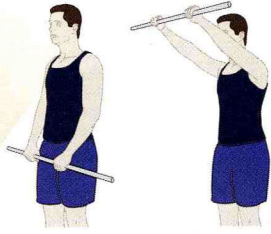


### Overhead Raise



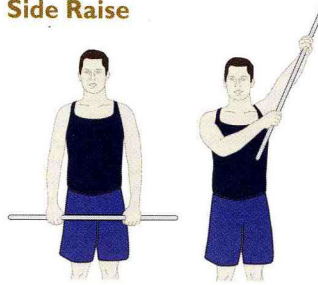
#### Repetitions

You should feel this exercise mostly in the front of your shoulder.

Use a yardstick, mop handle, or cane as your tool. Hold the stick with hands shoulder-distance apart, palms down. Raise the stick as high over your head as possible. Hold it for 3 to 5 seconds. Slowly lower your arms to the starting position. Repeat.

**Do:** Stand tall, keeping your shoulders back and down. Keep your arms straight and go through the motion slowly and smoothly.  
**Do not:** Lock your elbows or your knees. Do not raise your arms so high that you cannot see the stick. Do not arch your back when you raise your arms.

### Side Raise



#### Repetitions

You should feel this exercise mostly in the top of your shoulder.

Hold a stick with hands placed wide, palms down. Use one arm to push the stick and other arm out to the side and up as high as possible. Hold for 3 to 5 seconds. Slowly lower your arms to the starting position. Repeat and switch sides.

**Do:** Stand tall, keeping your shoulders back and down.  
**Do not:** Lock your elbows or your knees. Do not use momentum to swing your arm up and down.

### Internal Rotation



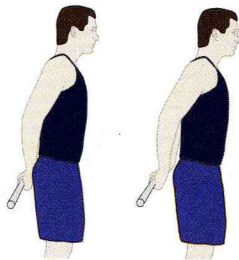
#### Repetitions

You should feel this exercise in the front of your shoulder in the arm that is down.

Hold a stick long-ways behind your back with one hand. Your elbow should be pointing up, your hand behind your head. With your other hand, grab the bottom of the stick behind you at your waist. Straighten your overhead arm and let your lower arm slide up as far as possible. Hold for 3 to 5 seconds. Slowly return to the starting position. Repeat and switch sides.

**Do:** Keep your overhead elbow close to your head, pointing forward, not out to the side.  
**Do not:** Let the stick slide through your hands. Do not arch your back.

### Back Raise



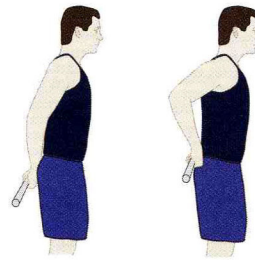
#### Repetitions

You should feel this exercise in the front and back of your shoulder, your upper back and the back of your upper arm.

Hold a stick behind you with hands shoulder-distance apart, palms up. Raise the stick as high as possible. Hold for 3 to 5 seconds. Slowly lower your arms to the starting position. Repeat.

**Do:** Stand tall, keeping your shoulders back and down. Keep your arms straight and go through the motion slowly and smoothly.  
**Do not:** Lock your elbows or your knees. Do not arch your back.

### Reverse Pull Up



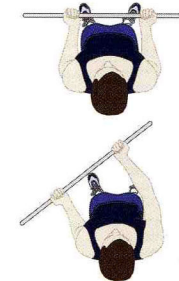
#### Repetitions

You should feel this exercise in the back of your shoulders, back of your upper arms, and upper back.

Hold a stick behind you with hands shoulder-distance apart, palms up. Bend your elbows and slide the stick up your back as high as possible. Hold for 3 to 5 seconds. Slowly lower your arms to the starting position. Repeat.

**Do:** Stand tall, keeping your shoulders back and down.  
**Do not:** Bend forward from your waist when you lift your arms.

### External Rotation



#### Repetitions

You should feel this exercise at the back of your shoulder and back of your upper arm.

Lie on your back and hold a stick in both hands, palms up. Press your elbows into the floor and bend your arms at a 90 degree angle. Raise one arm and use the stick to push your other arm away from your body, toward the floor. Hold for 3 to 5 seconds. Slowly return to the starting position. Repeat and switch sides.

