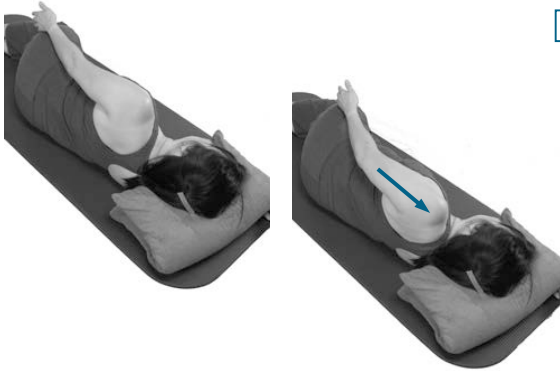


# SHOULDER STABILIZATION – SIDELYING EXERCISES

The following is your personalized exercise program prescribed by your physical therapist. Please review the instructions and perform the exercises as prescribed (frequency, number of repetitions). If your symptoms feel worse with any exercise, stop doing the exercise until you check with your physical therapist or your doctor.



## 1. Sidelying—Elevation

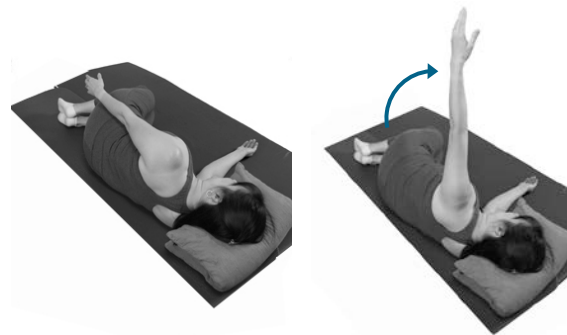
Lie on unaffected side with upper arm at side, thumb up, palm open. Raise your shoulder blade towards ear; avoid any neck movement. Hold for 2 seconds. Relax.

Frequency \_\_\_\_\_

## 2. Sidelying—Abduction

Lie on unaffected side with upper arm at side, thumb up and palm open. Set your shoulder blade and raise arm toward ceiling (90 degrees). Hold for 2 seconds. Lower slowly.

Frequency \_\_\_\_\_



## 3. Sidelying—Protraction/Retraction

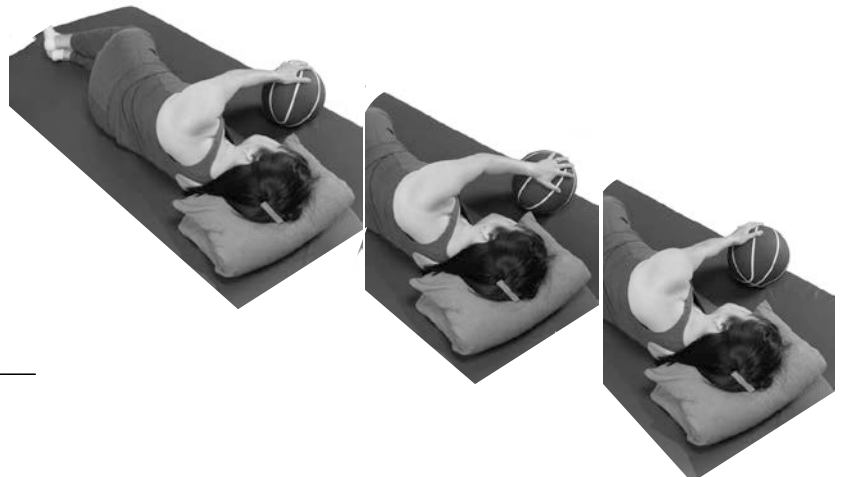
Lie on unaffected side with upper hand placed on ball directly in front of shoulder. Set your shoulder blade back. Push ball forward, allowing shoulder blade to come slightly forward without rolling side of body. Return ball to start position by bringing your shoulder blade back.

Frequency \_\_\_\_\_

## 4. Sidelying—Wax On/Wax Off

Start in same position as above. Set your shoulder blade. Make small circles with the ball, first clockwise then counter clockwise. Be sure to keep the shoulder blade set throughout exercise.

Frequency \_\_\_\_\_



### Additional Instructions:

PHYSICAL THERAPY