

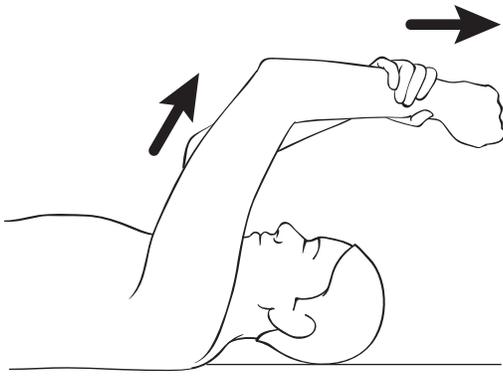
Shoulder Stretches: Neer Protocol



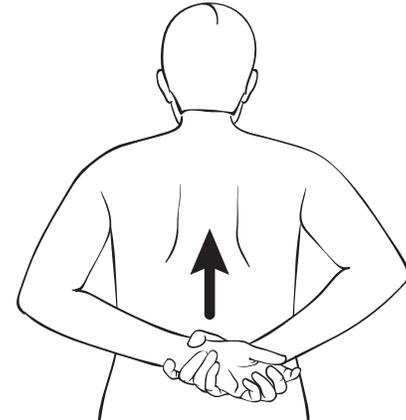
Pendulum Bend at your waist and support your upper body with your non-affected hand, on a table as shown. Move your affected arm in a circular motion, about one foot in diameter, 10 times clockwise and counterclockwise. Perform 3-5 times daily.



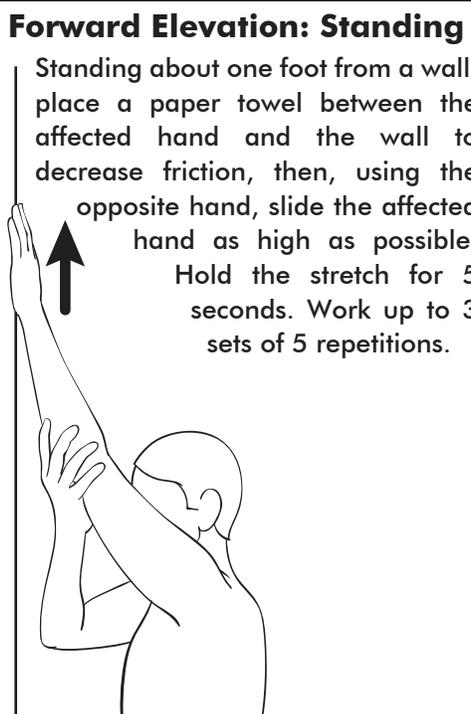
Assisted External Rotation
Lying on your back with elbows bent 90 degrees, gently push the operated hand outward until you feel tightness, using a stick powered by the opposite hand. Be sure to keep the operated elbow at your side as the shoulder rotates the forearm outwards. Hold the stretch for 5 seconds,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



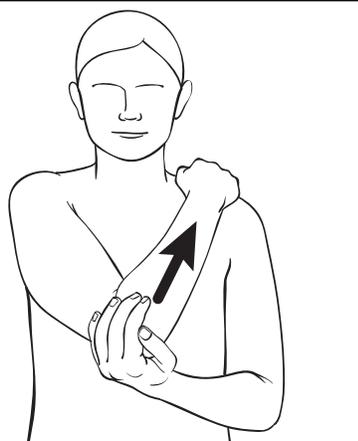
Forward Elevation: Supine
Lying on your back, hold the wrist of the operated arm with the good hand and, using the power of the good hand, raise the operated arm up and over your head, then gently lower to the bed always using the power of the opposite arm to move the affected arm. Work up to 3 sets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



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. Work up to 3 sets of 5 repetitions.

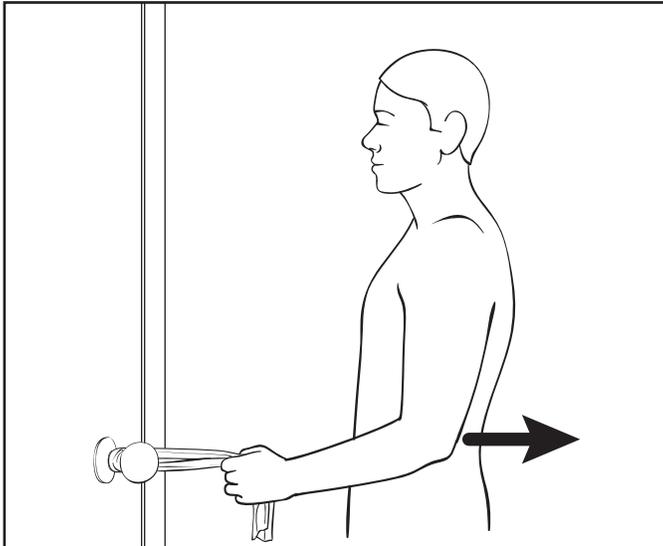


Forward Elevation: Standing
Standing about one foot from a wall, place a paper towel between the affected hand and the wall to decrease friction, then, using the opposite hand, slide the affected hand as high as possible. Hold the stretch for 5 seconds. Work up to 3 sets of 5 repetitions.

