

RTSA - Phase 1

SHOULDER - 26

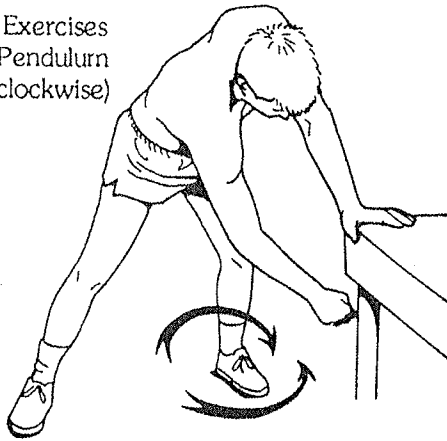
Range of Motion Exercises
(Codman's Exercises): Pendulum
(Clockwise/counterclockwise)

Let arm move in a circle clockwise, then counterclockwise by rocking body weight in a circular pattern.

Repeat _____ times.

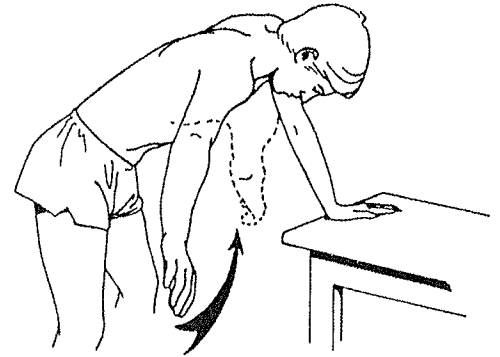
Do _____ sessions per day.

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RTSA - Phase 1

SHOULDER - 28 Range of Motion Exercises
(Codman's Exercises): Crosses
(horizontal abduction/adduction)



Supporting body weight with other hand, reach across body as far as you can, then pull back.

Repeat _____ times. Do _____ sessions per day.

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SHOULDER - 25

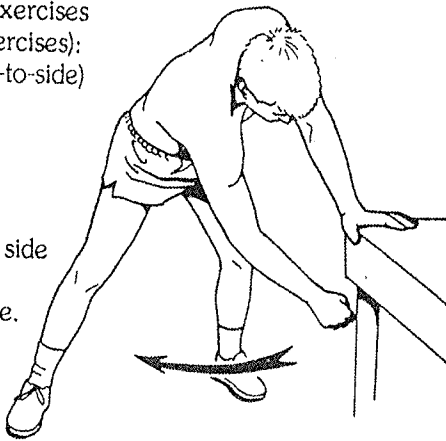
Range of Motion Exercises
(Codman's Exercises):
Pendulum (side-to-side)

Gently move arm from side to side by rocking body weight from side to side. Let arm swing freely.

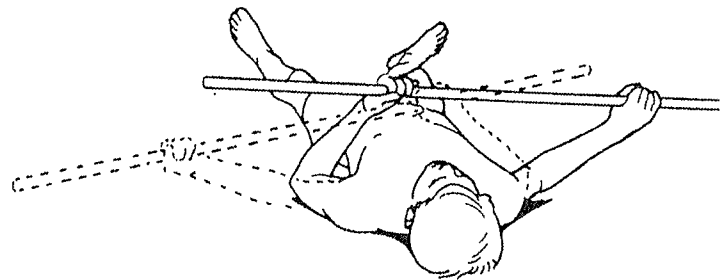
Repeat _____ times.

Do _____ sessions per day.

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SHOULDER - 3 Range of Motion Exercises
(Wand activities): External/Internal Rotation



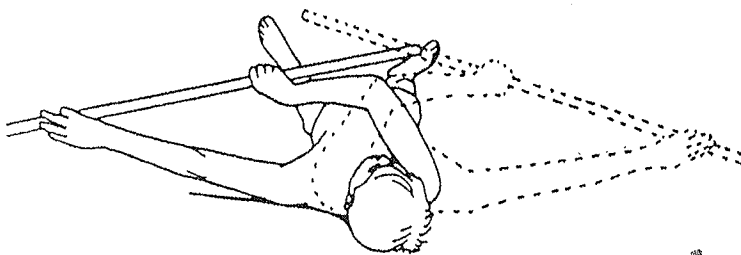
Hold wand with involved side palm up, push with uninvolved side (palm down) out from body while keeping elbow at side until you feel a stretch. Then pull back across body leading with uninvolved side. Be sure to keep elbows bent.

