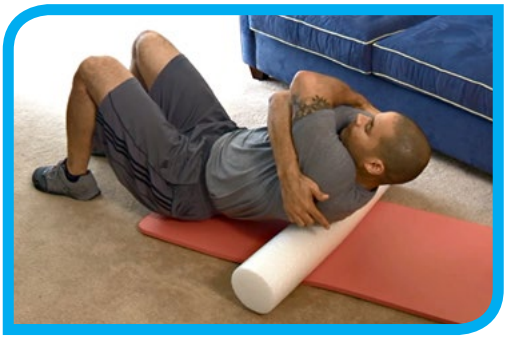
Unless your healthcare provider instructs you otherwise, begin your rehabilitation program with the exercises in this Phase 1 infosheet. For additional resources, including videos, to help you with your rehabilitation exercises, visit **Rx3 for Shoulder Pain online.**

Phase 2: Shoulder Pain

Phase 2: Stretches

Perform in the order listed, holding each stretch for 30–60 sec and taking a brief rest between reps.

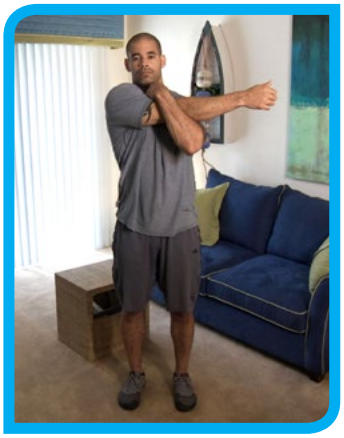
- 2–3 reps
- 30–60 seconds each
- Rest 5–10 sec



1. Self-Massage – Upper Back

Starting position: Lie with your back on the floor, with your knees bent and your arms crossed, with a tennis ball, foam roller, or similar object between the floor and your upper back.

How to perform: Support your body weight with your legs, moving up, down, and around your upper back. Try to relax your body, especially the area you're rolling. Give extra attention and time to areas in the muscles that feel sore. To make the stretch more challenging, try extending each arm to the side or overhead so you can massage the muscles on the sides of your back and under your armpits.



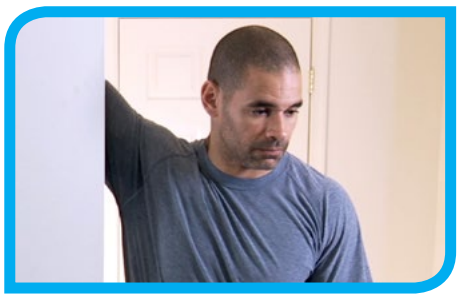
2. Standing Cross-arm Stretch

Starting position: Stand with good posture: head and chest up, arms relaxed at your side.

How to perform: Lift the arm of your injured shoulder in front of you, grasp it with the opposite hand or arm, and pull it across your body. Hold for 30–60 sec.

3. Standing Chest Stretch (Low and High)





Starting position: Stand next to the outside corner of a wall or a doorframe. Lift your injured arm to the side at shoulder height, bend your elbow 90 degrees, and rest your forearm on the wall or doorframe (see photo).

How to perform: Using the wall or doorframe to keep your forearm immobile, lean or step forward so you push into and past the corner, stretching the front of your shoulder and chest muscles. Hold for 30–60 sec.

Repeat with your elbow raised to ear level.

4. Bent-over Lat Stretch

Starting position: Stand 3–4 feet in front of the outside corner of a wall or a doorframe.



How to perform: Extend your injured arm out, lightly grabbing the edge of the doorframe or wall. Bend your torso forward and sit back into your hips. Try to relax the arm that is extended. You should feel a stretch under the armpit and toward the side of your back. Hold for 30–60 sec.

Phase 2: Shoulder Exercises

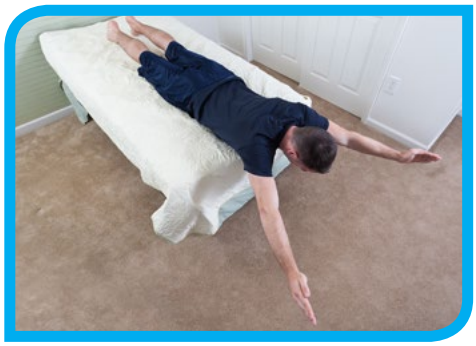
Perform 10 reps (repetitions) of each exercise in order (1–5), and then repeat the entire cycle for a total of 3 sets with minimal rest between exercises. Many of the shoulder exercises require elastic tubing or bands when the weight of your body alone does not provide enough resistance.

