



C. Lucas Myerson, MD

Shoulder and Elbow Surgery

Northwell Health - Greenwich Village, Hudson Yards and Lenox Hill

Phone: 646-655-6784 Fax: 646-665-6791

Shoulder Exercise Program

These exercises can help your shoulder heal after an injury or surgery. Doing them will make your shoulder stronger, more flexible, and less painful. They also help you get back to sports and daily activities. Always check with your doctor or physical therapist before starting.

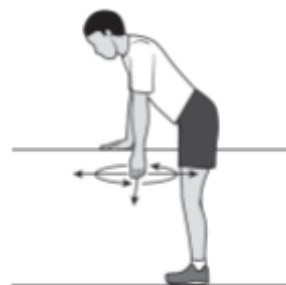
General Tips

- **Warm up first:** Walk or ride a stationary bike for 5–10 minutes.
 - **Stretch before and after:** Stretching keeps your muscles flexible and helps prevent pain.
 - **No pain:** Stop if you feel pain. Let us know if the exercises cause discomfort.
 - **How often:** Do these exercises **daily** for 4–6 weeks, unless specified otherwise.
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Stretching Exercises

1. Pendulum

- Lean forward and rest one hand on a table.
 - Let the other arm hang and swing it forward/back, side/side, then in circles.
 - Do 2 sets of 10. Repeat with the other arm.
- Tip:** Don't round your back or lock your knees.



2. Cross-Arm Stretch

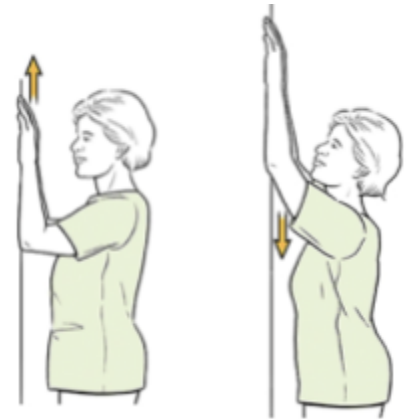
- Relax shoulders. Pull one arm across your chest with your other hand.
 - Hold 30 seconds, rest 30 seconds.
 - Repeat 4 times each side.
- Tip:** Don't push on your elbow.





3. Wall Slide (Forward Elevation: Standing)

- Stand about one foot away from a wall.
- Put a paper towel under your hand so it slides easier.
- Use your other hand to help slide the sore arm up the wall as high as you can.
- Hold for **5 seconds**, then relax.
- Repeat **5 times**.
- Do this **3–5 times a day**.



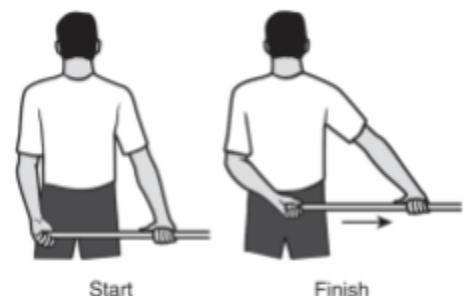
4. Behind-the-Back Stretch (Internal Rotation)

- Stand up straight.
- Put your sore hand behind your back.
- Use your good hand to gently hold your sore wrist.
- First, move your sore hand back away from your body.
- Then, gently push your sore hand up your back as high as possible.
- Hold for **5 seconds**, then relax.
- Repeat **5 times**.
- Do this **3–5 times a day**.



5. Stick Stretch (Internal Rotation)

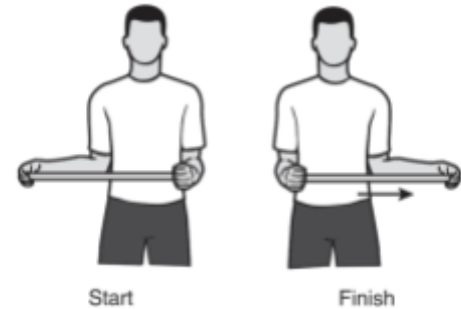
- Hold a stick behind your back with both hands.
- Gently pull to stretch the back of your shoulder.
- Hold for **5 seconds**, then relax.
- Repeat **5 times**.
- Do this **3–5 times a day**.





6. Stick Stretch (External Rotation)

- Hold the stick in front of you, elbows bent.
- Push the stick sideways to stretch the front of your shoulder.
- Hold for **5 seconds**, then relax.
- Repeat **5 times**.
- Do this **3–5 times a day**.



7. Lying Down Arm Raise (Supine Forward Elevation)

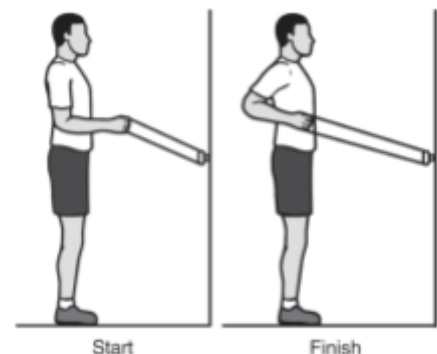
- Lie on your back.
- Hold a weight with both hands.
- Keep your elbows straight and slowly raise your arms up and over your head.
- Bring your arms back down to your waist.
- Do **1 set of 10 repetitions**.



Strengthening Exercises

8. Standing Row (Extension)

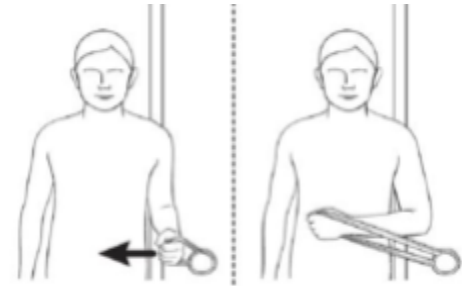
- Tie a stretch band to a doorknob.
 - Hold the band, elbow bent, arm close to your side.
 - Pull elbow back and hold for 5 seconds, then return slowly.
 - Do **1 set of 10 repetitions**.
- Tip:** Squeeze shoulder blades together.





9. Internal Rotation

- Tie band to doorknob.
- Elbow bent at side. Pull band across your body.
- Do **1 set of 10 repetitions**.



10. External Rotation

- Place the band around both wrists
- Elbow bent at side. Pull arms away from each other
- Hold for **5 seconds**, then relax
- Do **1 set of 10 repetitions**.



11. Forward Press

- Tie an exercise band to a doorknob.
- Stand with your back to the door.
- Hold the band with your sore hand.
- Push your hand forward and a little upward (but **not higher than your shoulder**).
- Hold for **5 seconds**, then return to start.
- Do **1 set of 10 repetitions**.



Learn More About Your Condition:

Visit Dr. Myerson's website to learn more about your condition:

www.lucasmyersonmd.com

