

SHOULDER:

Strengthening Exercises

This handout illustrates some **strengthening exercises** for the shoulder. They should be performed within your comfort zone unless otherwise instructed. Similar to your stretching program, the strengthening exercises should not cause significant pain. Fatigue and some soreness after the workout are acceptable, but if you have significant pain with these exercises, another period of rest and possibly a different course of treatment should be considered.

This handout and these exercises are only a general template and should be supplemented by the physical therapy program prescribed by your doctor. If at any time you are uncertain about what to do, or you have new or increasing pain, please consult your physician or physical therapist.

Scapular Stabilization Exercises

The scapula (aka “shoulder blade”) is the origin of the shoulder joint. When the shoulder is injured, the muscles that control your scapula and some of your normal shoulder motion can malfunction. As a result, strengthening the muscles around the scapula is essential for rehabilitating your shoulder.

Start by doing a simple **shoulder abduction** (hold your arm out to the side) while watching your shoulder in a mirror. Concentrate on watching your shoulder as you move and try to keep your scapula pressed down. This may feel like less shoulder motion than before, but this is the normal way that the shoulder works.

