

Shoulder Exercise Routine Sheet

Patient Name: Exercise Routine Date:

Active Assisted Shoulder Range Of Motion Using A Dowel

Sets Reps Frequency Time Duration

Front Shoulder Stretch

Sets Reps Frequency Time Duration

Outside Shoulder Stretch

Sets Reps Frequency Time Duration

Passive Shoulder Range of Motion

Sets Reps Frequency Time Duration

Passive Shoulder Range of Motion with a Hand We

Sets Reps Frequency Time Duration

Rear Shoulder Stretch

Sets Reps Frequency Time Duration

Shoulder Abduction Strengthening with a Therapy Band

Sets Reps Frequency Time Duration

Shoulder Extension Strengthening with a Therapy Band

Sets Reps Frequency Time Duration

Shoulder Extension Strengthening with a Therapy B

Sets Reps Frequency Time Duration

Shoulder Flexion Strengthening with a Therapy Band

Sets Reps Frequency Time Duration

Shoulder Internal Rotation Strengthening with a Therapy Band - Subscapularis

Sets Reps Frequency Time Duration

Shoulder Strengthening in External Rotation with a Therapy Band - Infraspinatus

Sets Reps Frequency Time Duration

Shoulder Exercise Routine Sheet (con't)

Patient Name: Exercise Routine Date:

Shoulder Strengthening in External Rotation with a Therapy Band - Teres Minor

Sets Reps Frequency Time Duration

Shoulder Strengthening with a Therapy Band - Supraspinatus

Sets Reps Frequency Time Duration

Trapezius Strengthening with a Therapy Band

Sets Reps Frequency Time Duration