

Shoulder Strengthening Exercises With Weights

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- These exercises will help your shoulder get stronger using resistance with weights. Your physiotherapist (PT) will show you which exercises to do and how to do them.
- When doing each exercise, remember:
 - › Do the movement smoothly.
 - › **Do not** hold your breath.
- It is normal to have muscle soreness after exercising. This should get better over time.
- **Do these exercises _____ times a day.**

What are your questions?

Please ask a member of your health care team. We are here to help you.

□ Exercise 1

- Lie on your back. Hold the weight in the hand of your affected side, with your palm facing down.
- **Keeping your arm straight**, slowly raise the weight up towards your head or as far as you can.
- Hold for 5 seconds. Then slowly lower your arm back to your side.
- Repeat _____ times.



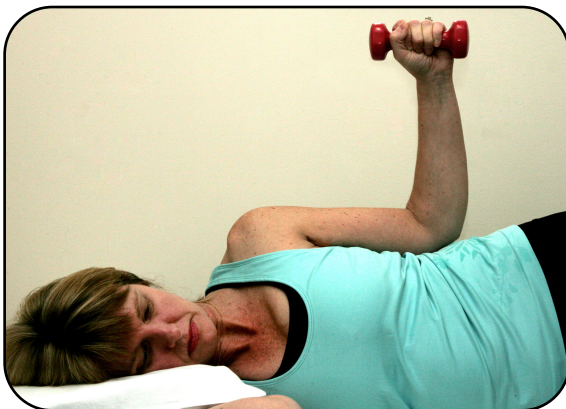
□ Exercise 2

- Lie with your affected side facing **up**. Hold the weight in the hand of your affected side.
- **Keeping your arm straight**, raise your arm up towards the ceiling until your arm is straight up in the air.
- Hold for 5 seconds. Then slowly lower your arm back to your side.
- Repeat _____ times.



□ Exercise 3

- Lie with your affected side facing **up**. Hold the weight in the hand of your affected side, with your palm facing down.
- With your elbow tucked into your side and your elbow bent at 90 degrees, lift the weight towards the ceiling.
- Hold for 5 seconds. Then slowly lower your arm back down. **Do not** roll your shoulder backwards.
- Repeat _____ times.



□ Exercise 4

- Lie with your affected side **down**. Hold the weight in the hand of your affected side, with your palm facing up.
- With your elbow tucked into your side and bent at 90 degrees, lift the weight up towards your stomach.
- Hold for 5 seconds. Then slowly lower your arm back down.
- Repeat _____ times.



□ Exercise 5

- Lie on your back. Hold the weight in the hand of your affected side, with your palm facing you. This is the **starting position**.
- With your elbow tucked into your side and bent at 90 degrees, slowly lower the weight towards the floor.
- Hold for 5 seconds. Then slowly bring your arm back to the starting position.
- Repeat _____ times.



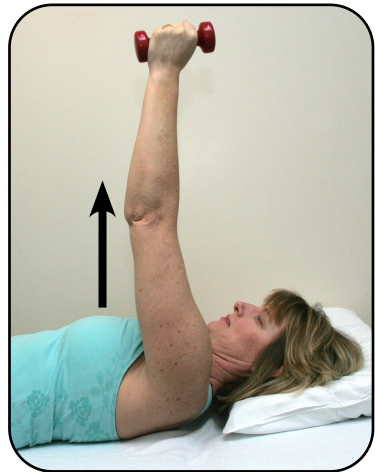
□ Exercise 6

- Lie on your back. Hold the weight in the hand of your affected side, with your elbow bent at 90 degrees and your arm out to the side. This is the **starting position**.
- Slowly let the weight lower your hand and forearm backwards until you feel a stretch across the front of your shoulder.
- Hold for 5 seconds. Then slowly bring your arm back to the starting position.
- Repeat _____ times.



□ Exercise 7

- Lie on your back. Hold the weight in the hand of your affected side with your palm facing your side.
- **Keeping your arm straight**, raise your arm straight up.
- Then push the weight straight up towards the ceiling, lifting your shoulder a few inches off the bed.
- Hold for 5 seconds. Then slowly lower your shoulder back down.
- Repeat _____ times.



□ Exercise 8

- Hold the weight in the hand of your affected side, with your palm facing in and your arm at your side.
- **Keeping your arm straight**, raise your arm up to shoulder height in front of you.
- Hold for 5 seconds. Then slowly lower your arm back down.
- Repeat _____ times.



□ Exercise 9

- Hold the weight in the hand of your affected arm, with your arm at your side and your palm facing forward.
- Raise your arm to shoulder height out to the side, **without shrugging your affected shoulder.**
- Hold for 5 seconds. Then slowly lower your arm back down.
- Repeat _____ times.



□ Exercise 10

- Hold the weight in the hand of your affected side, with your arm at your side. Bend over slightly using a chair or a counter as support, and let the weight hang straight down.
- **Keeping your arm straight**, slowly raise your arm out behind you.
- Hold for 5 seconds. Then slowly lower your arm back down.
- Repeat _____ times.



□ Exercise 11

- Hold the weight in the hand of your affected side, with your arm at your side.
- **Keeping your elbow tucked into your side,** bend your elbow and raise your hand up toward your shoulder with your palm facing up.
- Hold for 5 seconds. Then lower your arm back down.
- Repeat _____ times.



□ Exercise 12

- Lie on your back with the weight held straight up in the hand of your affected side with your palm facing in. This is the **starting position**.
- Slowly bend your elbow, lowering the weight towards the surface as far as you can. Then raise the weight back to the starting position and hold for 5 seconds.
- Repeat _____ times.



□ Exercise 13

- Lie on your stomach. Hold the weight in the hand of your affected side.
- Move your arm out to the side in line with your shoulder. Bend your elbow and let the crease of your elbow hang over the edge of the bed. This is the starting position.
- **Keeping your elbow bent at 90 degrees**, rotate (turn) the weight up towards your head as far as you can.
- Hold for 5 seconds. Then slowly bring your arm back to the starting position.
- Repeat _____ times.



□ Exercise 14

- Lie on your stomach on a flat surface.
- Put a small, rolled towel under your forehead.
- Hold a small weight in each hand. Turn your hands so your thumbs are pointing up.
- Keep your arms out to the side at 90 degrees (shoulder height). Raise your arms a few inches, squeezing your shoulder blades together.
- **Do not lift your shoulders towards your ears.**
- Hold for 5 seconds.
- Repeat _____ times.



□ Exercise 15

- Stand facing a table or a counter. Hold the weight in the hand of your affected side.
- Bend your body forward and rest your unaffected arm on the table or counter for support.
- **Keep your back straight and do not shrug your shoulders.**
- Your affected arm should be hanging straight down towards the ground. This is the **starting position**.
- **Keeping your elbow straight**, raise your arm out to the side, leading with your thumb.
- Hold for 5 seconds. Then slowly bring your arm back to the starting position.
- Repeat _____ times.



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