SPORTS & ORTHOPAEDIC SPECIALISTS
Supine Program with Deltoid Focus

This packet contains therapeutic exercises that are preferred by the providers at Sports & Orthopaedic Specialists for the rehabilitation of shoulder injuries.

Use these handouts in conjunction with the protocol prescribed by the referring provider. Protocols are online: www.sportsandortho.com/minneapolis/rehabilitation-center

Complete the exercises below as instructed.
If you develop questions or increased shoulder pain, call the clinic: 952.946.9777

CEILING PUNCH
Begin on your back with elbows bent, palm facing each other.
Push arms up toward the ceiling like a bench press.

Complete 2 sets of 10 (Goal 2x20). Do 3-5 sessions per week.

REVERSE CODMAN
Lie on your back. Position arm in vertical with palm facing in.

Complete pendulums—4-8 inches in size:
1) Side to side
2) Head to toe

Complete circles—the size of a grapefruit:
3) Clockwise
4) Counterclockwise

Do 10 repetitions each direction (Goal 20). Do 3-5 sessions per week.
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**Supine Program with Deltoid Focus**

**ANTEOR DELTOID ISOMETRIC**

Stand tall facing wall with elbow bent.

Press hand *gently* into wall as if pushing elevator button.

Feel *front* of deltoid muscle fire.

Hold 3 seconds. Complete 20 repetitions. Do 3-5 sessions per week.

**MIDDLE DELTOID ISOMETRIC**

Stand tall facing sideways next to a wall. Elbow bent.

Press elbow *gently* into wall as if nudging a friend.

Feel *side* of deltoid muscle fire.

Hold 3 seconds. Complete 20 repetitions. Do 3-5 sessions per week.

**ADDITION**

Sit with tall posture. Towel roll under elbow.

Squeeze towel between elbow and body.

Hold 3 seconds. Complete 20 repetitions. Do 3-5 sessions per week.

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