Hold _____ seconds. Repeat _____ times.

Do _____ sessions per day.

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(Wand activities): Horizontal abduction/adduction



Keeping both palms down, push wand across body with uninvolved side. Then pull back across body, keeping arms parallel to floor. Do not allow your trunk to twist.

Hold _____ seconds. Repeat _____ times.

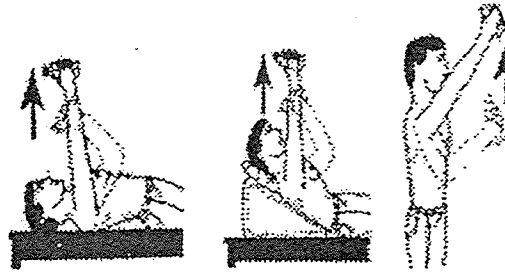
Do _____ sessions per day.

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Note: Flexion in supine position from 0-90° is against gravity but, flexion above 90° then becomes gravity assisted. This exercise can be carried out at the beginning with the elbow flexed and then gradually increasing the lever arm by extending the elbow.

Progression of Flexion:

By the end of this stage (see timeline above depending on tear size), patients should be able to actively raise the arm against gravity in standing. If unable, continue with flexion in supine, then progress to a 45° semi-reclined ('lawn chair') position and then finally to standing. If the patient has poor technique when progressing from supine to 45° semi-reclined, an alternative exercise is side-lying shoulder flexion. If this substitution is necessary, the 45° semi-reclined progressions should be reinstated once the patient is proficient with the side-lying flexion exercise.



RTSA Phase 1

RTSA
Phase 1

RTSA wraps

SHOULDER - 31 Strengthening Activities
Isometric Extension

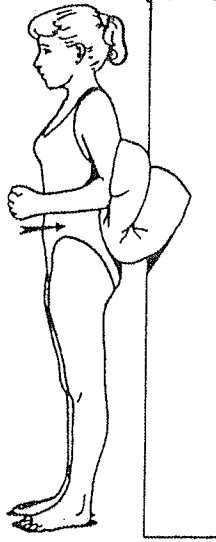
Using wall to provide resistance, press back of arm into pillow using **light moderate maximal** pressure.

Hold ____ seconds.

Repeat ____ times.

Do ____ sessions per day.

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RTSA - Phase 2

SHOULDER - 29 Strengthening Activities
Isometric Flexion

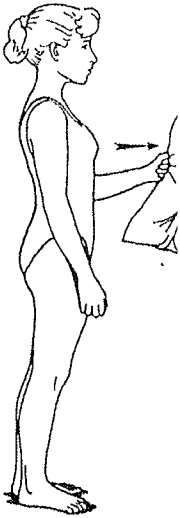
Using wall to provide resistance, press fist into pillow as shown, using **light moderate maximal** pressure.

Hold ____ seconds.

Repeat ____ times.

Do ____ sessions per day.

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RTSA - Phase 2

SHOULDER - 32 Strengthening Activities
Isometric Abduction

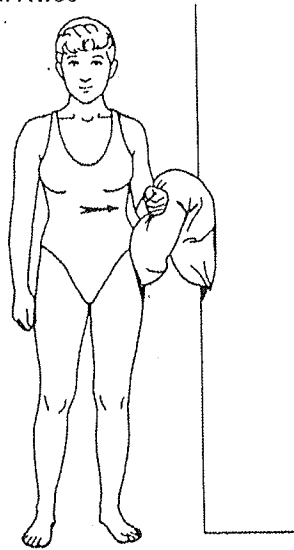
Using wall to provide resistance, press into pillow with arm as shown, using **light moderate maximal** pressure.

Hold ____ seconds.

Repeat ____ times.

Do ____ sessions per day.

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SHOULDER - 34 Strengthening Activities
Isometric Adduction

Gently squeeze pillow using **light moderate maximal** resistance.

Hold ____ seconds.

Repeat ____ times.

Do ____ sessions per day.

