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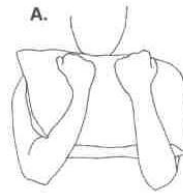
Dislocated Shoulder Rehabilitation Exercises

Do these exercises as soon as your doctor says you can.

PART I

I. Isometrics:

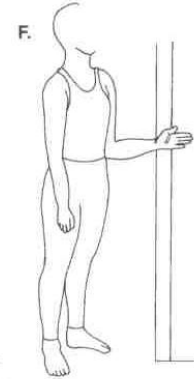
A. Adduction: With a pillow between your chest and your arms, squeeze the pillow with your arms and hold 5 seconds. Release and repeat 10 times.



B. Flexion: Stand facing a wall with your elbow bent at a right angle and held close to your body. Press your fist forward against the wall, hold this for 5 seconds, then rest. Repeat this 10 times.



C. Extension: Standing facing away from the wall with your elbow touching the wall, press the back of your elbow into the wall and hold for 5 seconds. Rest. Repeat 10 times.



Isometrics

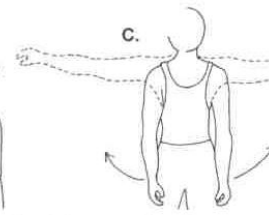
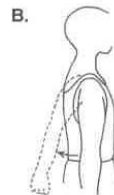
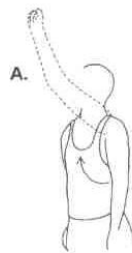
D. Abduction: Standing with your injured side towards the wall and your elbow bent at a 90-degree angle, press the side of your arm into the wall as if attempting to lift it. Hold for 5 seconds. Rest. Repeat 10 times.

E. Internal rotation: Standing in a doorway with your elbow bent at a 90-degree angle and your palm resting on the door frame, attempt to press your palms into the door frame and hold 5 seconds. Rest. Repeat 10 times.

F. External rotation: Standing in a doorway with your elbow bent at a 90-degree angle and the back of your hand pressing against the door frame, attempt to press your hand outward into the door frame. Hold 5 seconds. Rest. Repeat 10 times.

2. Careful range of motion:

A. Flexion: Standing with your arms straight, raise your arm forward and up over your head. Hold this position for 5 seconds. Return to the starting position and repeat 10 times.



Careful range of motion

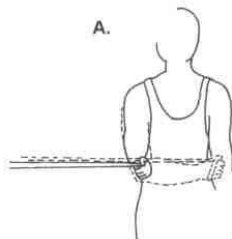
Dislocated Shoulder Rehabilitation Exercises

- B. Extension: Standing with your arms straight, move your arm backward while keeping your elbow straight. Hold this position for 5 seconds. Repeat 10 times.
- C. Abduction: Standing with your arms at your side, slowly raise your arms out away from your body and hold in position for 5 seconds. Return to the starting position. Repeat 10 times.
- D. Elbow flexion: Standing, bend your elbow, bring your hand toward your shoulder. Return to starting position. Repeat 10 times. As this becomes easier, add a weight to your hand to give you some resistance.

PART II

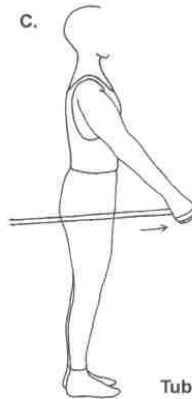
3. Tubing exercises:

A. Internal rotation: Using tubing connected to a door knob or other object at waist level, keep your elbow in at your side and rotate your arm inward across your body. Make sure you keep your forearm parallel to the floor. Repeat 10 times. Do 2 sets of 10.



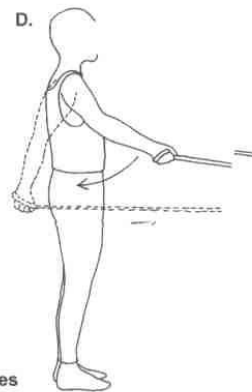
Tubing exercises

B. Adduction: Stand sideways with your injured side toward the door and out approximately 8 to 10 inches. Slowly bring your arm next to your body holding onto the tubing for resistance. Repeat 10 times. Do 2 sets of 10.



Tubing exercises

C. Flexion: Facing away from the door with the tubing connected to the door knob, keep your elbow straight and pull your arm forward. Repeat 10 times. Do 2 sets of 10.



D. Extension: Using the tubing, pull your arm back. Be sure to keep your elbow straight. Repeat 10 times. Do 2 sets of 10.



Latissimus dorsi strengthening

4. Latissimus dorsi strengthening: Sit on a firm chair. Place your hands on the seat on either side of you. Lift your buttocks off the chair. Hold this position for 5 seconds and then relax. Repeat 10 times. Do 2 sets of 10.

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