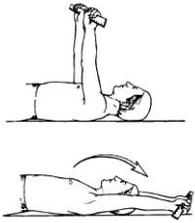
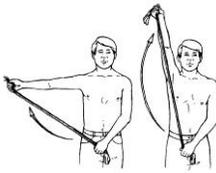


# Shoulder Impingement—Phase II

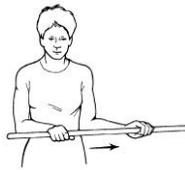
Complete \_\_ sets of \_\_ repetitions \_\_ times a day



\* In standing or laying down, hold wand in both hands  
\* Use uninvolved arm to help raise involved arm over head as shown



\* In standing or laying down, hold wand in both hands  
\* Use uninvolved arm to help raise involved arm up away from side through available range



\* In standing or laying down, hold wand in both hands  
\* Rotate involved arm away from body, pushing with cane as needed with the uninvolved arm



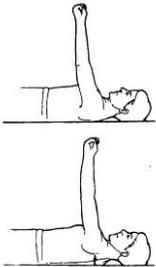
\* Pull down with uninvolved arm to raise involved arm forward above head



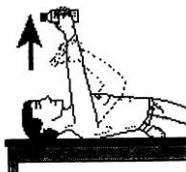
\* Pull down with uninvolved arm to raise involved arm up away from side through available range



\* Pull down with uninvolved arm to raise involved arm behind back



\* Lie on back, arm straight and extended  
\* Move arm up toward ceiling, keeping elbow straight, lifting shoulder blades off table



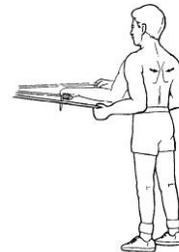
\* When you can lift your arm over your head under your own power, do the same exercise with an 8 oz. can  
\* Then try a 1 pound weight



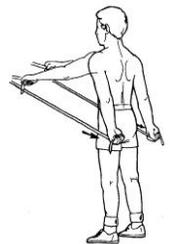
\* When these exercises become easy to perform, raise the bed up 20 degrees  
\* Perform raises with assist, then under own power, then add weight as able



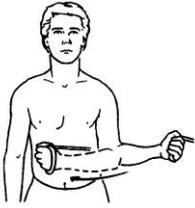
\* Continue to raise bed by 20 degree increments until standing  
\* Perform raises with assist, then under own power, then add weight as able



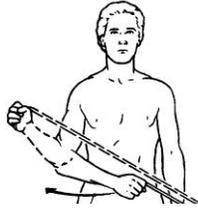
\* Attach band to secure object  
\* With elbows by your side, pull band back  
\* Squeeze shoulder blades together



\* Attach elastic to secure object  
\* Arms at side fully extended  
\* Pull hands backward, keeping elbows straight



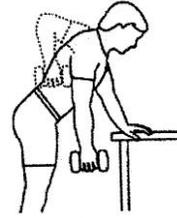
\* Secure elastic at waist level  
 \* Hold elbow at 90 degrees, arm at side  
 \* Pull hand across body as shown



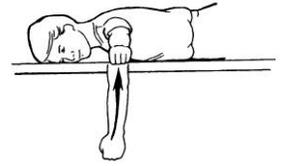
\* Secure elastic at waist level  
 \* Hold elbow at 90 degrees, arm at side  
 \* Pull hand away from body as shown



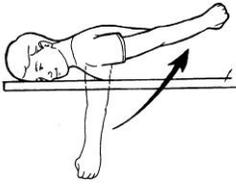
\* Sitting in chair, place hands on chair arms and extend elbows  
 \* Push hands down on chair arms and lift body upward  
 \* Lower body and repeat, keeping elbows straight



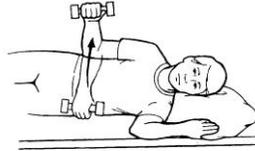
\* Slightly bend hips and knees and support upper body with other arm  
 \* Lift arm up, raising elbow to shoulder height



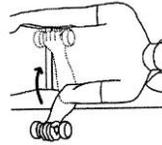
\* Lie face down, arm down and thumb forward  
 \* Raise arm and hand to shoulder height, keeping elbows straight and squeezing shoulder blades together



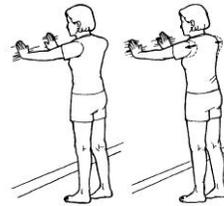
\* Lie face down, arm down and thumb forward  
 \* Raise arm and hand straight behind you until arm is in line with your body



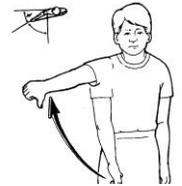
\* Lie on side, involved side up  
 \* Arm at side, elbow bent, with or without weight  
 \* Move hand up as shown



\* Lie on involved side, elbow bent at 90 degrees, arm at side  
 \* With or without weight, pull hand inward across body as shown



\* Facing a wall in standing, place palms on wall, fingers pointing upward  
 \* Lean slowly into wall, bending elbows  
 \* Push slowly back until elbows are straight again



\* Hold arm out from side, thumb up, at 45 degrees as shown  
 \* Raise arm to shoulder level



\* Start with arm at side, elbows straight, thumb up  
 \* Raise arm up to shoulder height, and if instructed, overhead, as shown