

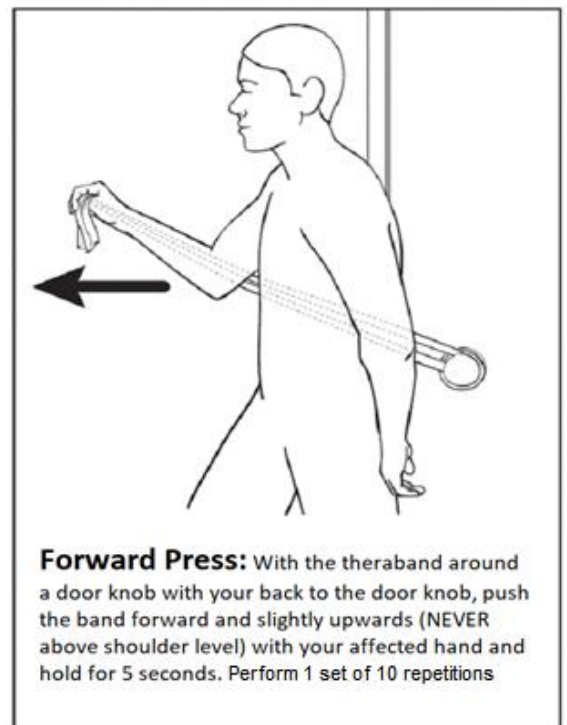
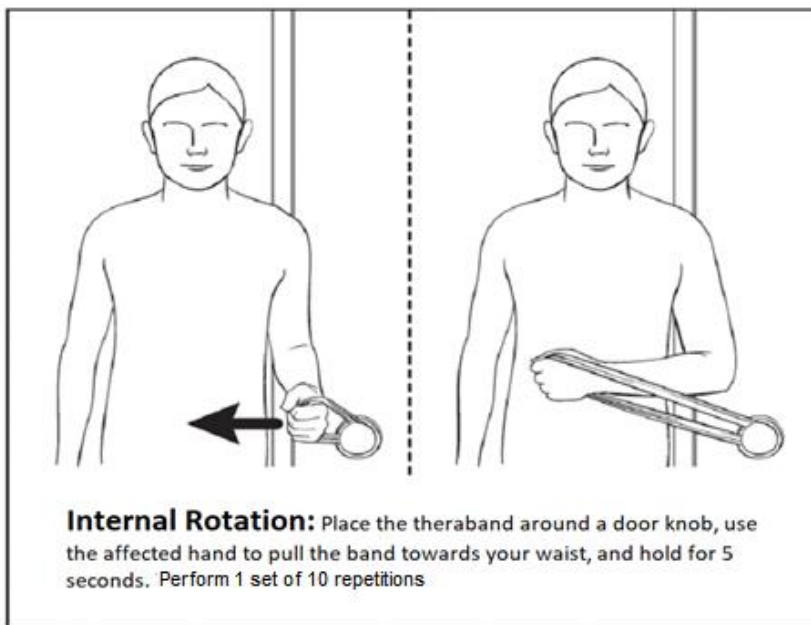
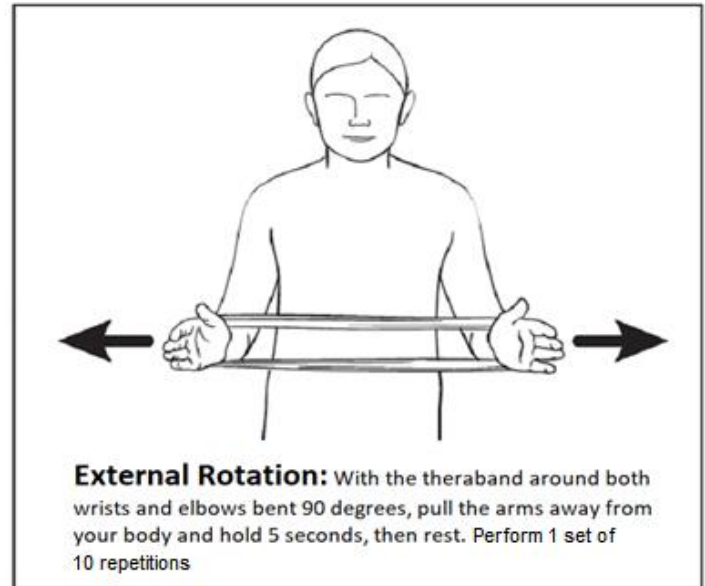
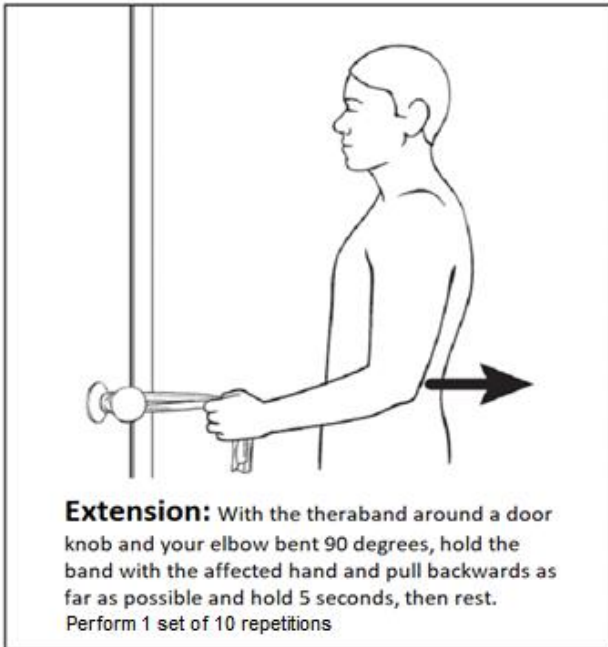


