

Shoulder

Health

Shoulder Facts:

- Shoulder pain is a common complaint, with a lifetime prevalence of up to 70%.
- Recurrence rates are high, with 40-50% of individuals reporting pain or recurrence at 12-months post rehabilitation.
- Rotator cuff disorders are the most common causes of shoulder pain.
- The rotator cuff stabilizes the ball of the humerus in the shoulder socket.
- The rotator cuff is made up of four muscles:
 - Supraspinatus: arm abduction
 - Infraspinatus: external rotation
 - Teres Minor: external rotation
 - Subscapularis: internal rotation

KNOW YOUR LIMITATIONS – If you are unsure of your ability to perform an exercise please avoid that exercise for the time being. As always, if you have questions Gerofit staff members are here to help.

Internal Rotation with Elastic Band

- Anchor an elastic band at a height above your waist, approximately mid abdomen. Hold the elastic band at your side with your elbow bent at 90 degrees, start with your hand away from your stomach, then pull the band towards your stomach. Keep your elbow near your side the entire time. Return to the starting position in a controlled manner. A rolled up towel may be helpful to keep your elbow locked by your side.



External Rotation with Elastic Band

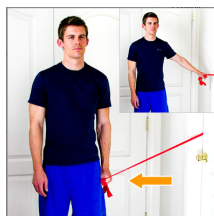
- Anchor an elastic band at a height above your waist, approximately mid abdomen. While holding an elastic band at your side with your elbow bent at 90 degrees, start with your hand near your stomach and then pull the band away from your stomach. Keep your elbow at your side the entire time. Return to the starting position in a controlled manner. A rolled up towel may be helpful to keep your elbow locked by your side.



Target: 2-3 sets of 10-15 repetitions performed in the pain free range of motion

Shoulder Adduction with Elastic Band

- Anchor an elastic band at a height above your waist. Hold the elastic band with your arm extended and your elbow locked. Hold the elastic band away from your side and pull the band toward the hip and squeeze the arm into the body.



Shoulder Abduction with Elastic Band

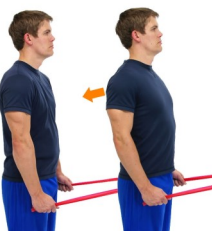
- Anchor an elastic band at a height below your waist. Hold the elastic band with your arm extended and your elbow locked. While holding the elastic band at your side, draw up your arm to the side keeping your elbow straight.



Target: 2-3 sets of 10-15 repetitions performed in the pain free range of motion

Scapular Retraction with Elastic Band

- Anchor an elastic band at approximately waist height. Hold the elastic band with both hands. With good posture, pull the band backwards and squeeze your shoulder blades together for 3 seconds.



Target: 2-3 sets of 10-15 repetitions performed in the pain free range of motion

****Advanced**** Scapular Retraction and External Rotation with Elastic Band

- Anchor and elastic band at approximately shoulder height. Start by holding the elastic band in one hand and pulling your arm back so that your upper arm is parallel to the floor and your elbow is bent to 90 degrees. Focus on squeezing your should blade. Next, roll your shoulder back by bringing your forearm up. Maintain your shoulder blade in a retracted position. Return to the starting position by rolling your forearm forward and then bringing your arm back to the starting position.



Target: 2-3 sets of 8-12 repetitions performed in the pain free range of motion