sure to ice that area of swelling and use a compression wrap as needed.

* Re-injuries during the rehabilitation process will slow your progress. If you get recurring pain either lower the resistance; lower the number of sets or repetitions; or reduce the range of motion to avoid the area of pain.

* You should experience muscle soreness, dull ache, fatigue, and stretching sensations, but the exercises should not increase the pain or swelling.

* Consult your Physician or Physical Therapist if any problems arise or if you have any questions regarding an exercise. It is better to make sure that you are doing an exercise correctly than to cause further injury by doing an exercise incorrectly.

These exercises are to be done 1 time per day.
Each exercise is to be done for 10 repetitions holding 10 seconds each time.

Ice for 15 minutes after exercise and at the end of the day.
Do not ice before exercising.
Routine For: Program Shoulder
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SHOULDER - 29 Strengthening: Isometric Flexion

Using wall for resistance, press right fist into ball using light pressure. Hold 10 seconds.

Repeat 10 times per set.
Do 1 sets per session.
Do 1 sessions per day.

SHOULDER - 31 Strengthening: Isometric Extension

Using wall for resistance, press back of right arm into ball using light pressure. Hold 10 seconds.

Repeat 10 times per set.
Do 1 sets per session.
Do 1 sessions per day.

SHOULDER - 34 Strengthening: Isometric Adduction

Using body for resistance, gently press right arm into ball using light pressure. Hold 10 seconds.

Repeat 10 times per set.
Do 1 sets per session.
Do 1 sessions per day.

SHOULDER - 36 Strengthening: Isometric External Rotation

Using wall to provide resistance, and keeping right arm at side, press back of hand into ball using light pressure. Hold 10 seconds.

Repeat 10 times per set.
Do 1 sets per session.
Do 1 sessions per day.

SHOULDER - 37 Strengthening: Isometric Internal Rotation


Repeat 10 times per set.
Do 1 sets per session.
Do 1 sessions per day.

SHOULDER - 32 Strengthening: Isometric Abduction

Using wall for resistance, press left arm into ball using light pressure. Hold 10 seconds.

Repeat 10 times per set.
Do 1 sets per session.
Do 1 sessions per day.

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