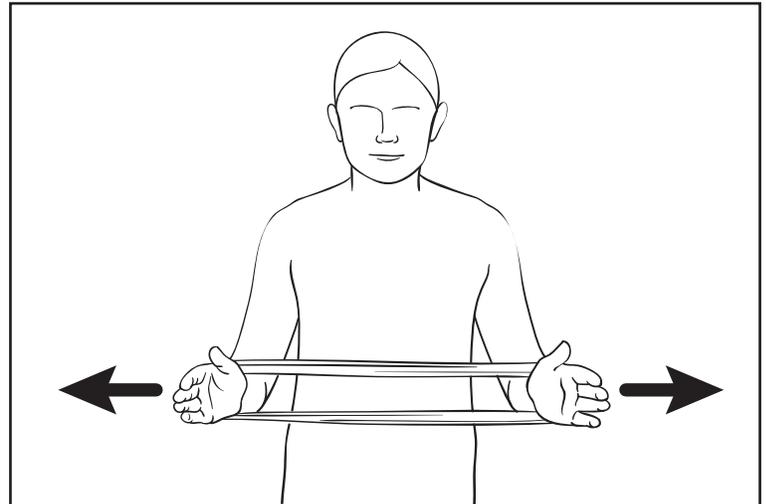


Adduction Place the affected hand on the opposite shoulder. Using the power of the opposite hand, pull the affected elbow across your body towards the opposite shoulder as far as is possible. Hold the stretch for 5 seconds. Work up to 3 sets of 5 repetitions.

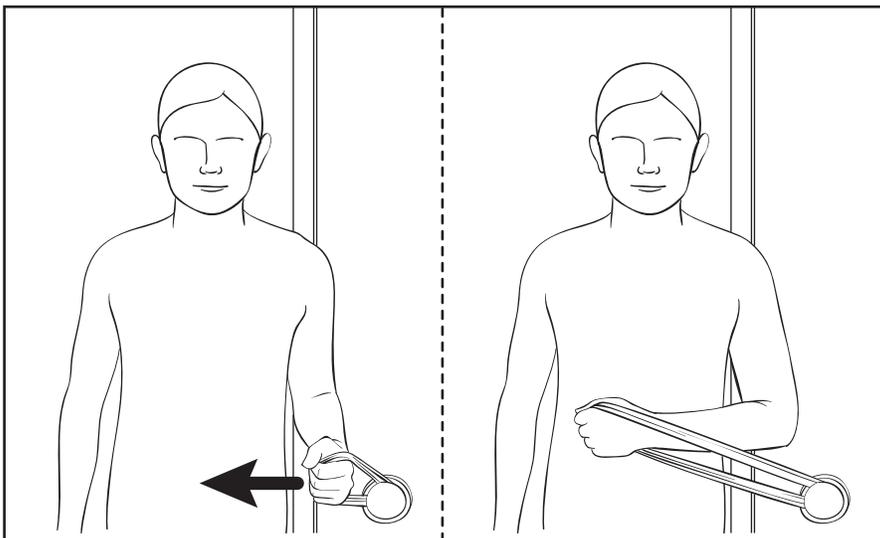
Shoulder Strengthening: Neer Protocol



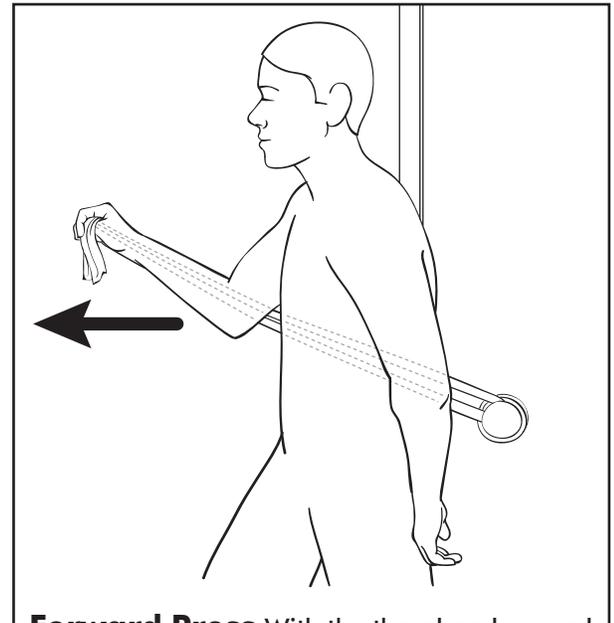
Extension With the theraband around a door knob and your elbow bent 90 degrees, hold the band with the affected hand and pull backwards as far as possible and hold for 5 seconds, then rest. Work up to 3 sets of 10 repetitions.



External Rotation With the theraband around both wrists and elbows bent 90 degrees, pull the arms away from your body and hold for 5 seconds, then rest. Work up to 3 sets 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. Work up to 3 sets of 5 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. Work up to 3 sets of 5 repetitions.