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SHOULDER - 36
Strengthening Activities
Isometric External Rotation

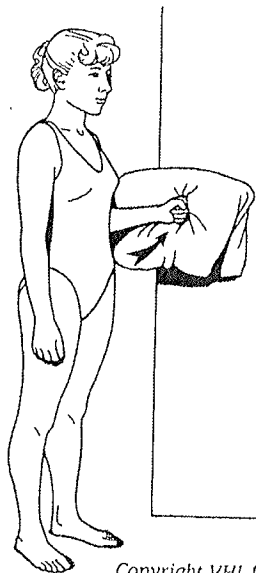
Keeping arm tucked in at side, press back of hand into wall using **light moderate maximal** pressure.

Hold ____ seconds.

Repeat ____ times.

Do ____ sessions per day.

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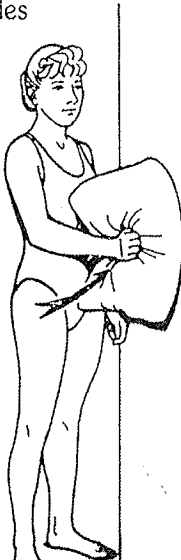
SHOULDER - 37 Strengthening Activities
Isometric Internal Rotation

Using door frame to provide resistance, press palm of hand into door frame as shown using **light moderate maximal** resistance. Be sure to keep elbow in at your side.

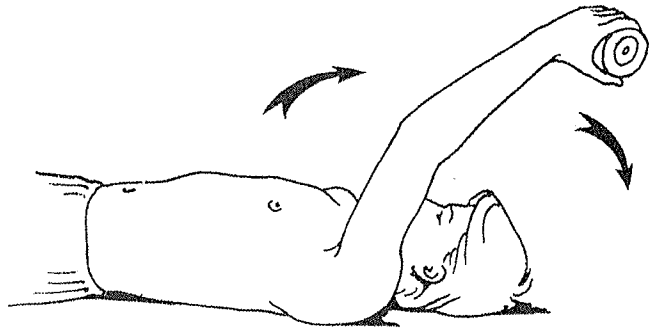
Hold ____ seconds.

Repeat ____ times.

Do ____ sessions per day.



SHOULDER - 63 Progressive Resistive Exercises
Flexion (Supine)



Raise arms from sides and lower toward floor above head. Go as far as possible without pain.

Repeat _____ times with _____ pounds.
Do _____ sessions per day.

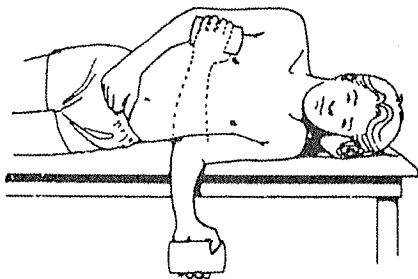
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RTSA

Phase 3

RTSA Phase 3

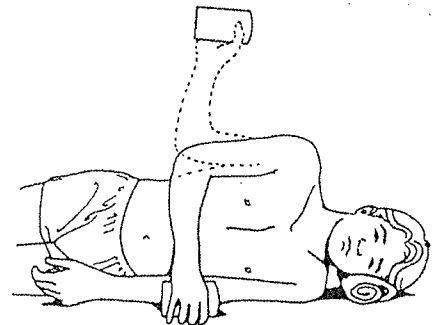
SHOULDER - 69
Progressive Resistive Exercises
Internal Rotation (sidelying)



Bring arm up toward body keeping elbow bent and in at side.
Repeat _____ times with _____ pounds.
Do _____ sessions per day.

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SHOULDER - 68
Progressive Resistive Exercises
External Rotation (sidelying)



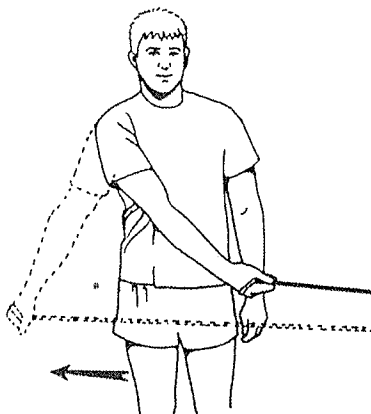
Raise arm up toward ceiling. Keep elbow bent and in at side.
Repeat _____ times with _____ pounds.
Do _____ sessions per day.

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SHOULDER - 42 Strengthening Activities
Active Resistive Abduction

Using tubing, start with arm across body and pull away from side. Move through pain free range of motion.

