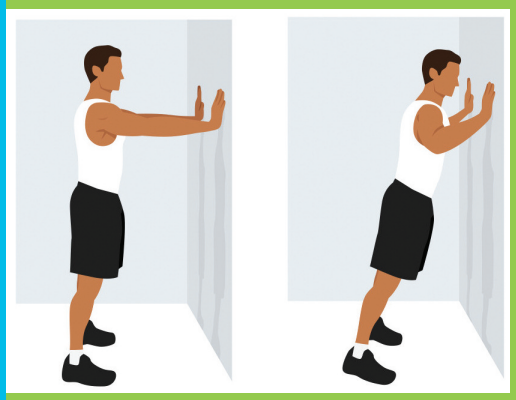
Torrance Memorial | An Affiliate of Cedars Sinai

TO PREVENT SHOULDER RE-INJURY: What Should You Do?

In order to advance to this stage, your shoulder should be pain free with most daily activities. While doing these, keep the motions in a comfortable, pain free range, even if your motion is limited.



WALL PUSH UPS

Place hands on a wall and do a push up on the wall. Keep your elbows at your side, torso straight, and don't arch your back. To increase load, move your feet away from the wall as you get stronger. Repeat 10 repetitions, 2-3 sets.

BIRD DOG

Get onto your hands and knees, with hands under the shoulders and knees under the hips. Without moving the spine, slowly reach one arm forward and opposite leg backwards. Balance in this position for 3-5 seconds, then repeat with the opposite arm and leg. Try to keep the spine long and straight throughout the entire exercise. Repeat 10 times each side.

Y'S AND T'S

Start by lying face down on the floor or bed. **For T's**, extend your arms out to sides, so your body is in the shape of a T, thumbs facing up towards ceiling. Squeeze your shoulder blades together and lift the hands off the floor. Repeat 10 times. **For Y's**, elevate arms up another 45 degrees, keep thumbs pointed straight up, squeeze shoulder blades together and lift arms up from floor. Repeat 10 times as well. Perform 2-3 sets of 10 Y's and T's.