

# UPSWING HEALTH

## Traumatic Shoulder Dislocations

### Cane Flexion

With your palms up, lift a dowel directly overhead, assisted by the uninvolved side. Reach back until you feel a stretch and hold for 5 seconds. Repeat 10 times.



### 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.



Discontinue exercises and consult with a medical professional if any discomfort is experienced.

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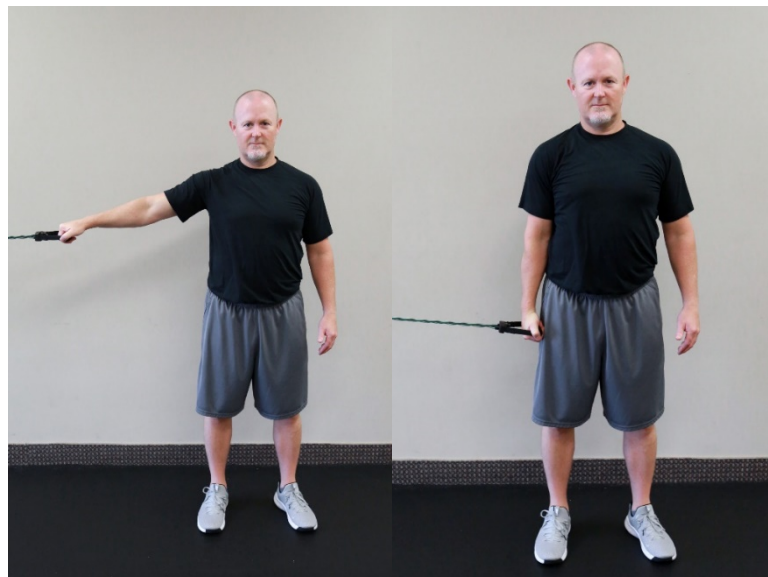
## Ceiling Punches

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.



## 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.



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## 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.

