

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.

For each of the following exercises, you will be performing isometric holds. Isometrics are a form of exercise that involves contracting the muscles without joint movement. You will press lightly into the wall, gradually increasing the pressure. Hold the position as instructed by your therapist and gradually release the pressure. Alternatively, you may press into your opposite hand instead of the wall.



□ 1. Forward – Flexion

Stand facing the wall or door. Keep your elbow bent and arm at your side. Gently press your fisted hand into the wall.

Hold _____ Seconds. Frequency _____

□ 2. Backward – Extension

Stand with your affected arm in front of the door frame. Keep your arm straight, hand near your hip, and press your fisted hand back into the door frame.

Hold _____ Seconds. Frequency _____



Additional Instructions:

3. In – Adduction

Stand facing the door frame. Place the inner side of your bent elbow against the door frame. Gently press inward towards your body.

Hold _____ Seconds. Frequency _____



4. Out – Abduction

Stand in the doorway with your affected arm next to door frame. Keep your elbow bent and upper arm near your side; gently press the side of your elbow out towards the door frame.

Hold _____ Seconds. Frequency _____



5. Inward Rotation

Stand in the doorway, facing doorframe. Keep your elbow bent, your arm at your side, and thumb facing up. Gently press inside of wrist in towards door frame.

Hold _____ Seconds. Frequency _____



6. Outward Rotation

Stand in the doorway, facing door frame. Place a rolled towel between your elbow and side. Keep your elbow bent, your arm at your side, and thumb facing up. Gently press wrist out towards door frame.

Hold _____ Seconds. Frequency _____

Additional Instructions: