

**P.R.I.C.E.**

**P:** PROTECTION (Sling) can add stability and decrease pain.

**R:** REST (limit motion/activity) your shoulder when possible.

**I:** ICE your shoulder as frequently as possible (20 minutes every 2 hours).

**C:** COMPRESSION...Not usually needed for the shoulder.

**E:** ELEVATE...Not usually needed for the shoulder.

**Pain:** Take Tylenol (acetaminophen) for pain control.

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**Passive: 3-way movement.**

Passive = muscles relaxed. Movement with assistance or help.

Squeeze shoulder blades. Start with hands by side.

Move in directions shown.

- **Frequency:** 10 reps. Three times a day.
- **Rationale:** Restore / maintain full shoulder movement.

- **Goal:** Restore and maintain full shoulder movement.

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**Active: Pendulums**

Standing position, arm relaxed, hand hanging toward ground.

Relax shoulder. Swing in a circle. Let gravity take over.

- Clockwise, 5 min. Counter Clockwise, 5 min.
- Gradually increase circles. Slow, steady pace.

- **Frequency:** 1 set. Three times a day.
- **Goal:** Restore and maintain full shoulder movement.

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**Active: Wall Climbers**

Face wall, squeeze shoulder blades.

Walk fingers up wall, hold when painful.

Walk fingers back down. Repeat at TEN times.

Repeat with injured arm out to side, TEN times.

- **Frequency:** 1 set. Three times a day.
- **Goal:** Restore and maintain full shoulder movement.
**Isometric: Flexion / Extension**

Stand with good posture, squeeze shoulders back. Bend and hold elbow at 90°.

- **Flexion:** Push hand into wall.
- **Extension:** Push elbow into wall.

Hold 5 sec. Repeat TEN times.

**Frequency:** 1 set. Three times a day.

**Goal:** Increase strength of Deltoid Muscles.

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**Isometric: ABduction / ADdution**

Stand with good posture, squeeze shoulders back. Bend and hold elbow at 90°.

- **ABduction:** Start hand on stomach.
  - Pull hand away from your stomach.
- **ADdution:** Start hand away from stomach.
  - Pull hand into your stomach.

Hold 5 sec. Repeat TEN times.

**Frequency:** 1 set. Three times a day.

**Goal:** Increase strength of Rotator Cuff Muscles.

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**Scapular Retraction (Shoulder Blade Squeezes)**

Relax head and neck. Stand with good posture, squeeze shoulders back. Avoid shrugging shoulders. Keep Abs tight.

- Hold 10 sec.
  - Relax Shoulders. Repeat TEN times.

**Frequency:** 1 set. Three times a day.

**Goal:** Increase strength of Scapular Stabilizing Muscles.

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**Scapular Elevation (Shoulder Shrugs)**

Relax head and neck. Stand with good posture, squeeze shoulders back. Raise shoulders up. Keep Abs tight.

- Hold 10 sec.
  - Relax Shoulders. Repeat TEN times.

**Frequency:** 1 set. Three times a day.

**Goal:** Increase strength of Scapular Stabilizing Muscles.