



Peter D. McCann, MD
Director, Orthopaedic Surgery and
Orthopaedic Strategic Initiatives,
Lenox Health Greenwich Village
Pmccann1@northwell.edu
www.shouldersurgerynyc.com



Northwell Health Physician Partners
Orthopaedic Institute at LHGV
7th Avenue, 2nd Floor
New York, NY 10011
(646) 665-6784

Shoulder Strengthening: Neer Protocol

Extension: With the theraband around a door knob and your elbow bent 90 degrees, hold the band with the affected hand and pull backwards as far as possible and hold 5 seconds, then rest. Perform 1 set of 10 repetitions

External Rotation: With the theraband around both wrists and elbows bent 90 degrees, pull the arms away from your body and hold 5 seconds, then rest. Perform 1 set of 10 repetitions

Internal Rotation: Place the theraband around a door knob, use the affected hand to pull the band towards your waist, and hold for 5 seconds. Perform 1 set of 10 repetitions


Forward Press: With the theraband around a door knob with your back to the door knob, push the band forward and slightly upwards (NEVER above shoulder level) with your affected hand and hold for 5 seconds. Perform 1 set of 10 repetitions



Peter D. McCann, MD
Director, Orthopaedic Surgery and
Orthopaedic Strategic Initiatives,
Lenox Health Greenwich Village
Pmccann1@northwell.edu
www.shouldersurgerynyc.com

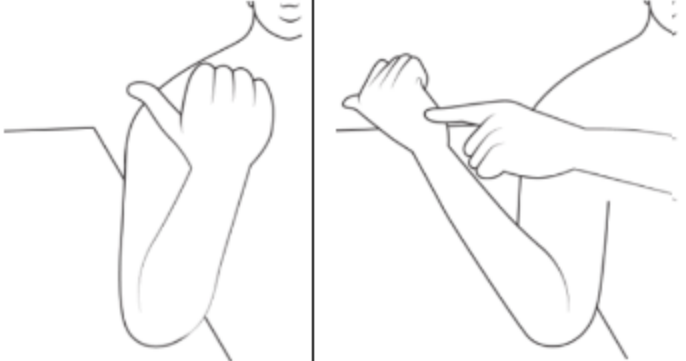
Northwell Health Physician Partners
Orthopaedic Institute at LHGV
7 7th Avenue, 2nd Floor
New York, NY 10011
(646) 665-6784

Shoulder Stretches: Neer Protocol

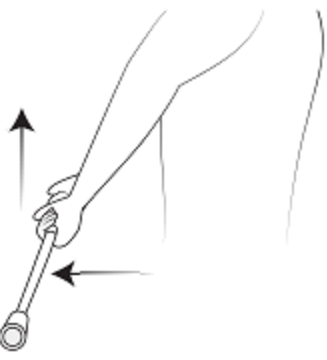


Pendulum: Bend at your waist and support the upper body with the non-affected hand, on a table as shown. Move your affected arm in a circular motion, about one foot in diameter, 10 times clockwise and counterclockwise. Perform 3-5 times daily.

Assisted External Rotation (Hitchhiker): With your elbow bent and resting at the very edge of the table, use your opposite hand to maximally rotate the shoulder outwards. Hold the stretch for 5 seconds, relax, repeat 5 times. Perform 3-5 times daily.


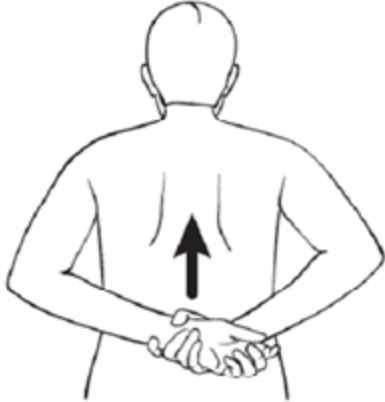



Supine Closed Chain Forward Elevation: Lying on your back, hold the weight with both hands. With your elbows straight, raise the arms up and over your head. Then bring the arms down to your waist. Perform 1 set of 10 repetitions.



Modified Internal Rotation: While standing, grasp the stick behind your back with both hands. Gently push away from your body, then pull upwards. 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.

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.