

SHOULDER JPAC PAINFUL WEEK 1

Pendular Exercise for Shoulder Circumduction



Description

1. Lean forward onto a chair and allow the arm to hang down
2. Gently swing the arm in a circular motion for the time prescribed

Sets: 1-3

Reps:

Time: 1-3min

Pendular Exercise for Shoulder Flexion And Extension



Description

1. Lean forward onto a chair and allow the arm to hang down
2. Gently swing the arm forward and back

Sets: 1-3

Reps:

Time: 1-3 min

Shoulder Pendular Exercise For Horizontal Flexion And Extension



Description

1. Lean forward onto a chair and allow the arm to hang down
2. Gently swing the arm from side to side

Sets: 1-3

Reps:

Time: 1-3min

Isometric External Rotation Against Wall With Shoulder Abducted



Description

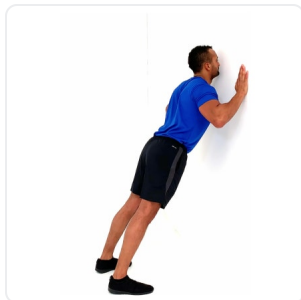
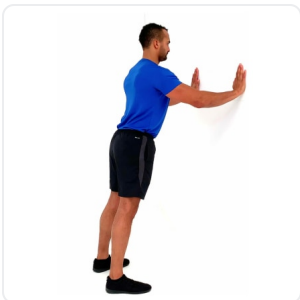
1. stand with a wall behind you with the elbow bent and raise the arm 45 degrees to your side
2. Push the hand against the wall in an effort to rotate the arm out
3. Release the pressure on the wall and relax the arm

Reps: 8-10

Time: 1-3sets

Hold: 5-10SEC

Press Up Against Wall



Description

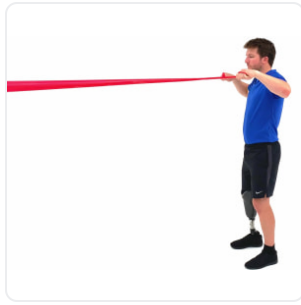
1. Place the hands on a wall in a standing press up position
2. Bend the arms to lower your chest and hips to the wall
3. Straighten the arms to push your body away from the wall

Sets: 1-3

Reps: 10-15

Tempo:

Row With Band



Description

1. Raise one arm forward to reach for a cable
2. Pull the cable into your ribs
3. Slowly release the cable forward keeping good posture

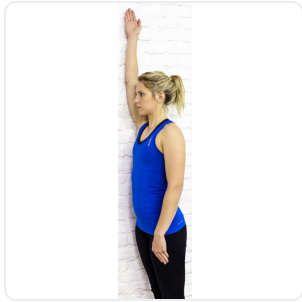
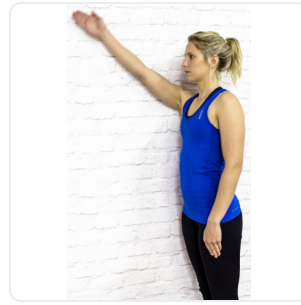
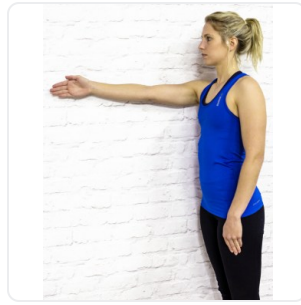
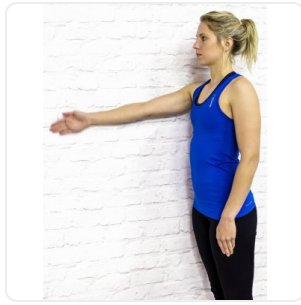
Sets: 1-3

Reps: 10-15

Color:

Tempo:

Wall Slides For Shoulder Flexion Keeping Lateral Pressure On Wall



Description

1. Stand with a wall by your side and push your hand against the wall
2. Raise the arm forward and above your head keeping contact with the wall
3. Slowly lower the arm keeping contact with the wall

Sets: 1-3

Reps: 10-15