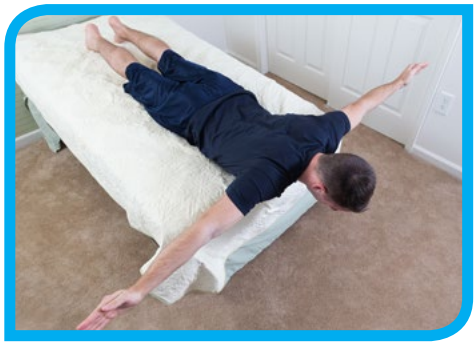
- 10 reps each
- 3 sets
- Cycle all exercises
- Minimal rest between exercises

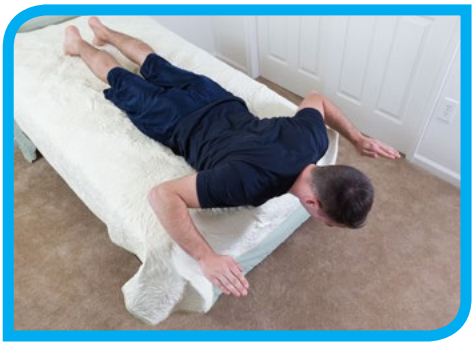
Phase 2: Shoulder Pain

Rx3 REHAB REFIT RETURN TO DUTY

1. Lying Ys, Ts, and Ws







Starting position: Lie on your stomach with your chest just off the edge of a bed, flat bench, or physioball, with your arms/shoulders hanging down towards the ground, relaxed.

How to perform: Keeping your head and neck in a neutral position (looking down toward the ground), pull your shoulders "down and back" as if you were trying to place your shoulder blades in your back pants pockets.

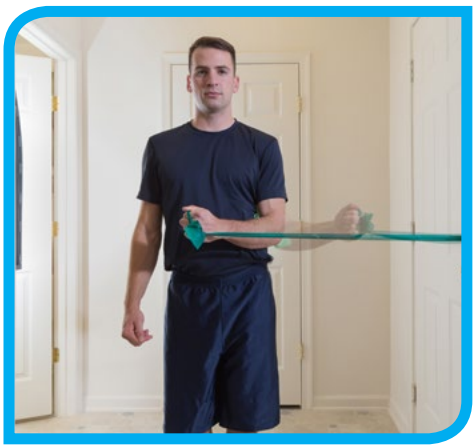
Lying Ys: While keeping shoulders "down and back," lift your straight arms up and overhead in a Y shape, with thumbs pointing towards the ceiling. Pinch your shoulder blades together. Hold this position for 3 seconds before slowly returning to the starting position. Perform 10 reps and take a brief rest if necessary before moving on to lying Ts.

Lying Ts: While keeping shoulders "down and back," lift your arms up in a T shape, arms straight and stretched out to your side, with thumbs pointing towards the ceiling. Pinch your shoulder blades together. Hold this position for 3 seconds before slowly returning to the starting position. Perform 10 reps and take a brief rest if necessary before moving on to lying Ws.

Lying Ws: While keeping shoulders "down and back," lift your arms up in a W shape, elbows bent and pulled in towards the ribs, with thumbs pointing towards the ceiling. Pinch your shoulder blades together. Hold this position for 3 seconds before slowly returning to the starting position.

Perform 10 reps and take a brief rest if necessary before moving on to the shoulder internal rotation exercise. Add repetitions (up to 20 reps each) to make the exercise more challenging.

2. Shoulder Internal Rotation (Elbow In)



Starting position: Attach an elastic band to a safe anchor point at about bellybutton height. Stand with your injured side facing the anchor point and your shoulders "down and back." On your injured side, pinch a towel between your elbow and your ribcage, with your elbow bent 90 degrees. Hold the end of the band with your injured arm so there is light resistance on the band.

How to perform: Keeping your shoulders "down and back" and pressure on the towel, rotate your forearm inward towards your bellybutton. Pause briefly before slowly returning to the start position. Perform on the injured side only. Add repetitions (up to 20 reps), stand further from the wall, or use a thicker elastic band to make the exercise more challenging.

Phase 2: Shoulder Pain

Rx3 REHAB REFIT RETURN TO DUTY

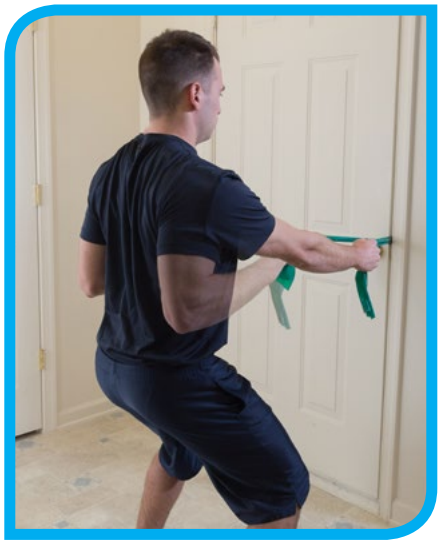
3. Shoulder External Rotation (Elbow In)



Starting position: Attach an elastic band to a safe anchor point at about bellybutton height. Stand with your uninjured side facing the anchor point and your shoulders "down and back." On your injured side, pinch a towel between your elbow and your ribcage, with your elbow bent 90 degrees. Hold the end of the band with your injured arm so there is light resistance on the band.

