Dr. Andrew Morris
Orthopaedics and Sports Medicine
Shoulder Arthroscopy and Replacement
Office: 256-236-4121
www.AndrewMorrisMD.com

Shoulder Rehab

**Choose a Resistance that allows you to perform the below exercises for 3 sets of 15, every other day

Shoulder Bursitis Rehabilitation Exercises


Scapular active range of motion


Wand exercise: Flexion


Wand exercise: Extension


Wand exercise: External rotation


Isometric shoulder external rotation


Isometric shoulder internal rotation


Resisted shoulder external rotation


Scaption


Sleeper stretch

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Other Very helpful Periscapular exercises to be performed every other day:

- Close grip rows with elastic band: 3x15, work up to 3x15 (goal is pulling blades together in a slow fashion)
- Prone arm hangs, no weight or light dumbbells (draw shoulder blade to midline): 3 x10, work up to 3x15
- Wall push ups slow and controlled: 3 x15, work up to 3x20
- Punch (pushing elastic handle away from structure): 3 x10, work up to 3x15