

Shoulder Class

Kaiser Permanente Fremont Physical Therapy

FIRST AID

- Use a cold or hot pack on your shoulder for 10 to 15 minutes several times each day. Place a thin towel between your skin and the cold or hot pack to prevent a rash or burn.
- Move your arm often, every hour if possible. Do the Level I exercises throughout the day.
- Use medication as prescribed by your doctor.

Sleeping Comfortably

If you sleep on your back, place a pillow under your involved arm and allow your hand to rest on your stomach. If you sleep on your side, sleep on the uninvolved side hugging a pillow across your chest.



Sitting Position

Sit with good posture. Avoid slumping and slouching. Try to keep your shoulders back and down away from your ears.

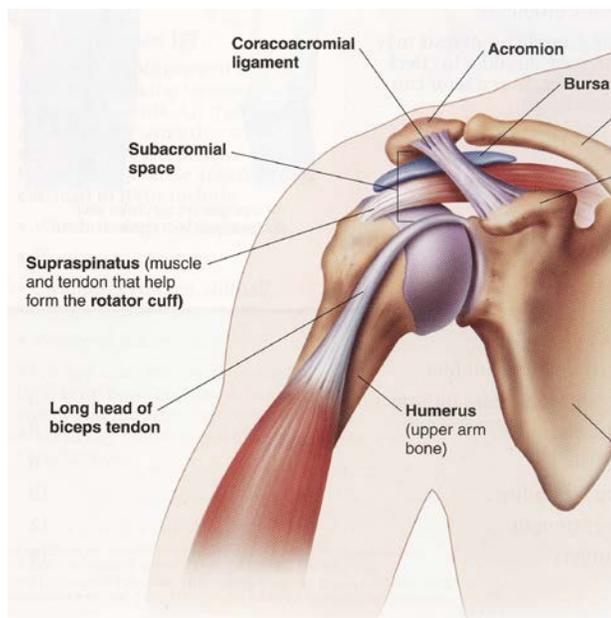


Office Ergonomics:

To learn more about computer set up, go to your physical therapist's home page: [www.kp.org/mydoctor/\(name of Physical therapist or doctor\)](http://www.kp.org/mydoctor/(name of Physical therapist or doctor)) Look for the interactive program: **Smart Moves: Computer and Laptop set up.**



Consult with your physical therapist or doctor if you experience an increase in your symptoms with recommended exercises, or if you develop new symptoms of numbness, tingling, or a spread of the pain. This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor. If you have questions or need more information about your medication, please speak to your pharmacist.



Don't...

- Reach with the palm down.
- Work with arms overhead for more than a few minutes at a time.
- Lift heavy loads.
- Support yourself on the painful shoulder.
- Rest your painful arm on the windowsill when driving.
- Sleep on your painful shoulder.
- Carry your purse, backpack, or other items ~~over~~ **over** shoulder.
- Work at the computer for long periods of time without taking a break.
- Sit with slumped posture

Do...

- Point thumb up when reaching for something.
- Lift and carry items close to your body.
 - Take regular breaks from activities you do over and over again.
- Use a footstool or ladder to reach overhead.
- Sit upright with your back supported when working at the computer or desk.

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LEVEL I Exercises

Pendulums

- ❑ Let your painful or stiff arm hang loosely. Shift your weight from front to back foot allowing your arm to swing back and forth or in a circle
- ❑ Repeat 30-60 seconds, several times per day



Shoulder Blade Squeezes

- ❑ Bring shoulder blades together.
- ❑ Hold for 5 seconds. Work up to 15 seconds
- ❑ 2-3 repetitions, Repeat several times per day



Shoulder rotation

- ❑ Keep your elbows at your sides, thumbs facing up.
- ❑ **Squeeze your shoulder blades** and rotate your shoulders to bring your hands outward.
- ❑ Hold 2-3 seconds. Repeat 10-15 times
- ❑ Repeat several times throughout the day



Shoulder blade press ups

- ❑ Raise your arms to a comfortable position.
- ❑ Press your hands up to the ceiling allowing your shoulder blades to slide forward. Hold 2-3 seconds.
- ❑ Repeat 10-15 times – 3 times per day



Shoulder stretch

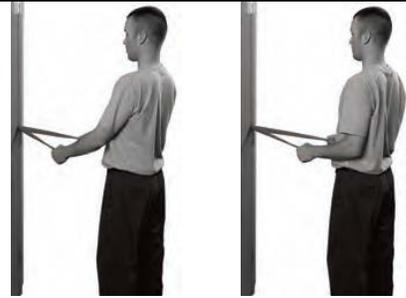
- ❑ Assist using your non painful arm to raise your stiff or painful arm overhead
- ❑ Hold for 10-20 seconds
- ❑ Repeat 2-3 times, 3 times per day



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LEVEL II Exercises (Progress to this level when you can do the exercises pain-free)**Row with band**

- ❑ Place a knot in the middle of an elastic band and place in door.
- ❑ Squeeze your shoulder blades together, and then bring your elbows towards your sides. Do not allow elbows to move behind your sides. Return to start.
- ❑ Repeat 10 times, work up to 2-3 sets of 10 times

**Extension with band**

- ❑ Squeeze your shoulder blades together, bringing your hands towards hips.
- ❑ Do not allow hands to move behind your hips. Return to start.
- ❑ Repeat 10 times, work up to 2-3 sets of 10 times

**External (Outward) Rotation with band**

- ❑ Place a rolled towel between your elbow and your body.
- ❑ Hold one end of the elastic band and rotate your arm, bringing your hand out to the side.
- ❑ Repeat 10 times, work up to 2-3 sets of 10 times

**Scaption**

- ❑ Gently squeeze your shoulder blades together to prepare for exercise.
- ❑ Keep your elbows straight as you raise your arms forward and away from your body, forming a 'Y'. Stop when your arms reach chest level, or sooner if you begin to feel shoulder pain.
- ❑ Repeat 10 times, work up to 2-3 sets of 10 times

**Chest and Shoulder stretch**

- ❑ Stand with your hand and forearm placed on the edge of a door.
- ❑ Step forward with foot on the same side as the arm you are stretching
- ❑ Hold stretch for 20-30 seconds, repeat 2 times

