

## Atraumatic Shoulder Dislocations (Multidirectional)

### Bent Over Rows

Stand, slightly bent over with a strong, flat-back position with your uninvolved hand supported on either a chair, table or bench. Hold a comfortable weight in your involved hand. Squeeze your shoulder blade toward your spine as you raise your elbow up and back. Perform 2-3 sets of 10 repetitions, once a day.



### Ceiling Punches

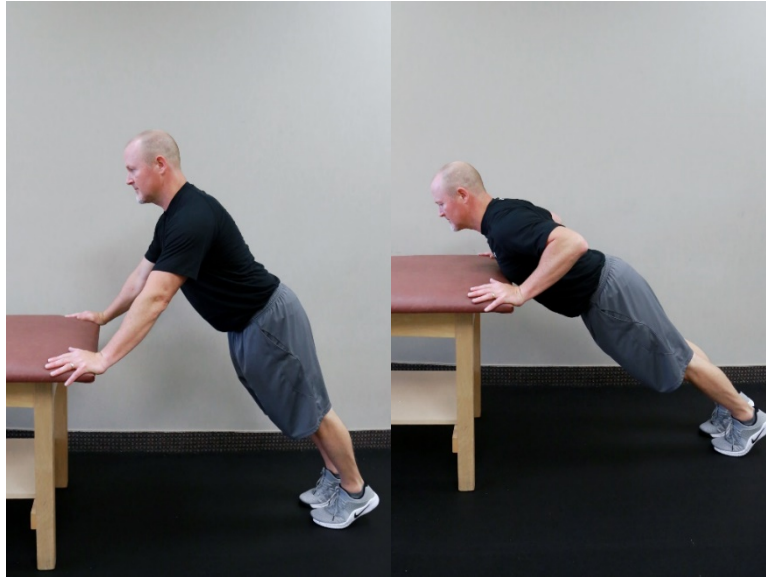
Lie on your back with your arms extended straight up toward the ceiling. Hold a comfortable weight in each hand. Keep your elbows straight and reach toward the ceiling as high as possible lifting your shoulders off the table. Your neck should remain relaxed. Return to starting position. Perform 2 sets of 10-15 repetitions, once a day.



# UPSWING HEALTH

## Table Pushup

Start with your hands on a table or countertop, shoulder-width apart and move your feet back to a comfortable position. Slowly bend your elbows to form a right-angle position, keeping your back straight. Straighten your elbows to push yourself back up to the starting position. Perform 2 sets of 10-15 repetitions, once a day.



## Internal Rotation

Stand sideways with a resistance band secured at elbow height. Have your elbow bent at a right angle and keep it close to your side, as pictured. You may secure a towel under your elbow to keep it in place. Rotate your forearm inward across your body, bringing your hand to your stomach. Keep your shoulder blade squeezed. Return to starting position. Perform 2-3 sets of 10 repetitions, once a day.



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## External Rotation

Stand sideways with a resistance band secured at elbow height. Have your elbow bent at a right angle and keep it close to your side, as pictured. You may secure a towel under your elbow to keep it in place. Rotate your forearm outward and away from your body. Keep your shoulder blade squeezed. Return to starting position. Perform 2-3 sets of 10 repetitions, once a day.



## Adduction

Secure resistance band at hand level. Squeeze your shoulders back and down, then pull your involved arm towards your body while keeping your elbow straight. Return to the starting position. Perform 2-3 sets of 10 repetitions, once a day.

