

# Dumbbell Shoulder Rehabilitation

CRYOTHERAPY \_\_\_\_ MINS \_\_\_\_ X per day

Ice Cup      Ice Bag

Staff \_\_\_\_\_

Phone \_\_\_\_\_



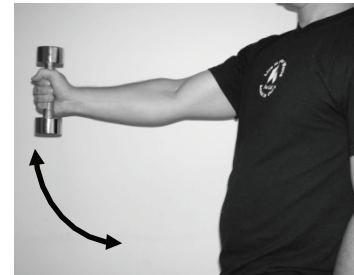
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## DB FLY



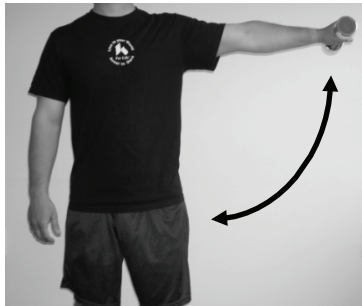
1. Hold 1-5 lb weight in \_\_\_\_ hand
2. Lie on belly with arm hanging
3. Raise arm up so that it is level with the edge of the bed
3. Hold 2-3 seconds and slowly lower
4. 10 repetitions, up to 3 sets, 1X day

## DB FLEXION



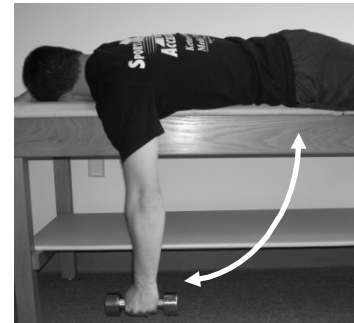
1. Stand holding 1-5 lb weight in \_\_\_\_ hand
2. With thumb up raise arm up to shoulder height
3. Hold 2-3 seconds and slowly lower
4. 10 repetitions, up to 3 sets, 1X day

## DB ABDUCTION



1. Stand holding 1-5 lb weight in \_\_\_\_ hand
2. Raise arm up to the side and overhead as far as you can
3. Hold 2-3 seconds and slowly lower
4. 10 repetitions, up to 3 sets, 1X day

## DB EXTENSION



1. Hold 1-5 lb weight in \_\_\_\_ hand
2. Lie on belly with arm off edge as shown
3. Raise arm backward
4. Hold 2-3 seconds and slowly lower
5. 10 repetitions, up to 3 sets, 1X day

## DB INTERNAL ROTATION



1. Hold a 1-5lb weight in your \_\_\_\_ hand
2. Lie on back with elbow bent and forearm parallel with floor
3. Rotate arm inward, keeping the elbow bent as shown
4. Hold 2-3 seconds and slowly raise
5. 10 repetitions, up to 5 sets, 1X day

## DB EXTERNAL ROTATION



1. Hold a 1-5 lb weight in your \_\_\_\_ hand
2. Lie on side so that arm holding weight is on top
3. Rotate arm upward, keeping elbow bent to 90 degrees as shown
4. Hold 2-3 seconds and slowly lower
5. 10 repetitions, up to 5 sets, 1X day