

**Exercise Rehabilitation Plan**

**Patient Name:**

**Date:**

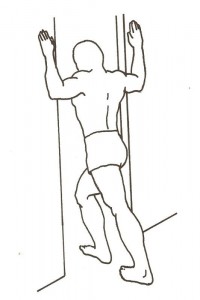
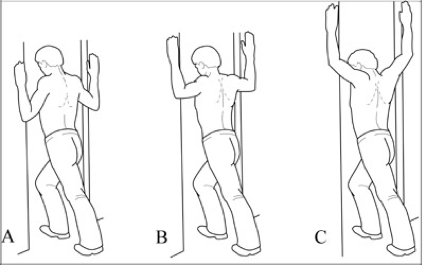
|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Exercise** | **Mon** | **Tues** | **Wed** | **Thurs** | **Fri** | **Sat** | **Sun** |
| **1** |  |  |  |  |  |  |  |
| **2** |  |  |  |  |  |  |  |
| **3** |  |  |  |  |  |  |  |
| **4** |  |  |  |  |  |  |  |
| **5** |  |  |  |  |  |  |  |

**Shoulder Posture Rehabilitation Sheet**

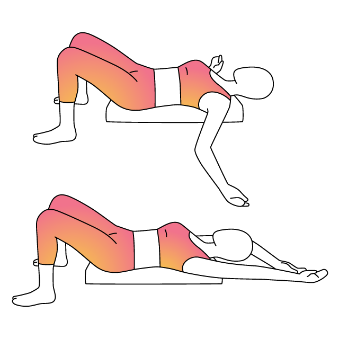
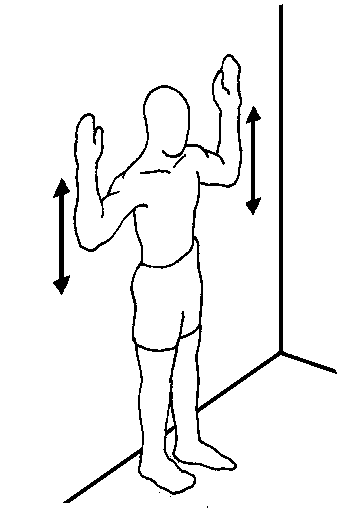
1. Use the following table to create a weekly plan
2. Use the following table to tick off when you have completed your exercises

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Mon** | **Tues** | **Wed** | **Thurs** | **Fri** | **Sat** | **Sun** |
| **Week 1** |  |  |  |  |  |  |  |
| **Week 2** |  |  |  |  |  |  |  |
| **Week 3** |  |  |  |  |  |  |  |
| **Week 4** |  |  |  |  |  |  |  |
| **Week 5** |  |  |  |  |  |  |  |
| **Week 5** |  |  |  |  |  |  |  |

**Notes:  
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Door Frame Stretch Reps\_\_\_\_\_\_\_\_\_ Sets\_\_\_\_\_\_\_\_\_**

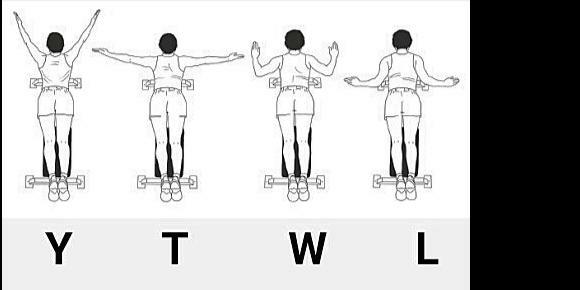
**[](https://www.google.com/url?sa=i&url=https%3A%2F%2Fpezcame.com%2FZG9vcndheSBwZWN0b3JhbCBzdHJldGNoaW5n%2F&psig=AOvVaw3uXA9O1z_phY7OcHsc6ntk&ust=1583932910474000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCJCJnYmAkOgCFQAAAAAdAAAAABAD)**[](https://www.google.com/url?sa=i&url=http%3A%2F%2Fwww.playerstrust.com%2FContents%2FItem%2FDisplay%2F2090&psig=AOvVaw3uXA9O1z_phY7OcHsc6ntk&ust=1583932910474000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCJCJnYmAkOgCFQAAAAAdAAAAABAJ)

* Hold for 30 secs
* Repeat 3 times
* Alter positioning of arm *(see additional image)*

