

“Friendly” vs. “Unfriendly” Shoulder Exercises

(Instructions for Shoulder STRENGTHENING)

- These exercises can be done at home.
- But in most cases it is important to be supervised by a physical therapist (especially after surgery).
- If you desire instruction from a certified physical therapist, ask Dr. Skedros for a therapy prescription.
- **DO EXERCISES EVERY OTHER DAY (3-4 TIMES/WEEK)**
- See attached drawings.

1. Shoulder “Friendly” Exercises: 😊

Short-arc isometric exercise with Therabands (elastic bands) or pulleys

Short arc = 45 degrees

Isometric = hold or sustain the muscle contraction at 45 degrees
(hold contraction for a slow 5-second count)

Exercise in 6 directions is recommended (SEE attached drawings)

Do ten repetitions in each direction; 2 to 3 sessions a day

Exercise every other day (more frequent exercise can exacerbate symptoms)

Important: Hold or sustain the contraction for a slow 5-second count.

After 6 weeks, exercises can be done 2 to 3 times a week to maintain the strength that you have achieved.

It is also OK to do these exercises:

Short arc “lat” pull-downs

Short arc pectoral “butterflies”

2. Shoulder “Unfriendly” Exercises:

Avoid These!

Bench Press

Military Press

Dips (but shallow dips may be OK for some people)

High “lat” pull-downs

Wide pectoral “butterflies”

Push ups

REMEMBER that even though you avoid these exercises a consistent isometric program will still give you very strong pects., deltoids, and biceps.

Do Friendly Exercises *Every Other Day* (Daily shoulder exercises might aggravate pain symptoms).