**Do:** Keep the elbow of the arm being pushed close to your side.  
**Do not:** Let the hand being pushed down come toward your shoulder.

## Stretching Exercises

### Pendulum



#### Repetitions

You should feel this active stretch in the front, middle, and back of your shoulder.

Lean forward and place your forearm on a table for support. Let your other arm hang down at your side. Slowly begin to move it in a circle, then reverse the direction. Next, gently swing your arm backward and forward. Last, move it side to side.

**Do:** Move smoothly through the motion.

**Do not:** Round your back or lock your knees.

### Corner Stretch



#### Repetitions

You should feel this stretch in the front of your shoulder, your chest, and upper back.

Stand in a corner or doorway with both hands on the wall above your head. Slowly lean forward. Stop when you feel a stretch in the front of your shoulder. Hold for 30 seconds. Repeat.

**Do:** Keep your chest open and press your shoulder blades together.

**Do not:** Bring your stomach forward or arch your back.



## How do I start exercising?

Your doctor or physical therapist will tell you which exercises are right for you.

**Start slowly.** Building muscle strength takes time. As you get stronger, *gradually* increase the number of exercise repetitions or add weight to an exercise.

**Do not ignore pain.** You should not feel serious pain during an exercise. You might feel discomfort because you are challenging your muscles, but not pain. If an exercise hurts, stop the exercise.

**Do not overdo it.** You should not feel serious pain after exercise. It is typical to feel stiff or a bit sore the day after you exercise. If you feel so sore that it is difficult to move, then you have overdone your exercise. Rest is the best thing for your sore muscles.

**Ask questions.** Talk to your doctor or therapist if you have any pain or are unsure of how to do an exercise, or how often to do it.

## Notes

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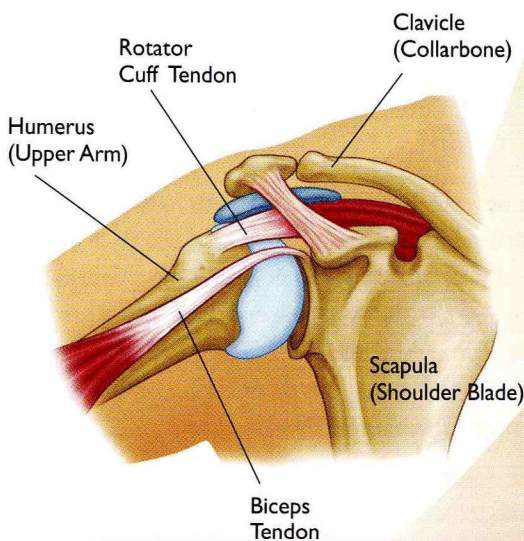
## If my shoulder hurts, why exercise?

Having strong, flexible muscles is the best way to relieve pain and prevent further injury.

**Strength.** Strengthening the muscles that support your shoulder will help keep your shoulder joint stable.

Your rotator cuff holds your upper arm bone tight in your shoulder socket. It is especially important in helping your shoulder move. Muscles in your upper arm and upper back also support your shoulder. Keeping these muscles strong can relieve shoulder pain and prevent further injury.

**Flexibility.** Stretching the muscles that you strengthen is an important part of preventing injury. Strengthening exercises build muscle to help support the joint, but can also tighten the muscles. Tight muscles are more prone to injury. Gentle stretching after exercise reduces muscle soreness and will keep your muscles long and flexible.



## For more information

For more information about your shoulder, visit *Your Orthopaedic Connection* online at [www.orthoinfo.org](http://www.orthoinfo.org). *Your Orthopaedic Connection* online is a trusted source of information about musculoskeletal conditions and injuries. Our articles are developed by orthopaedic surgeons. They provide detailed information — from symptoms to treatment options — about a range of diseases and injuries.

Your orthopaedist is a medical doctor with extensive training in the diagnosis and nonsurgical and surgical treatment of the musculoskeletal system, including bones, joints, ligaments, tendons, muscles, and nerves.

This brochure has been prepared by the American Academy of Orthopaedic Surgeons and is intended to contain current information on the subject from recognized authorities. However, it does not represent official policy of the Academy and its text should not be construed as excluding other acceptable viewpoints.

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