

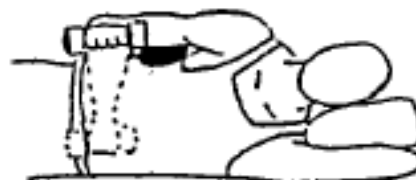
Shoulder Pain

Shoulder exercises: Choose 2 from the column on the right and 2 from the column on the left (skip any that cause pain):



1. Shoulder Blade Punch:

Attempt to push arms straight up towards ceiling while keeping back against floor and elbows straight. Repeat 15-30 times. Do 3 sets. Use weights (water bottles are a good option).



2. External Rotation:

Lying on uninvolved side, place towel roll between upper arm and rib cage. Keep elbow bent to 90 degrees and tucked to side. Rotate arm upwards until horizontal.



3. Scapular Squeezes:

Slowly pinch shoulder blades down and back. Hold 3 seconds. Repeat 10 times. Do 3 sets.



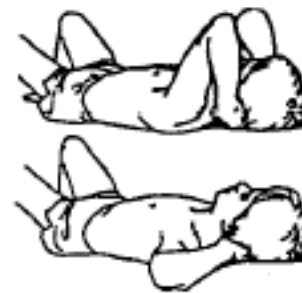
4. Shoulder Scaption:

Hold weight with thumb pointing up at a 30 degree angle from forward. Lift arm to just below shoulder height (or lower if raising the arm higher causes pain). Use weights (water bottles are a good option). Do 3 sets of 10-15 repetitions.



5. Chair Push-Ups:

Seated in a chair with arms at side, slowly lift body weight off chair, keeping back straight. Repeat 10-15 times. Do 3 sets.



6. Retraction in External Rotation:

With fingers clasped behind head, pull elbows back while pinching shoulder blades together. Repeat 10-15 times. Do 3 sets.

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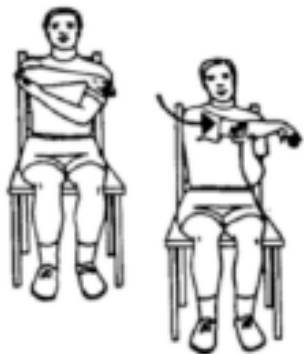
Shoulder stretches: Choose 2 (skip any that cause pain):



1. **Horizontal Shoulder Doorway Stretch:** Stand in front of doorway. Hands on doorframe at shoulder height. Tighten abdominal muscles keeping back straight. Step out and lean body forward, bending at ankles. Feel stretch in front of shoulders/chest. Hold 15-30 seconds. Repeat 2 times.



2. **Medial Rotator/Horizontal Adductor Stretch:** Stand in doorway. Bring arm to shoulder height, elbow bent to 90 degrees and forearm on doorframe. Tighten abdominal muscles, keeping back straight. Move trunk forward, bending at hips. Feel stretch in front of shoulder/chest. Hold 15-30 seconds. Repeat 2 times, each side.



3. **Horizontal Shoulder Stretch:** Hold onto elbow at shoulder height with opposite hand. Pull arm across chest. Keep trunk still. Feel stretch in back and side of shoulder. Hold 15-30 seconds. Repeat 2 times, each side.



4. **Inferior Capsule Stretch:** Gently pull elbow over head until a stretch is felt. Hold 15-30 seconds. Repeat 2 times, each side.

Disclaimer: The following resources have been made available to you by the 25th ID. Please use extreme caution when performing exercises as the potential for increased pain, bodily injury, or even death does exist. If in doubt, please seek further medical attention to avoid any problems. These resources are only guides and are not a prescription of any kind.