

SHOULDER TUBING EXERCISES

Directions

- Begin with stretching and range-of-motion exercises as instructed by your therapist.
- At first you may not be able to move the joint through a full range of motion without pain. Do not exercise through a full range of motion if it is painful. Rather, you should slowly increase the range of motion as it feels comfortable to do so.
- Start each exercise slowly, deliberately, and with good motion. You should maintain good posture and control during each exercise.
- When you are able to perform each exercise 20 times, increase the resistance by increasing the tension of the tubing. Follow the advice of your therapist when adjusting the amount of resistance produced by the tubing. IF you have any questions, please call!
- You should feel moderate fatigue in the muscle after completing the repetitions. There should not be increased pain in the injured area.
- If you do feel increased pain in the injured area while performing these exercises, stop immediately and check with your therapist.
- The exercise tubing should be tied securely around a doorknob or other stationary object. You also should attempt to measure the distance between the point where you are standing and the other end of the tubing to maintain a consistent amount of tension on the tubing during your exercise program.
- After each exercise session, use an ice massage for 10 minutes.