Repeat _____ times.
Do _____ sessions per day.

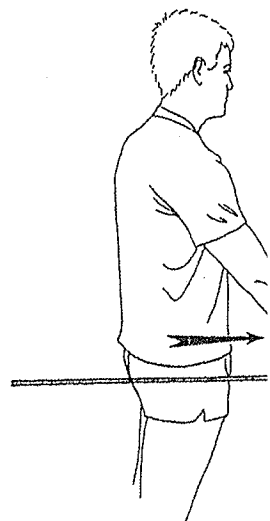


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SHOULDER - 41
Strengthening Activities
Active Resistive Diagonal

Using tubing, start with arm at side and pull forward and upward. Move shoulder through pain free range of motion.

Repeat _____ times.
Do _____ sessions per day.



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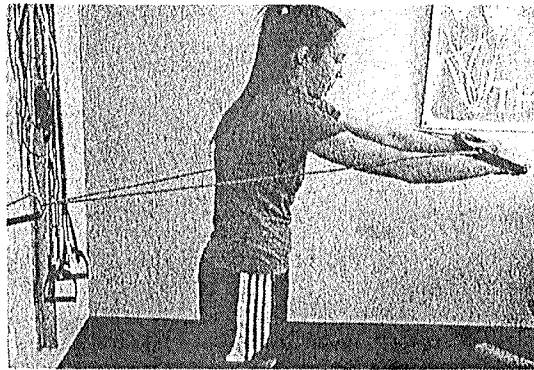
Ball stabilization on Wall

Holding ball against the wall with a straight arm, use shoulder muscles to stabilize your body against the ball.

Hold for _____ seconds.

Repeat _____ times.

Do _____ sessions a day.



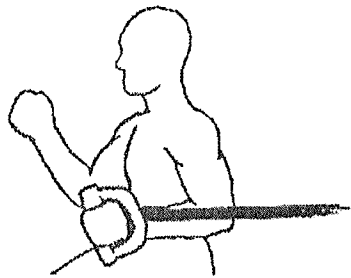
Dynamic Hug

With resistance band behind you, extend arms forward and bring hands towards each other.

Hold for _____ seconds.

Repeat _____ times.

Do _____ sessions a day.



Forward Punch

With resistance band behind you, extend arms forward until straight.

Hold for _____ seconds.

Repeat _____ times.

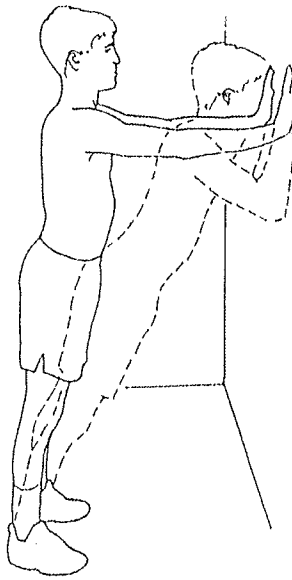
Do _____ sessions a day.

Phase 3

CLOSED CHAIN - 58

Upper Extremity:
Wall Push-Ups

With feet and hands
shoulder width apart,
lean into wall, then
push away from wall.



Repeat _____ Reps
for _____ Minutes.
Do _____ Sessions per Day.

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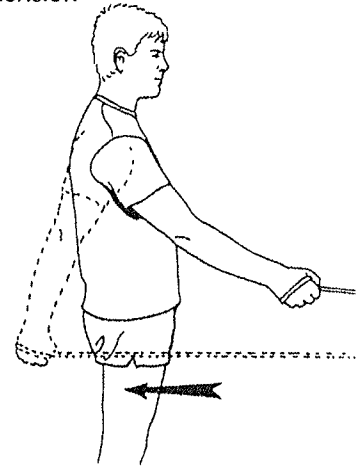
Progress: Wall → bench → floor

RTSA: Phase # 3

SHOULDER - 45 Strengthening Activities
Active Resistive Extension

Using tubing, pull arm
back. Be sure to keep
elbow straight.

Repeat _____ times.
Do _____ sessions per day.



