

Tiger Shoulder Rehabilitation Program

Name _____

Date _____

Pre-Rehab Modalities

- ___ Moist Heat pack _____ Minutes
- ___ Ice _____ Minutes
- ___ E-Stim _____
- ___ Ultrasound _____

Stretching

- ___ Passive T-Bar Exercises _____ Seconds
- ___ Wall Holds _____ Seconds
- ___ Rope & Pulley _____ Seconds

Range of Motion

- ___ Wall Crawls-Forward _____ Minutes
- ___ Wall Crawls-Sideways _____ Minutes
- ___ Arm Circles _____ Minutes _____ w/ wts.

Resistive ROM with Thera-Bands TM

- ___ Flexion--straight forward to 90* _____ sets/ reps
- ___ Extension--towards back _____ sets/ reps
- ___ Abduction--straight out from side to 90* _____ sets/ reps
- ___ Adduction--pull to side of body _____ sets/ reps
- ___ External Rotation--away from body _____ sets/ reps
- ___ Internal Rotation--towards body _____ sets/ reps
- ___ Horizontal External Rotation _____ sets/ reps
- ___ Horizontal Internal Rotation _____ sets/ reps
- ___ Empty can--thumbs down at diagonal _____ sets/ reps
- ___ Retraction--pull in _____ sets/ reps

Resistive ROM with Weights

- ___ Protraction--push out _____ sets/ reps
- ___ D1 Pattern Exercises _____ sets/ reps
- ___ D2 Pattern Exercises _____ sets/ reps
- ___ Biceps Strengthening _____ sets/ reps
- ___ Triceps Strengthening _____ sets/ reps

Weight Bearing Exercises

- ___ Wall push-ups _____ sets/ reps
- ___ Shoulder-Blade Squeeze _____ sets/ reps
- ___ Push ups on knees _____ sets/ reps
- ___ Regular push ups _____ sets/ reps

Balance Exercises

- ___ 2 point stance _____ minutes
- ___ balance on ball _____ minutes
- ___ 3 point stance _____ minutes