How to perform: Keeping shoulders "down and back" and pressure on the towel, rotate your forearm outward away from your body. Pause briefly before slowly returning to the start position. Perform on the injured side only. Add repetitions (up to 20 reps), stand further from the wall, or use a thicker elastic band to make the exercise more challenging.

4. Standing Row with Band



Starting position: Attach the midpoint of an elastic band to a safe anchor point at about bellybutton height and your shoulders "down and back." Hold one end of the band in each hand and stand 3–5 feet away from the anchor point, arms stretched out in front of your body and with a light resistance on the band.

How to perform: Keeping shoulders "down and back," slowly pull the band towards your body until your hands are almost touching your ribs. Pinch your shoulder blades together. Pause briefly before slowly returning to the starting position. Add repetitions (up to 20 reps), stand further from the wall, or use a thicker elastic band to make the exercise more challenging.

5. Assisted Pushup



Starting position: Place your hands just wider than shoulder width on a bench, table, or step. Begin with a taller bench and work to a lower height over time.

How to perform: Your body should be in one straight line with your back flat and your abdominals tight. Starting at the top of the pushup, lower your body by bending your arms until your upper arm is at least parallel to the floor and elbows bent 90 degrees. Do not proceed to the point of pain. Pause briefly before pushing back to the start position. When you can lower completely without feeling pain in your shoulder, then reduce the height of the bench to make the exercise more challenging.

Phase 2: Core Exercises

Perform each exercise in order (1–3), and then repeat the entire cycle 2 more times, for a total of 3 sets with minimal rest between exercises.

- 3 sets
- Cycle all exercises (back-to-back-to-back)
- Minimal rest between exercises

Phase 2: Shoulder Pain

Rx3 REHAB REFIT RETURN TO DUTY

1. Glute Bridge March



Reps: 10x (with 3 sec hold)
Starting position: Lie face up on the ground, knees bent about 60 degrees, with your feet hip-width apart and firmly planted on the floor.
How to perform: Lift your hips off the floor, pushing through your heels and squeezing your glutes as you lift your hips. Lift one foot slightly off the ground and hold for 3 sec. Alternate sides in a marching fashion, but continue to keep your hips in the same position. *Do not overextend your back!* You should feel the activity mostly in your legs. If you feel strain in your back, lower your hips a bit until you feel your legs and glutes take control, and hold there. One "rep" is both legs (2 steps). Add time to each hold (up to 10 sec) to make the exercise more challenging.

2. Plank



Reps: 2x (with 15 sec hold)
Starting position: Lie face down propped up with your forearms on the ground and your elbows under your shoulders, with legs extended straight.
How to perform: Lift your hips off the ground, creating a "bridge" from your forearms to your toes. Keep your abs—your abdominal muscles—tight and your back flat as you hold the position for 30 sec. (Do this in front of a mirror so you can see that you're keeping a straight body position.) Add time to each hold (up to 60 sec) to make the exercise more challenging.

3. Side Plank (knees)



Reps: 2x each side (with 15 sec hold)
Starting position: Lie on your side, propped up on your forearm, with one elbow directly under your shoulder and your hip on the ground. Bend both knees with your feet behind you.
How to perform: Lift your hips off the ground, creating a "bridge" from your forearm to your knee. Keep your abs—your abdominal muscles—tight and your back straight as you hold the position for 30 sec. Immediately switch to the opposite side before moving to the next activity. Add time to each hold (up to 60 sec) to make the exercise more challenging.

Phase 2: Shoulder Pain

Phase 2: Cardio component

Do some kind of low-impact cardio activity at least 3 days a week, and then 5 days a week as it becomes easier. As a general rule, don't increase the volume or intensity of your cardio exercises more than 10% per week.

Exercises: Running (cushioned track, running trail, or treadmill)

How to perform: You should only perform impact running (cushioned track, running trail, or treadmill) a maximum of 3 days per week—with a day of rest between running days. If you wish to perform cardio exercise 4 or 5 days a week, you can bike, row, or elliptical for the remaining training days.

Duration: 20–30 minutes

Progression

- Perform all the exercises outlined in Phase 2 for at least 3 weeks.
- Move on to Phase 3 when you can complete all the Phase 2 exercises for the maximum recommended sets and repetitions for at least 3 days a week.
- If you have pain with the Phase 2 exercises, or if you have questions about when you should progress to the next phase, consult your healthcare provider.