

# Shoulder Series Part II

## Stretching and Strengthening Program to Reduce Shoulder Pain

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Empower Spinal Cord Injury



# Instructions

- All you need to complete this exercise program is your wheelchair, a doorway and some theraband
- Complete the four stretches every day
- Complete the three exercises every other day
- ***This exercise program should be pain free. Please discontinue immediately if you are experiencing any pain and reach out to your physician and PT/OT teams***

# Upper Trapezius Muscle Stretch



- Sit upright in wheelchair
- Hold onto wheelchair with one arm while using the other to bend head to one side.
- Hold for one minute and repeat on other side

# Pectoralis Muscle Stretch



- Position wheelchair in doorway
- Place forearm against wall with elbow below 90 degrees
- Turn chair away from wall
- Hold for one minute
- Repeat with opposite arm

# Long Head of Biceps Muscle Stretch



- Position wheelchair in doorway
- Place forearm against wall, keeping elbow locked
- Turn wheelchair away from wall
- Make sure you are squeezing your shoulder-blades together in the back, and keeping your shoulders relaxed and down
- Hold for one minute
- Repeat with opposite arm

# Posterior Capsule Stretch



- Hug your arm to your chest
- Push above elbow toward your chest
- Hold for one minute
- Repeat with opposite arm

# Middle and Lower Trapezius Muscle Exercise



- Sit upright in wheelchair
- Make sure your shoulders are relaxed and down
- With arms down by your side and palms facing forward, slowly squeeze your shoulder-blades together
- Complete 3 sets of 10 repetitions

# Serratus Anterior Muscle Exercise



- Sit upright in wheelchair, with shoulders relaxed and down
- Tie theraband to wheelchair or furniture
- Start with shoulderblades pinched together behind you
- Punch arm forward
- Complete 3 sets of 10 repetitions with both arms



# Shoulder External Rotator Exercise



- Sit upright in wheelchair with shoulders relaxed
- Hold theraband in each hand with palms facing one another
- Keeping your elbows by your side, pinch shoulderblades together and slowly pull hands apart
- Complete 3 sets of 10 repetitions

# References

Based on the following original research article:

Nawoczenski, D. A., Ritter-Soronon, J. M., Wilson, C. M., Howe, B. A., & Ludewig, P. M. (2006). Clinical Trial of Exercise for Shoulder Pain in Chronic Spinal Cord Injury, *Physical Therapy*, 86, 1604-1618.