

AVORDCHIROPRACTIC

Shoulder Injuries

Stretch

- Shoulder at 90 elbow on wall pull hand down to wall-sleeper stretch
- Doorframe stretch-hand on bum palm out push elbow forward as you lean back
- Straight arm across body thumb down

Strengthen

- Eccentrics
 - With tubing arm at 90 palm up step out and slowly lower arm back—step back, arm out tighten band and step out till really tight then slowly lower arm back to side 2 X 20
- Scapular stability exercises --YTWL's, Brugger exercise (keep elbows in and try extend arms holding elbows at side,
- Saws--3 hand positions palm up down and in 6 reps each position
- Back of hand on wall push out hold 3-4 seconds 6 x 2
- Lying on side elbow in 3 hand positions 90 degrees lift up 50 x 1
- Hands on bum squeeze shoulders/elbows
- Squeeze shoulders together hold and move hands out(palms up) and back while maintaining squeeze (Brugger).

Rotatorcuff.net-go there read about it buy his manual and DVD—Buchberger 12

Tom House Foundation fitness DVD

Thrower's ten-google it good videos

Frozen shoulder/Adhesive Capsulitis—wand/dowel exercises

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