Shoulder Injury Prevention Program

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The shoulder consists of a series of joints that work together allowing the shoulder to move through a complete range of motion. These joints are the glenohumeral joint, scapulothoracic, sternoclavicular, and acromioclavicular joints. These joints are joined together by a series of muscles, tendons, and ligaments that allow us to move our shoulders through a multitude of motions every single day. To help avoid injuries, it is important to strengthen the muscles we rely on to perform our activities of daily living.
Self Myofascial Release

**Latissimus Dorsi**

Lying on your side, place the foam roller on the outer aspect of your shoulder blade with your arm fully extended. Use your legs to move back and forth on the roller. Perform for 30-90 seconds, 1-2 sets, daily.

![Latissimus Dorsi Image]

**Thoracic Spine**

Lie on your back, with the foam roller pressed up against your upper back. Lift your hips off the floor and place your arms behind your head for support. Proceed to roll up and down your back. Perform for 30-90 seconds, 1-2 sets, daily.

![Thoracic Spine Image]
Strengthening
(Perform 3 x’s/week  10-15 repetitions  1-3 sets)

Sidelying External Rotation
Lying on your side, with your working arm in at your side and elbow bent to 90 degrees. Start with your palm facing the floor. Place a towel between your side and your elbow and rotate your shoulder back so that your hand moves toward the ceiling.

(Start)  \hspace{2cm} (Finish)

Standing Internal Rotation
Standing with your working arm at your side, start with your arm in the neutral position and pull the theraband inward toward your stomach then return to the neutral position. Perform the exercises slow and controlled.

(Start)  \hspace{2cm} (Finish)
**Standing External Rotation**

Assume the same position as the exercise above. Place a towel roll between your elbows and your side. Start with your hand on your stomach, rotate the shoulder back, lift your hand away from your stomach keeping your elbow in at your side. Perform slow and controlled.

![Start](image1)

![Finish](image2)

**Internal Rotation at 90 Degrees Abduction**

Begin with the working arm raised to the side so that your elbow is in line with your shoulder and parallel to the floor (modified- rest your elbow on a chair or bench in the seated position). Rotate the shoulder so that the hand moves towards the ceiling. Slowly return back to the starting position.

![Start](image3)

![Finish](image4)
External Rotation at 90 Degrees Abduction

Begin with the working arm raised to the side so that your elbow is in line with your shoulder and parallel to the floor (modified- rest your elbow on a chair or bench in the seated position). Rotate the shoulder so that the hand moves towards the ceiling. Slowly return back to the starting position.

Theraband Rows

Keep feet shoulder width apart, have your arms out straight. Pull your belly button in and bend your elbows to your side. Slow and controlled straighten your elbows out. Make sure to avoid shrugging your shoulders and keep your shoulder blades back and down.
**Theraband Flexion**
Stand with feet shoulder width apart. Begin with your arm down at your side, hand in a neutral position. With a strong core, raise your arm up to shoulder height. Make sure to keep your shoulder blade back and down as you perform the range of motion.

(Start)  
(Finish)

**Theraband Extension**
Maintain the same stance as above, have your arm out straight and pull your arm down to your side. Make sure to keep your elbow straight and shoulder down.

(Start)  
(Finish)
Bicep Curls
Start with your arms down at your side, one end of the band under your foot, the other in your hand. Keep feet shoulder width apart. Keep your knees slightly bent, draw your bellybutton in to activate your core and raise your arms up toward the front of your shoulders then slowly lower your arm.

(Start)  
(Finish)

Tricep Extension
Standing with your feet shoulder width apart, have your elbow bent at your side gripping the band with a neutral hand. Straighten the elbow out, and then slowly return to the starting position.

(Start)  
(Finish)
**Wall Push Ups**
Start by facing a wall, palms at shoulder height and elbows tucked in. Slowly lower yourself towards the wall by bending your elbows. Make sure to maintain a flat back, relaxed shoulders, and maintain a neutral alignment. Return back to starting position.

![Wall Push Ups](image)

**Standing T’s**
Standing with feet shoulder width apart, arms out to the side palms facing down. Raise yours arms out to the side until they are at shoulder height, then slowly lower arms back down to your side. Perform the exercise slow and controlled, making sure to avoid shrugging your shoulders when lifting your arms.

![Standing T’s](image)
**Windshield Wipers**

Lie on your side with your head supported and knees bent. Support the top arm with the bottom hand, making sure to keep the elbow in line with the shoulder. Raise the top wrist up toward the ceiling, then slowly and controlled lower back down to the starting position.

(Start) ![Start Image](image1)

(Finish) ![Finish Image](image2)

**Planks**

On your stomach, come up onto your elbows. Lift your hips off the floor and draw your bellybutton in to maintain a tight core. Your body should form a straight line. Your back should not arch and hips should not drop.

(Modified) ![Modified Image](image3)

(Advanced) ![Advanced Image](image4)
Static Stretching
(Perform 30 seconds x 2)

Corner Stretch
Find a clear corner and place your forearms on the wall at shoulder height. Put one leg forward and lean into that leg until a stretch is felt to the front of the shoulders. Maintain a straight back and relaxed shoulders.

Latissimus Dorsi Stretch
Sitting on your knees, rest your wrist and hand on the physioball and drop your hips toward your heels.
Tricep Stretch

Stand with your hand behind your back, elbow pointing toward the ceiling. With your other hand, gently pull your elbow back until a stretch is felt to the back of the arm.
References

