



PRIME CARE
CHIROPRACTIC CENTERS

Home Rehabilitation Routine

“Shoulder 101”

*3 simple and quick exercises
that EVERYONE can benefit from!*

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Shoulder 101

- The shoulder is one of the most complex areas in our body due to the nature of the joint, muscles associated with it, and the nerve supply that runs in and through the area.
- The shoulder muscles can move the shoulder in any direction!
- The “Rotator Cuff” is only PART of the shoulder girdle. The deltoids, rhomboids, levators, biceps, triceps and pectoralis muscles are just a few of the other muscles that all have some relationship with the shoulder.
- The Brachial Plexus is a bundle of nerves that all run straight through the shoulder. These nerves originate in the spinal cord and are responsible for every movement and sensation in your arms

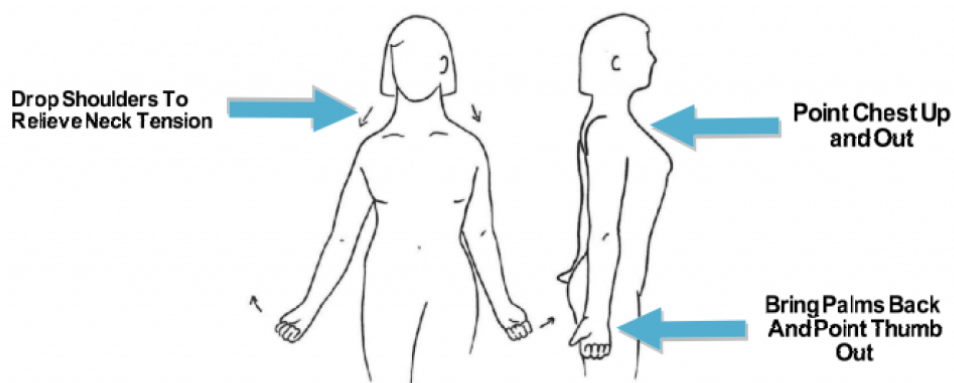
- 1) **Bruegger's**- Great for posture and relaxation. Not only does this help on a physiological basis, this exercise assists in relaxation and activates the muscle groups necessary for keeping us upright and in good posture during the day. A lot of people “carry tension” in their neck and shoulders due to poor posture. This exercise can be done “hands-free” or with a light resistance band.

Begin by sitting in an upright position or standing in an open area. If you have a band, wrap it around your hands with about 2 feet of slack. The next step is a combination of movements: extend and spread out all your fingers; extend your wrists; turn your palms up to the ceiling (supination); with both arms fully extended, reach back as far as you can (this is where the resistance band will start to become taut); extend your chest out and continue to look straight ahead.

Tips: Pay attention to any “weak” areas from side to side; this could be another imbalance that may require additional work.

Goals: Perform this motion and hold for 20-30 seconds. Perform this 3-4 times in a row and several times during the day. During the stretch, take several deep breathes and focus on contracting the back muscles and the shoulders. Your goal is to try and make your shoulder blades (scapulae) touch each other.

Bruegger's Postural Exercise



- 2) **Rotator Cuff Drills-** Great for focusing specifically on the rotator cuff muscles: Supraspinatus, Infraspinatus, Teres minor and Subscapularis. These muscles are responsible for shoulder abduction, external rotation and internal rotation. These drills require the use of a resistance band.

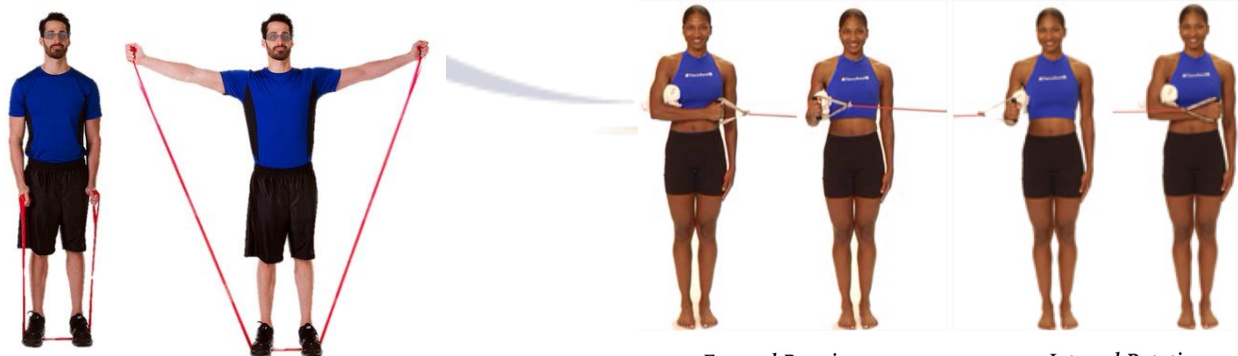
Abduction (Y-exercise): In a standing position, place the band under your feet. While holding the ends of the band, raise both arms up from your side and above your head, forming a Y with your arms and body. (Perform this exercise for your deltoids, as well!)

External rotation: In a standing position, attach the band to a door frame or pole (or something that won't move when you pull it) with the band being at the height of your elbow. Grab the band with the hand furthest away from the band and while keeping your elbow tucked, pull the band across your body (Like you are opening a door).

Internal rotation: In a standing position, attach the band to a door frame or pole (or something that won't move when you pull it) with the band being at the height of your elbow. Grab the band with the hand closest to the band and while keeping your elbow tucked, pull the band across your body (Like you are closing door).

Tips: Pay attention to any "weak" areas from side to side; this could be another imbalance that may require additional work. While it is common to perform these exercises with weights, it is critical to build a base and have smooth, fluid motion before adding weights. Adding weight too quickly can lead to injury.

Goals: Perform 10-15 reps on each side and in each motion. If you feel up for a challenge, perform another set of 10-15 on each side and each motion. Depending on the level of resistance in the band, the easier or harder this will feel.



- 3) **Wall angels-** Great for posture and helping with forward/rounded shoulders. Also great for increasing shoulder mobility and helping with tight shoulders. Due to the nature of people spending a significant amount of time sitting, the neck and shoulders begin to drift forward.

Begin by standing with your back to the wall with your feet about 4 inches away from the wall. Keep your feet about shoulder width apart. Next, lean back against the wall only allowing your torso to come in contact with the wall (nothing below the hips should be touching the wall). Place your head and shoulder blades (scapulae) against the wall and raise your arms so that your hands are facing outward and your wrists, forearms and biceps area are in contact with the wall. While keeping all those areas in contact with the wall, raise and lower your arms along the surface of the wall. The hands should go no lower than the head.

Tips: Pay attention to any “weak” or tighter areas from side to side; this could be another imbalance that may require additional work. Notice how difficult it is to try and keep your head against the wall during the motion. This means you have some work to do!

Goals: Perform this motion 10-15 times several times a day. During the exercise, keep your body as flush against the wall as possible. If you feel like challenging yourself and your core at the same time, lower your body into more of a sitting position and feel the burn!