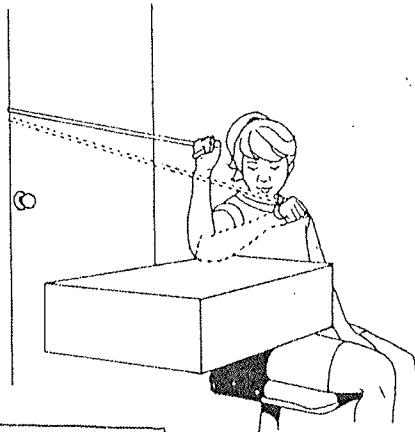
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RTSA Phase 3

SHOULDER - 79

Internal Rotation in 90 degrees of Abduction

Pull tubing away from
door, keeping elbow bent
at a right angle.



Do _____ repetitions/set.
Do _____ sets/session.
Do _____ sessions/day.

Progress:

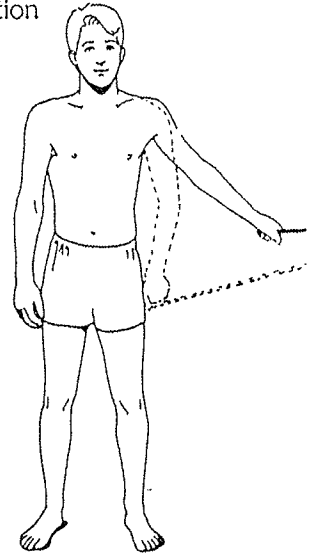
Start at 30° abduction
↓
45° abduction
↓
90° abduction

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SHOULDER - 46 Strengthening Activities
Active Resistive Adduction

Using tubing, pull arm in
toward buttock. Do not
twist or rotate trunk.

Repeat _____ times.
Do _____ sessions per day.

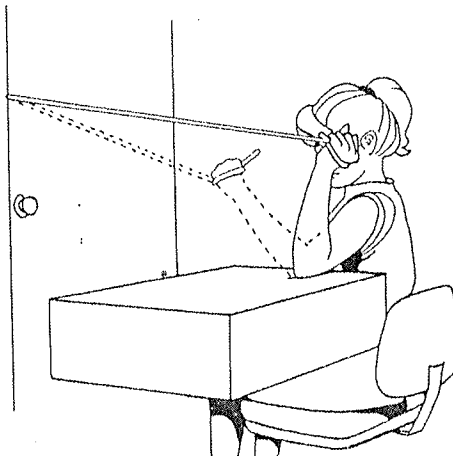


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SHOULDER - 78

External Rotation in 90 degrees of Abduction

Pull tubing away from
door, keeping elbow
bent at a right angle.



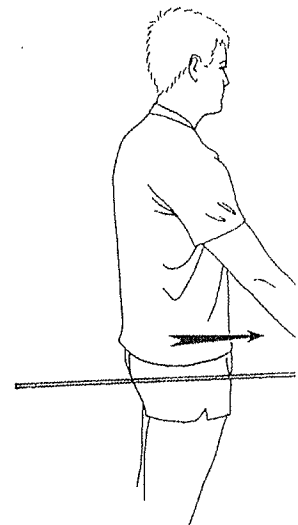
Do _____ repetitions/set.
Do _____ sets/session.
Do _____ sessions/day.

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SHOULDER - 41
Strengthening Activities
Active Resistive Diagonal

Using tubing,
start with arm at side
and pull forward and upward.
Move shoulder through
pain free range of motion.

Repeat _____ times.
Do _____ sessions per day.



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Phase 3

SHOULDER - 57

Scapular Exercises

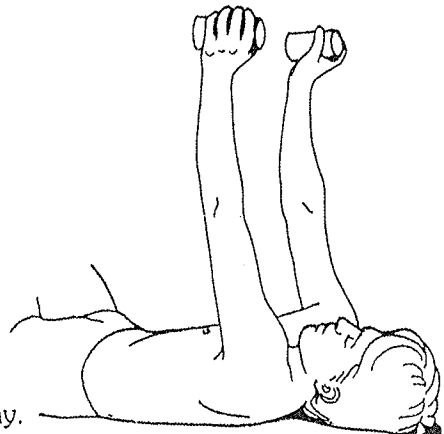
Protraction in 90 degrees of flexion

Attempt to push arms
straight up to ceiling
with _____lbs. while
keeping back against
floor and elbows
straight.

Hold _____seconds.

Repeat _____times.

