ORTHOPAEDIC MEDICAL GROUP OF TAMPA BAY

Dx: ☐ Right ☐ Left

Patient Name: _____

Date of Surgery: _____

PT/OT: Evaluate and treat. Follow the following protocol.

Signature/Date: _____

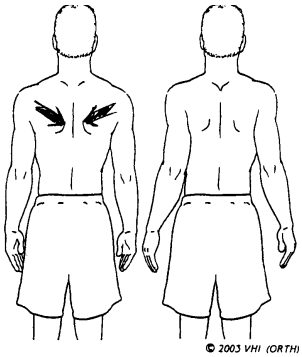
Scapular Stabilizing Home Exercises

With arms at sides, pinch shoulder blades together.

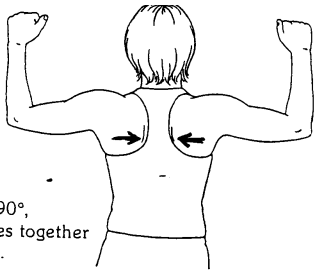
Repeat 20 times per set.

Do 1-2 sets per session.

Do 2-3 sessions per day.



© 2003 VHI (ORTH)



With arms elevated and elbows bent to 90°, pinch shoulder blades together and press arms back.

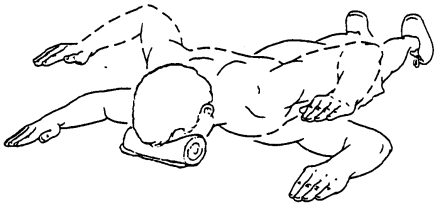
Repeat 20 times per set.

Do 1-2 sets per session. Do 2-3 sessions per day.

© 2003 VHI (ORTH)

SHOULDER - 107

Scapular Retraction: Abduction (Prone)



Lie with upper arms straight out from sides, elbows bent to 90°. Pinch shoulder blades together and raise arms a few inches from floor.

Repeat ____ times per set.

Do ____ sets per session. Do ____ sessions per day.

© 2003 VHI (ORTH)

SHOULDER - 112

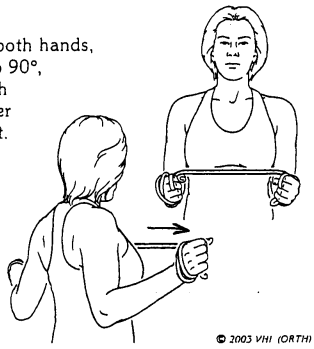
Resisted External Rotation
in Neutral – Bilateral

Sit or stand, tubing in both hands, elbows at sides, bent to 90°, forearms forward. Pinch shoulder blades together and rotate forearms out. Keep elbows at sides.

Repeat 20 times per set.

Do 1 sets per session.

Do 2-3 sessions per day.



© 2003 VHI (ORTH)

SHOULDER - 113

Resisted Horizontal Abduction

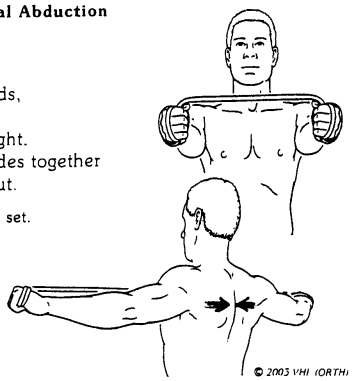
Bilateral

Sit or stand,
tubing in both hands,
arms out in front.
Keeping arms straight.
pinch shoulder blades together
and stretch arms out.

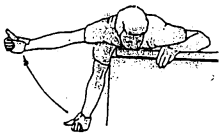
Repeat 20 times per set.

Do 1 sets
per session.

Do 2-3 sessions
per day.



© 2003 VHI (ORTH)

Prone horizontal abduction in external rotation:
Lie on table face down with involved
arm hanging down, thumb rotated out as
far as possible. Raise arm out to the side
parallel to the floor.

10 reps 3 sets [redacted]