

Functional Exercises for the Shoulder Joints to Promote Recovery and Strengthening

Exercises are a significant part of all Functional Rehabilitation. Functional Rehabilitation should cover assessment and appropriate treatment for:

- * Sensory function: proprioception and exteroception;
- * Motor function: balance, coordination, reflexogenic participation in motion, strength, endurance, more;
- * Issues pertaining and relevant to psycho-social-emotional-cognitive/mental-personal-spiritual / other problems related to joint function.

The following exercises are a contribution. They can be used for early stages of rehabilitation.

Strengthening: These exercises can be performed in supine, sitting and standing.

To improve coordination of arm movements: Perform these exercises while in motion. (walking)

Exercise #1: Lower the shoulder girdles.

Pretend there is a 10 pound weight on each shoulder.

Attempt to lift the shoulder girdles towards the ears.

Do not succeed in lifting the shoulder girdles.

Exercise #2: Place hands on the same shoulder (right hand on right shoulder; left hand on left shoulder).

Bring elbows forward (flexion).

Lower the elbows.

Bring elbows up and to the sides (abduction).

Lower the elbows.

Bring the elbows backwards (extension).

Lower the elbows.

Exercise #3: Place hands on the head.

Bring elbows forward (flexion).

Lower the elbows.

Bring elbows up and to the sides (abduction).

Lower the elbows.

Bring the elbows backwards (extension). Then Lower the elbows

Exercise #4: Place hands on the same shoulder (right hand on Rt shoulder; left hand on left shoulder).

Bring hands to the sides (abduction).

Return hands to the shoulders.

Bring hands to the front (flexion).

Return hands to the shoulders. Then Lower arms.

Exercise #5:

Place a rubber band in each hand.

Stretch the rubber band between thumb and fingers. Repeat Exercises #1,#2, #3, #4.

Exercise #6:

Hold a golf ball (or a small ball the same size) in both hands.

Squeeze the balls. Repeat Exercises #1,#2, #3, #4.

Exercise #7:

Hold both hands over the ears.

Squeeze GENTLY both ears with both hands.

Repeat Exercises #1,#2, #3, #4.

For Exercise #4 only attempt the arm movements. Do not succeed.

Exercise #8:

Place both hands over both breasts.

Push the hands on the breasts.

Repeat Exercises #1,#2, #3, #4.

For Exercise #4 only attempt the arm movements. Do not succeed.

Exercise #9:

Place both hands on the abdomen, beneath the umbilicus.

Push the hands on the abdomen.

Repeat Exercises #1,#2, #3, #4.

For Exercise #4 only attempt the arm movements. Do not succeed.

Exercise #10:

Place both hands on the buttocks.

Push the hands on the buttocks.

Repeat Exercises #1,#2, #3, #4.

For Exercise #4 only attempt the arm movements. Do not succeed.

Exercise #11:

Place both hands on the front of the hips.

Push the hands on the hips.

Repeat Exercises #1,#2, #3, #4.

For Exercise #4 only attempt the arm movements. Do not succeed.