Exercises to Strengthen Your Shoulder

- Do the exercises _____ times a day with:
  - Right arm
  - Left arm
  - Both arms
- Repeat each exercise _____ times.
- Hold each position for _____ seconds.
- If you prefer, the exercises done lying on a firm, sturdy table may also be done on the floor or on an exercise bench.

With rod or cane

For each of the next three exercises, use a long dowel rod or cane.

- Lie on your back, holding the dowel with both hands from underneath.
  Have elbows straight and the dowel resting across your legs.
  Lift the dowel up over your head as far as you can.
  Hold. Slowly lower the dowel back down and relax, then repeat.

काठलाई बलियो बनाउने व्यायामहरू

- यी व्यायामहरू दुनिको _____ पटक गर्नुहोस्:
  - दायाँ बाहु
  - बायाँ बाहु
  - दुवै बाहु
- प्रत्येक व्यायाम _____ पटक दोहोर्याउनुहोस्।
- प्रत्येक आसनलाई _____ सेकेण्डसम्म कायम राख्नुहोस्।
- तपाईले चाहनुभएको खण्डमा, दरिलो टेबलमा सुतेर गरनी व्यायामहरू भुईँ वा व्यायाम गरने बेन्चमा पनि गर्न सकिन्छ।

काठको डण्डी वा लौरो पुर्योग गरेर

- काठको डण्डीलाई दुवै हातले मुनिबिट समातेर उत्तरानो परेक नछोडिनुहोस्।
  समातेको डण्डीलाई नछोडकिन तपस्लाई आफ्नो बुद्धि माथि अघण्डहरू हो र आफ्नो कुहिनालाई सीधा पार्नुहोस्।
  डण्डीलाई उठाएर दाउनबाट मापिबिट जातरिकढो पर लैमारमा पार्नुहोस्।
  यी आसनलाई केही समय कायम राख्नुहोस्। डण्डीलाई बसिताई पहिलको आर्मा ल्याउपर आफ्नो बुद्धि अघण्डहरू हो र फेर दोहोर्याउनुहोस्।
Lie on your back with your hands wrapped over the top of the dowel.

Have one arm slightly out from your body with the elbow bent 90 degrees.

Using the other hand, push the dowel to move the hand up above the shoulder.

Hold. Bring the arm back down and relax. Repeat.

Lie on your back with your hands wrapped over the top of the dowel.

Have one arm slightly out from your body with the elbow bent at 90 degrees. Using the other hand, push the dowel to move the hand down toward your waist.

Hold. Return the arm to the start position and relax. Repeat.
Without rod or cane

Put the dowel rod or cane down for the next exercises. Your therapist may have you add light weights as your shoulder gets stronger.

- Lie on your side.
  Have your bottom arm stretched above your head.
  Have your upper arm at your side with the elbow bent at 90 degrees, so the hand is on the floor or table.
  With the upper arm fixed at your side, raise your hand up to shoulder level.
  Hold and then lower to starting point. Relax and repeat.

- Lie face down on a table or bench. Have one arm hanging straight down to the floor.
  Lift your arm out to your side until it is parallel to the floor.
  Hold and then slowly lower your arm. Relax and repeat.
Lie face down on a table or bench. Have one arm hanging straight down to the floor with elbow straight. Bend your elbow and slowly bring your elbow up as high as you can. Hold and then slowly straighten your elbow back down. Relax and repeat.

With theraband or tubing
For the next two exercises, you can use a theraband or resistance tubing.

Shoulder External Rotation:
- Attach the theraband or tubing at waist height.
- Stand or sit on a stool with arms at your sides.
- Hold the theraband in one hand with the elbow bent at 90 degrees and the arm across the front of your body.
- Pull the theraband out across your body, keeping the elbow at your side.
- Slowly return to the start. Relax and then repeat.
Shoulder Internal Rotation:

- Attach the theraband or tubing at waist height.
- Stand or sit on a stool with arms at your sides.
- Hold the theraband in the hand closest to the side where the band is attached.
- With the elbow bent at 90 degrees and by your side, pull the theraband across the front of your body.
- Hold and then slowly return to the starting point. Relax and repeat.

Without theraband or tubing

These two exercises are done without the theraband or tubing. As your shoulder gets stronger, your therapist may have you add light hand weights for these exercises.

- Stand with your arms straight down at your sides and palms facing in toward your body.
  Raise your arm out to your side, turning your palm up as your arm reaches shoulder height. Do not go higher than shoulder height.
  Hold. Then slowly lower your arm and relax. Repeat.
Stand with your elbows to your side and thumbs up.
Raise your arm to shoulder level slightly out from your body.
Hold and then slowly bring your arm down.
Relax and repeat.

आफ्ना कुहिनालाई चूरापछि बढी आँख माथिचौडी फर्काएर उभिनुहोस्।
आफ्नो बाहुलाई कोखाबाट हल्का माथि उठाएर कोखो उसाईसम्म लैजाएर उचाई ल्यानुहोस्।
यो आसन केही समय कायम राख्नुहोस् र बाहुलाई बिस्तारै तल लूप्त नै।
आराम गरेर दोहोर्याउनुहोस्।