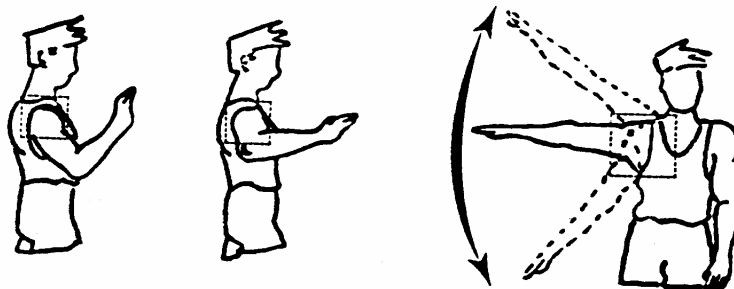


HOME SHOULDER PROGRAM

THE FOLLOWING EXERCISES ARE DESIGNED TO AID IN RE-ESTABLISHING YOUR SHOULDER RANGE OF MOTION, DECREASING THE AMOUNT OF PAIN, AND INCREASING YOUR OVERALL SHOULDER AND ARM STRENGTH. IN ORDER TO GET THE MOST FROM YOUR PRESCRIBED EXERCISE PROGRAM, PLEASE FOLLOW THE PRINCIPLES STATED BELOW:

1. PERFORM YOUR EXERCISE ROUTINE 2-3 TIMES PER DAY AS EXERCISES OF SHORT DURATION PERFORMED MORE FREQUENTLY WILL AID IN FASTER RECOVERY.
2. USE MOIST HEAT (HOT SHOWER, MOIST HEATING PAD) FOR 10-15 MINUTES BEFORE EXERCISING, ESPECIALLY IN THE MORNING.
3. USE SOME TYPE OF ICE ON THE SHOULDER FOR 10 MINUTES AFTER EXERCISE TO HELP PREVENT MUSCLE SORENESS AND INFLAMMATION. ALSO ICE FOR 15-20 MINUTES JUST BEFORE BED TIME MAY AID IN RELIEVING NIGHT TIME PAIN.
4. ALTHOUGH THESE EXERCISES CANNOT BE EXPECTED TO BE ENTIRELY PAIN FREE, THE AMOUNT OF PAIN & SORENESS SHOULD BE YOUR GUIDELINE FOR PROGRESSION. IF ANY ONE EXERCISE OR ALL SHOULDER CAUSE EXTREME DISCOMFORT IN YOUR SHOULDER, EITHER: 1) CUT BACK ON THE AMOUNT OF RESISTANCE USE, 2) DROP BACK ON THE NUMBER OF REPETITION DONE, 3) STOP SHORT OF THE AREA OF PAIN IN THE RANGE OF MOTION OF THAT EXERCISE, OR 4) DELETE THE EXERCISE CAUSING THIS PAIN FROM THE PROGRAM ALTOGETHER. AS YOUR STRENGTH AND RANGE OF MOTION RETURN, THE AMOUNT OF PAIN AND SORENESS WILL DECREASE.
5. USE GOOD BODY MECHANICS TO PREVENT FURTHER SHOULDER PAIN. USE GOOD POSTURE & STAND STRAIGHT WITH SHOULDERS SQUARE. ATTEMPT TO KEEP YOUR HANDS IN FRONT OF YOUR BODY AS MUCH AS POSSIBLE WHEN DOING ACTIVITIES AROUND HOME, AT WORK, OR AT PLAY. LIFT AND CARRY LOADS CLOSE TO THE BODY WITH ELBOWS BENT.
6. WHEN REACHING UPWARDS FOR ANY OBJECT, TRY TO KEEP YOUR ELBOW BELOW YOUR HANDS AND AVOID THE "FLYING ELBOW" POSITION AS SEEN BELOW. ALSO AVOID ACTIVITIES WHICH PLACE THE ARM & ELBOW IN THIS POSITION SUCH AS POLISHING YOUR CAR, LONG DISTANCE DRIVING WITH ARM HELD UP, WASING WINDOWS, TALKING ON THE TELEPHONE, OR READING FOR LONG PERIODS WITH ARM UP. ALSO, AVOID PROPPING THE BODY ON YOUR ARMS WHEN LOUNGING IN FRONT OF THE TELEVISION.



7. ATTEMPT TO USE YOUR BODY MORE IN ACTIVITIES OF DAILY LIVING – IN ORDER TO AVOID STRAIN TO YOUR SHOULDER, BEND YOUR ELBOW AND TAKE A STEP FORWARD WHEN REACHING FOR AN OBJECT.
8. IF YOU ARE CONFUSED WITH THE EXERCISE PROGRAM OR ARE HAVING AN EXTREME PROBLEM WITH PAIN, SWELLING, OR LACK OF PROGRESS THEN PLEASE CALL US AT THE NUMBER LISTED ABOVE.