Do _____sessions per day.



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RTSA Phase 4

GRAND RIVER PHYSIOTHERAPY

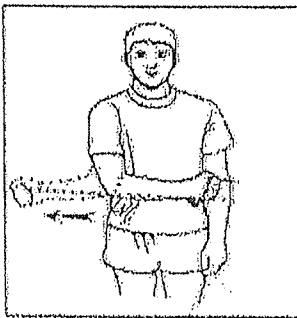
Frances Harrington Physiotherapy Professional Corporation

39 GRAND AVENUE NORTH

CAMBRIDGE, ONTARIO N1S 2K7

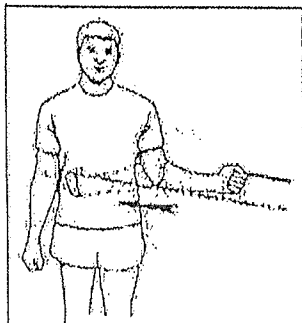
TELEPHONE: (519) 621-3265 FAX: (519) 621-9547

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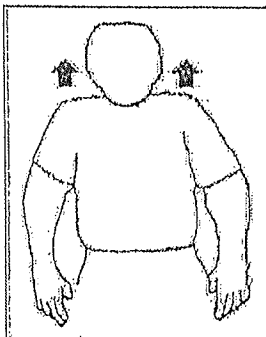
External Rotation

Attach the Theraband at waist level to a door jamb. While standing sideways to the door and looking straight ahead grab one end of the band and pull all the way until it is taut. Your elbow is placed next to your side with your hand as close to your chest as possible. Taking the band in the operated arm, move the arm away from the body as far as comfortable.



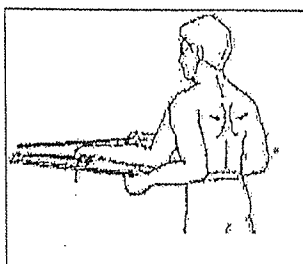
Internal Rotation.

Attach the Theraband at waist level in a door jamb. While standing sideways to the door and looking straight ahead grasp one end of the band and pull until it is taut. Your elbow is placed next to your side and flexed at 90 degrees. Taking the band in the operated arm, move the hand toward the chest as far as comfortable.



Shoulder Shrug.

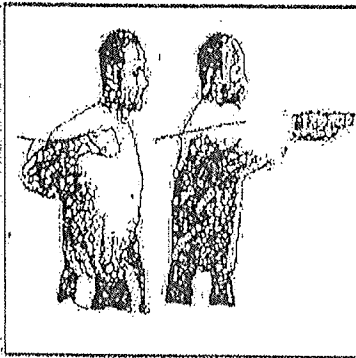
Stand on the Theraband with your feet at shoulder width apart and look straight ahead. Stand up straight with knees slightly flexed and arms at your sides (palms facing in). Grab the ends of the bands in your hands and slowly raise the shoulders in a shrug, then rotate the shoulders backward in a circular motion. Return the initial position. Constant tension should be kept in the cord throughout the exercise.



Seated/Standing Row.

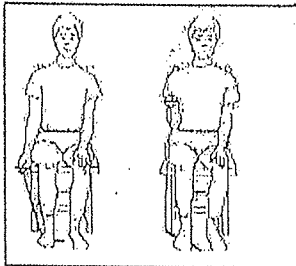
Attach the Theraband to a door jamb. Sit and face the door. Use a wide flat-footed stance and keep your back straight. Begin with your arms slightly flexed, hands together at waist level in front of your body, thumbs pointing up and with the cord taut. Pull the cord toward your chest until your hands touch the lower ribs.

RTSA Phase 4



Standing forward punch.

Attach the Theraband at waist level to a door jamb. Facing away from the door, stand in a boxing position with one leg ahead of the other. Stand up straight, do not bend at the waist. If the right shoulder is the operated shoulder, grab with your right hand and have your left foot forward. Begin with your arm at waist level and bend your elbow 90°. Slowly punch forward in an upward punching motion. The hand should reach approximately neck level with the operated arm almost straight.



Biceps Curls.

Place your feet on the Theraband, shoulder width apart, knees slightly bent. Keeping your elbows close to your body, slowly bend the arm at the elbow and curl towards the shoulder.