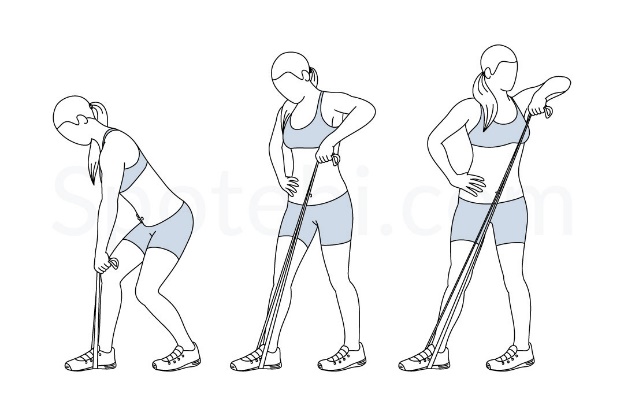
[](https://www.google.com/url?sa=i&url=https%3A%2F%2Fcatalystfitness-spokane.com%2Fblog%2F91439%2FRecover-From-Your-Workday-in-Spokane-With-These-3-Foam-Roller-Tricks-&psig=AOvVaw0feNn6UH3i6E29LIE8QV3f&ust=1583934018183000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCJj8iZeEkOgCFQAAAAAdAAAAABAD)**[](https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.purephysiotherapy.co.uk%2Fblog%2Fwall-angels-better-posture%2F&psig=AOvVaw2EGfd1INSb0uduVd8-HXLF&ust=1583933798003000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCNi2_KyDkOgCFQAAAAAdAAAAABAD)Wall angels Reps\_\_\_\_\_\_\_\_\_ Sets\_\_\_\_\_\_\_\_\_**

* Slow and controlled
* Keep as much of your body in contact with surface
* Can be done on the floor or against wall
* Add bolster or foam roller (see second image)

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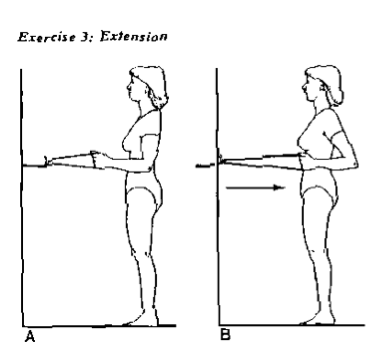
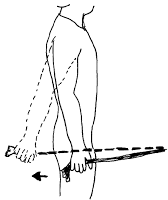
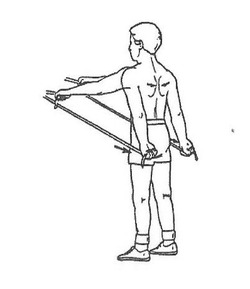
**[](https://www.google.com/url?sa=i&url=http%3A%2F%2Fwww.stangechiropractic.com%2Fblog%2F100111-ytwl-exercises-for-upper-back-and-neck-tension&psig=AOvVaw0IrfvC1R1nNP-QoDvTUfQU&ust=1583934993374000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCNio8-qHkOgCFQAAAAAdAAAAABAK)Y, T, W, L exercises Reps\_\_\_\_\_\_\_\_\_ Sets\_\_\_\_\_\_\_\_\_**

* Use exercise ball, bench or bed
* Add weights to add resistance  
  *(dumbbells, filled bottles, tin of beans!)*
* Maintain scapular position (squeeze together)
* Slow and controlled **--------------------------------------------------------------------------------------------------------------------------------------**

[](https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.spotebi.com%2Fexercise-guide%2Flawnmower-band-pull%2F&psig=AOvVaw1DpbRqSOv-HlTwpOfq4sGk&ust=1583935257578000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCLjgyuuIkOgCFQAAAAAdAAAAABAE)**Lawn mower mobility exercise Reps\_\_\_\_\_\_\_\_ Sets\_\_\_\_\_\_\_\_\_**

* Can be done using a weighted object instead of resistance band
* Slow and controlled

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Low row scapular exercises (see variations) Reps\_\_\_\_\_\_\_\_ Sets\_\_\_\_\_\_\_\_\_**

[](https://www.google.com/url?sa=i&url=https%3A%2F%2Fquizlet.com%2F87225685%2Ftheraband-shoulder-exercises-flash-cards%2F&psig=AOvVaw1f-mWBJJCK3-acPEQqpm9x&ust=1583935434587000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCLDGoL2JkOgCFQAAAAAdAAAAABAn)[](https://www.google.com/url?sa=i&url=http%3A%2F%2Fwww.osteoinfo.com.au%2Fself-management%2Fmanagement-of-the-shoulder&psig=AOvVaw1f-mWBJJCK3-acPEQqpm9x&ust=1583935434587000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCLDGoL2JkOgCFQAAAAAdAAAAABAZ)[](https://www.google.com/url?sa=i&url=http%3A%2F%2Fslccpta.weebly.com%2Fexercises.html&psig=AOvVaw1f-mWBJJCK3-acPEQqpm9x&ust=1583935434587000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCLDGoL2JkOgCFQAAAAAdAAAAABAU)