



Shoulder Protocol

The following exercises are common for treatment of shoulder pain. A traditional physical therapy clinic will charge you and your insurance company hundreds of dollars for them. We are giving them to you for **free**. If these exercises don't provide the help you need, Performance Health + Wellness will create a custom protocol to meet your needs.

1. **Pendulum Swings** – Lean forward, let your arm hang and swing in circles. (3 sets of 10 reps per direction)
2. **Wall Walks** – Face a wall, walk your fingers up as high as possible. (3 sets of 10 reps)
3. **Shoulder Rolls** – Roll shoulders forward and backward. (3 sets of 10 reps per direction)
4. **Cross-Body Stretch** – Pull one arm across your chest. Hold for 20-30 seconds. (3 sets per side)
5. **Sleeper Stretch** – Lie on your side, push your hand downward gently. Hold for 20-30 seconds. (3 sets per side)
6. **Shoulder Flexion Stretch** – Holding a stick with both hands, raise over head as far as comfortable. (3 sets of 10)
7. **External Rotations (Band)** – Use a resistance band, rotate arm outward. (3 sets of 10 reps per side)
8. **Internal Rotations (Band)** – Rotate arm inward with resistance. (3 sets of 10 reps per side)
9. **Reverse Flies** – Lean forward, lift arms outward with light weights. (3 sets of 10 reps)
10. **Scapular Push-ups** – In a plank position, push your shoulder blades apart and together. (3 sets of 10 reps)

 **Videos of exercises available [HERE](#)**

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The exercises and information provided here are for general educational purposes only and are not intended as medical advice. Always consult with a licensed healthcare provider before starting any exercise program, especially if you have any pre-existing health conditions or concerns. Only a licensed healthcare provider can diagnose medical conditions and offer appropriate treatment. Proceed with caution and prioritize your health and safety.