



## Shoulder Separation: Rehab Exercises

### Introduction

Here are some examples of exercises for you to try. The exercises may be suggested for a condition or for rehabilitation. Start each exercise slowly. Ease off the exercises if you start to have pain.

You will be told when to start these exercises and which ones will work best for you.

### How to do the exercises

#### Neck rotation



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slide 1 of 7, Neck rotation,

1. Sit in a firm chair, or stand up straight.
2. Keeping your chin level, turn your head to the right, and hold for 15 to 30 seconds.
3. Turn your head to the left, and hold for 15 to 30 seconds.
4. Repeat 2 to 4 times to each side.

#### Shoulder rolls



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slide 2 of 7, Shoulder rolls,

1. Sit comfortably with your feet shoulder-width apart. You can also do this exercise while standing.
2. Roll your shoulders up, then back, and then down in a smooth, circular motion.
3. Repeat 2 to 4 times.

## Neck stretches



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slide 3 of 7, Neck stretches,

1. Look straight ahead, and tip your right ear to your right shoulder. Do not let your left shoulder rise as you tip your head to the right.
2. Hold for 15 to 30 seconds.
3. Tilt your head to the left. Do not let your right shoulder rise as you tip your head to the left.
4. Hold for 15 to 30 seconds.
5. Repeat 2 to 4 times to each side.

## Shoulder blade squeeze



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slide 4 of 7, Shoulder blade squeeze,

1. While standing with your arms at your sides, squeeze your shoulder blades together. Do not raise your shoulders as you are squeezing.
2. Hold 6 seconds.
3. Repeat 8 to 12 times.

## Shoulder flexion (lying down)



slide 5 of 7, Shoulder flexion (lying down),

For this and the following exercises, you will need a wand. To make a wand, use a piece of PVC pipe or a broom handle with the broom removed. Make the wand about 30 centimetres wider than your shoulders.

1. Lie on your back, holding a wand with your hands. Your palms should face down as you hold the wand. Place your hands slightly wider than your shoulders.
2. Keeping your elbows straight, slowly raise your arms over your head until you feel a stretch in your shoulders, upper back, and chest.
3. Hold 15 to 30 seconds.
4. Repeat 2 to 4 times.

## Shoulder extension (standing)



slide 6 of 7, Shoulder extension (standing),

1. Stand, and hold a wand in both hands behind your back. Place your hands wide enough apart on the wand so it is comfortable, about the same width as your shoulders. Your palms should face away from your body.
2. Move the wand back away from your body. Go as far as possible without pain.
3. Hold the stretch for about 6 seconds.
4. Repeat 8 to 12 times.

## Goal post stretch



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1. Lie on your back with your knees bent.
2. Hold a wand in your hands with your palms facing your knees. Rest your elbows on the floor, holding your hands about shoulder-width apart with the wand above your chest.
3. Move the wand back over your head as far as possible without pain. If you can, rest the wand on the floor as you hold the stretch.
4. Hold for 15 to 30 seconds.
5. Repeat 2 to 4 times.

**Follow-up care is a key part of your treatment and safety.** Be sure to make and go to all appointments, and call your doctor or nurse call line if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.

**For 24/7 nurse advice and general health information call Health Link at 811.**

## Where can you learn more?

Go to <https://myhealth.alberta.ca>

Enter N155 in the search box to learn more about "**Shoulder Separation: Rehab Exercises**".

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