



Home Exercise Program

Coastal Orthopedics and Sports Medicine
14 Thomas Point Road. Brunswick, ME 04011



Training start date 3/16/2020



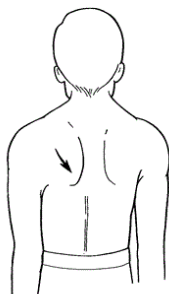
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1. Sit in a chair with pulley assembled as shown
2. Raise the arm overhead pulling down on the pulley with the other hand for assistance, so that you feel a stretch
3. Hold 2-10 seconds
4. repeat 4 minutes, 3-4 times per day



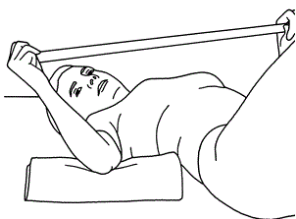
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1. Sit in chair with pulley assembled as shown
2. Raise the arm out to side and overhead, pulling down on the pulley with the other hand for assistance, so that you feel a stretch
3. Hold 2-10 seconds
4. repeat 4 minutes, 3-4 times per day



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1. Assume upright posture with shoulders relaxed
2. Move both shoulder blades down and toward opposite hip
3. Hold 5 seconds
4. 10-20 repetitions, 3-4 times per day



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Lie on your back with one elbow at a right angle. Place a rolled towel under the elbow. Hold a stick with both hands.

Push the stick to move the arm outwards as far as you can without sharp pain.

hold 5-10 seconds

Repeat 20 times. 3-4 times per day



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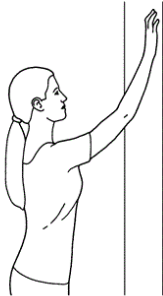
Lying on your back with knees bent. Hold a stick in both hands and rest it on your stomach.



Lift your arms straight up and over your head to the floor. Hold approx. 10 secs. (Breathe normally) - return to starting position.

Repeat 20 times. 3-4 times per day

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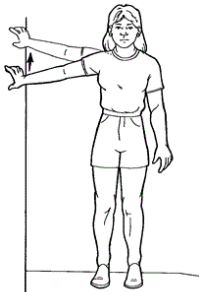
Stand facing a wall.

'Walk' your fingers up the wall as high as possible. Reverse down in the same way.

hold 5-10 seconds

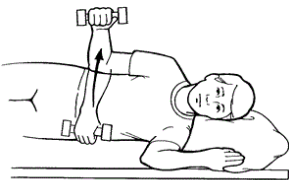
Repeat 20 times.

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1. Stand near a wall as shown
2. Slowly "walk" your fingers up the wall, so that you feel a stretch
3. Hold 5-10 seconds
4. 20 repetitions

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1. Hold a 1-5lb weight in your hand
2. Lie on side so that arm holding weight is on top
3. Rotate arm upward, keeping elbow bent as shown
4. towel roll under the elbow
5. 10-15 repetitions, 3 sets

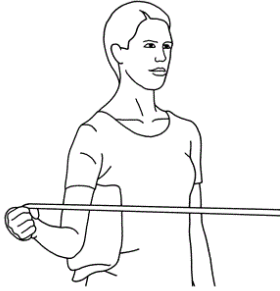
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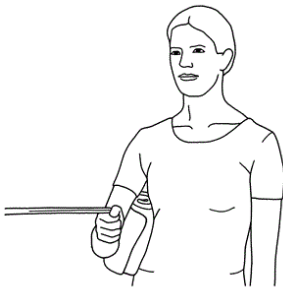


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Stand or sit. Place a rolled towel between your upper arm and side. Your upper arm should be slightly forward and your elbow at a right angle. Hold an exercise band.

Pull the band taking your forearm out 45 degrees.

Repeat 10-15 times. 3 sets



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Stand or sit. Place a rolled towel between your upper arm and side. Your upper arm should be slightly forward and your elbow at a right angle. Hold an exercise band.

Pull the band bringing your forearm in 45 degrees.

Repeat 10-15 times. 3 sets

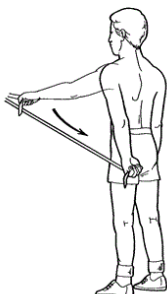


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Stand with your hips and knees slightly bent holding 1-5 lb weights in both hands.

Tighten your stomach and lower back muscles to stabilise your lower spine and lift arms up to shoulder level only and bring back down.

Repeat 10-15 times. 3 sets



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1. Anchor rubber tubing to a solid object
2. Stand holding rubber tubing in hand with arm in front of body
3. Pull arm backward as shown
5. 10-15 repetitions, 3 sets