

# SPORTS & ORTHOPAEDIC SPECIALISTS

## Shoulder Exercises: The Core Four



COMPLETE 2 SETS OF 30 REPETITIONS. EVERY OTHER DAY

### #1. SIDE LYING EXTERNAL ROTATION – 'WINDSHIELD WIPER'

- Lie on unaffected side with towel under elbow and forearm resting across abdomen.
- Draw shoulder blades down and back
- Rotate forearm up through available pain free range of motion and back down again



### #2. BEAR HUG

- Sit with tall posture. Place affected hand on upper chest with thumb under chin.
- Press against your chest only as firmly as you can with no increase in baseline pain.
- Hold each repetition for 3 seconds.



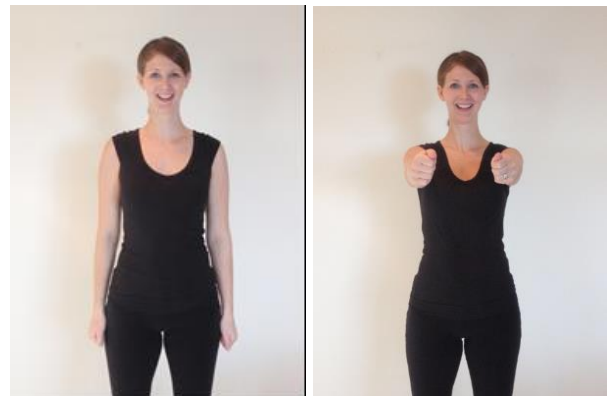
### #3. FULL CAN

- Begin standing with arms at sides.
- Lift arms to shoulder height making a V shape.
- Then return arms to sides.



### #4. FLEXION

- Begin standing with arms at sides.
- Lift arms to shoulder height straight in front of shoulders.
- Then return arms to sides.



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If you experience an increase in your baseline pain for more than one hour after doing these exercises, please call your provider team at Sports & Orthopaedic Specialists: 952.946.9777

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