



CARE INSTRUCTIONS

KAISER PERMANENTE

Shoulder Arthritis: Exercises

Your Kaiser Permanente Care Instructions

Here are some examples of typical rehabilitation exercises for your condition. Start each exercise slowly. Ease off the exercise if you start to have pain.

Your doctor or physical therapist will tell you when you can start these exercises and which ones will work best for you.

How to do the exercises

Shoulder flexion (lying down)



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Note: To make a wand for this exercise, use a piece of PVC pipe or a broom handle with the broom removed. Make the wand about a foot wider than your shoulders.

1. Lie on your back, holding a wand with both hands. Your palms should face down as you hold the wand.
2. Keep your elbows straight, and slowly raise your arms over your head until you feel a stretch in your shoulders, upper back, and chest.

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3. Hold for 15 to 30 seconds.
4. Repeat 2 to 4 times.

Shoulder rotation (lying down)



Note: To make a wand for this exercise, use a piece of PVC pipe or a broom handle with the broom removed. Make the wand about a foot wider than your shoulders.

1. Lie on your back and hold a wand with both hands with your elbows bent and palms up.
2. Keeping your elbows close to your body, move the wand across your body toward the arm that has pain.
3. Hold for 8 to 12 seconds.
4. Repeat 2 to 4 times.

Shoulder internal rotation with towel



1. Hold a towel above and behind your head with the arm that is not sore.

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2. With your painful arm, reach behind your back and grasp the towel.
3. With the arm above your head, pull the towel upward until you feel a stretch on the front and outside of your painful shoulder.
4. Hold 15 to 30 seconds.
5. Repeat 2 to 4 times.

Shoulder blade squeeze



1. While standing with your arms at your sides, squeeze your shoulder blades together. Do not raise your shoulders up as you are squeezing.
2. Hold 6 seconds.
3. Repeat 8 to 12 times.

Resisted rows

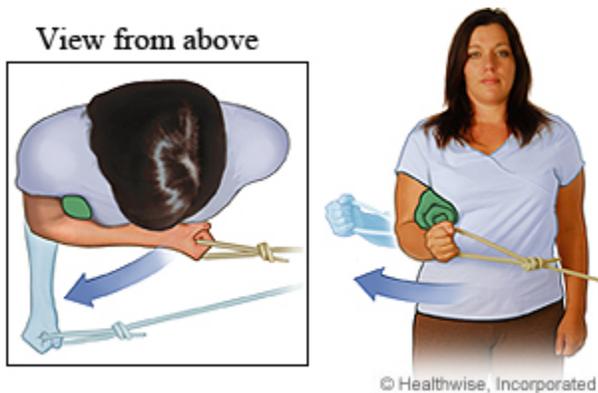


Note: For this exercise, you will need elastic exercise material, such as surgical tubing or Thera-band.

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1. Put the band around a solid object, such as a bedpost, at about waist level. Each hand should hold an end of the band.
2. With your elbows at your sides and bent to 90 degrees, pull the band back to move your shoulder blades toward each other. Return to the starting position.
3. Repeat 8 to 12 times.

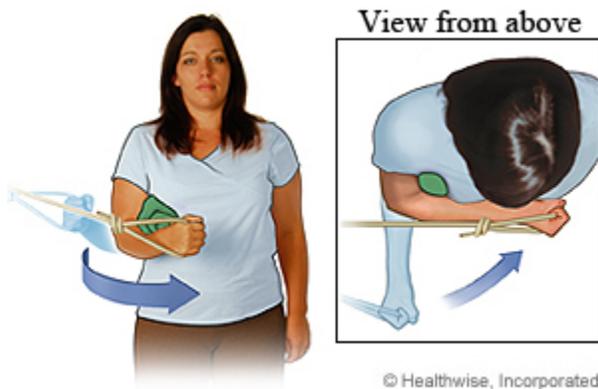
External rotator strengthening exercise



1. Begin by tying a piece of elastic exercise material, such as surgical tubing or Thera-band, to a doorknob. (You may also hold one end of the band in each hand.)
2. Stand or sit with your shoulder relaxed and your elbow bent 90 degrees. Your upper arm should rest comfortably against your side. Squeeze a rolled towel between your elbow and your body for comfort and to help keep your arm at your side.
3. Hold one end of the elastic band with the hand of the painful arm.
4. Start this exercise with your forearm across your belly. Rotate the forearm out away from your body, keeping your elbow and upper arm tucked against the towel roll or the side of your body until you begin to feel tightness in your shoulder.
5. Repeat 8 to 12 times.

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Internal rotator strengthening exercise



1. Begin by tying a piece of elastic exercise material, such as surgical tubing or Thera-band, to a doorknob.
2. Stand or sit with your shoulder relaxed and your elbow bent 90 degrees. Your upper arm should rest comfortably against your side. Squeeze a rolled towel between your elbow and your body for comfort and to help keep your arm at your side.
3. Hold one end of the elastic band in the hand of the painful arm.
4. Rotate your forearm toward your body until it touches your belly.
5. Keep your elbow and upper arm firmly tucked against the towel roll or the side of your body during this movement.
6. Repeat 8 to 12 times.

Pendulum swing



Note: If you have pain in your back, do not do this exercise.

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1. While holding onto a table or the back of a chair with your good arm, bend forward a little and let your sore arm hang straight down. This exercise does not use the arm muscles. Rather, use your legs and your hips to create movement that makes your arm swing freely.
2. Using the momentum from your hips and legs, guide the slightly swinging arm back and forth like a pendulum (or elephant trunk) and then in circles that start small (about the size of a dinner plate) and gradually grow larger each day as pain allows.
3. Do this exercise for 5 minutes, 5 to 7 times each day.
4. As you have less pain, try bending over a little farther to do this exercise. This will increase the amount of movement at your shoulder.

Follow-up care is a key part of your treatment and safety. Be sure to make and go to all appointments, and call your doctor if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.

Where can you learn more?

Go to <http://www.kp.org>

Enter H562 in the search box to learn more about "**Shoulder Arthritis: Exercises**".

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