

# Gregory J. Wiles, DC, B CAO

Gentle, Safe, and Specific

Email: [DrGregoryJWiles@gmail.com](mailto:DrGregoryJWiles@gmail.com)

Website: [DrGregoryWiles.com](http://DrGregoryWiles.com)

## University Place

2310 Mildred St. W, #100C University Place, WA 98466

Office: (253) 564-2920 Fax: (253) 564-0135

## Gig Harbor

5775 Soundview Dr. NW, #101C Gig Harbor, WA 98335

Office: (253) 858-9782 Fax: (253) 514-8110

# Shoulder Exercise Guide



***Pendulum, Circular*** - Bend forward 90 degrees at the waist, using a table for support. Rock body in a circular pattern to move arm clockwise 10 times, then counterclockwise 10 times. Do 3 sessions a day.



***Shoulder Flexion (Assistive)*** - Clasp hands together and lift arms above head.

Can be done lying down (drawing A) or sitting (drawing B). Keep elbows as straight as possible. Repeat 10 to 20 times. Do 3 sessions a day.



***Supported Shoulder Rotation*** - Keep elbow in place and shoulder blades down and together. Slide forearm back and forth. Repeat 10 times. Do 3 sessions a day.



***Walk Up Exercise (Active)*** - With elbow straight, use fingers to "crawl" up wall or door frame as far as possible. Hold 10 seconds. Repeat 3 times. Do 3 sessions a day.



***Shoulder Internal Rotation (Active)*** - Bring hand behind back and across to opposite side. Repeat 10 times. Do 3 sessions a day.



***Shoulder Flexion (Active)*** - Raise arm to point to ceiling, keeping elbows straight. Hold 10 seconds. Repeat 3 times. Do 3 sessions a day.



***Shoulder Abduction (Active)*** - Raise arm out to side, elbow straight and palm downward. Do not shrug shoulder or tilt trunk. Hold 10 seconds. Repeat 3 times. Do 3 sessions a day.



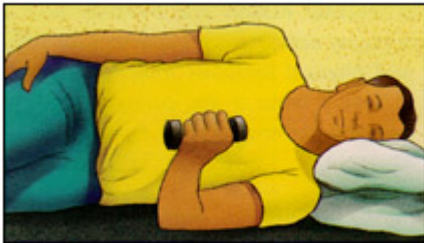
***Shoulder Extension (Isometric)*** - Stand with your back against the wall and your arms straight at your sides. Keeping your elbows straight, push your arms back into the wall. Hold for 5 seconds, then relax. Repeat 10 times.



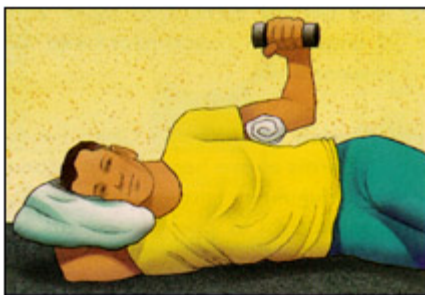
***Shoulder External Rotation (Isometric)*** - Stand with the involved side of your body against a wall. Bend your elbow 90 degrees. Push your arm into the wall. Hold for 5 seconds, then relax. Repeat 10 times.



***Shoulder Internal Rotation (Isometric)*** - Stand at a corner of a wall or in a door frame. Place the involved arm against the wall around the corner, bending your elbow 90 degrees. Push your arm into the wall. Hold for 5 seconds, then relax. Repeat 10 times.



***Shoulder Internal Rotation*** - Keep elbow bent at 90 degrees. Holding light weight, raise hand toward stomach. Slowly return. Repeat 10 times. Do 3 sessions a day.



***Shoulder External Rotation*** - Keep elbow bent at 90 degrees at side. Holding light weight, raise hand away from stomach. Slowly return. Repeat 10 times. Do 3 sessions a day.



***Shoulder Adduction (Isometric)*** - Press upper arm against a small pillow alongside your body. Hold 5 seconds. Repeat 10 times. Do 3 sessions a day.



***Shoulder Abduction (Isometric)*** - Resist upward motion to the side, push arm against back of chair. Hold 5 seconds. Repeat 10 times. Do 3 sessions a day.