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Shoulder Strengthening: Neer Protocol







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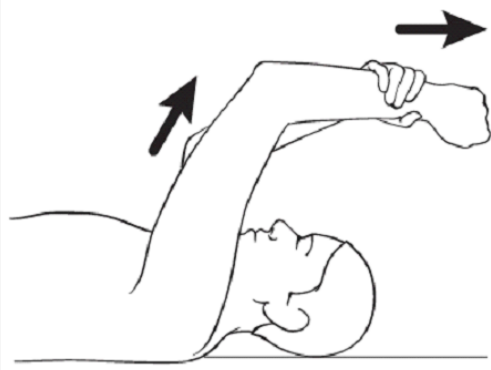
Shoulder Stretches: Neer Protocol



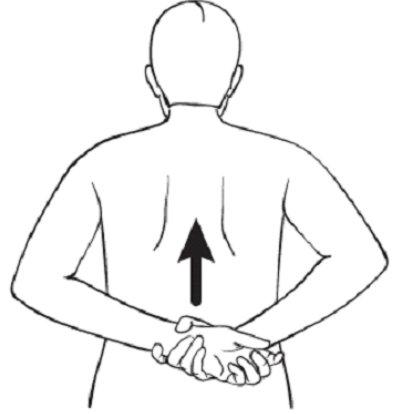
Pendulum: Bend at your waist and support the upper body with the non-affected hand, on a table as shown. Move your affected arm in a circular motion, about one foot in diameter, 10 times clockwise and counterclockwise. Perform 3-5 times daily.



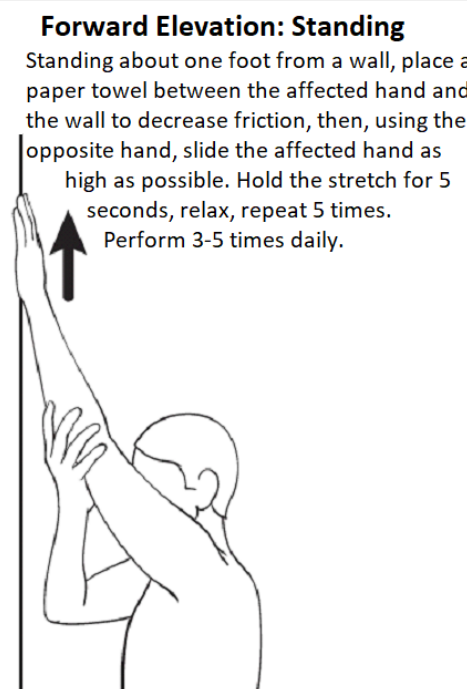
Assisted External Rotation
Lying on your back with elbows bent 90 degrees, gently push the operated hand outward until you feel tightness, using a stick powered by the opposite hand. Be sure to keep the operated elbow at your side as the shoulder rotates the forearm outwards. Hold the stretch for 5 seconds, relax, repeat 5 times. Perform 3-5 times daily.




Forward Elevation: Supine
Lying on your back, hold the wrist of the operated arm with the good hand and, using the power of the good hand, raise the operated arm up and over your head, then gently lower to the bed always using the power of the opposite arm to move the affected arm. Repeat 5 times. Perform 3-5 times daily.



Internal Rotation: Standing, grasp the affected wrist with the good hand behind you, gently push the affected arm back away from your body, then push the affected hand up the back as far as possible. Hold the stretch for 5 seconds, relax, repeat 5 times. Perform 3-5 times daily.



Forward Elevation: Standing
Standing about one foot from a wall, place a paper towel between the affected hand and the wall to decrease friction, then, using the opposite hand, slide the affected hand as high as possible. Hold the stretch for 5 seconds, relax, repeat 5 times. Perform 3-5 times daily.



Adduction: Place the affected hand on the opposite shoulder. Using the power of the opposite hand, pull the affected elbow across your body towards the opposite shoulder as far as is possible. Hold the stretch for 5 seconds, relax, repeat 5 times. Perform 3-5 times daily.