



## JOB'S SHOULDER EXERCISES



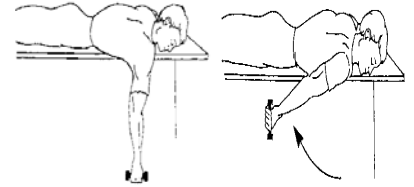
### Jobe #1—Shoulder Flexion

1. Stand or sit with your arms at your side and your thumbs pointing up.
2. Keeping your elbows straight, raise your arms, leading with your thumbs.
3. Continue slowly until your arms are parallel to the ground.
4. Return slowly to the starting position and repeat.



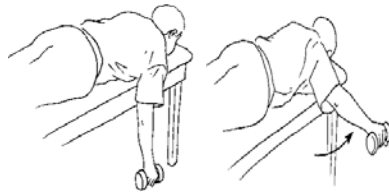
### Jobe #2—Shoulder Extension

1. Stand next to a table or bench. Lean from the hips, using the arm closest to the bench for balance. Allow the other arm to hang perpendicular to the floor.
2. Holding a weight, lift the arm backwards until it is level with the hip. Keep your elbow straight and your arm close to your body.



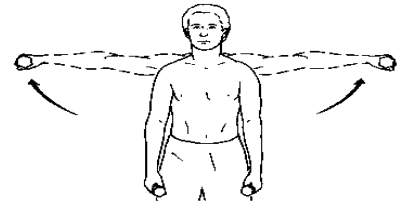
### Jobe #3—Horizontal Abduction

1. Stand next to a table or bench, leaning forward from the hips, with your arm perpendicular to the floor.
2. Lift your arm up and to the side, keeping your elbow straight. Continue lifting until your arm is parallel to the floor. Make sure you do not lift your hand higher than the shoulder.
3. Return slowly to the starting position and repeat.



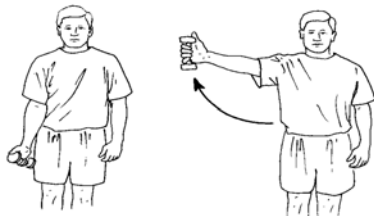
### Jobe #4—Shoulder Abduction

1. Stand with your arms at your side, with thumbs pointing forward.
2. Lift your arms to shoulder height (parallel to the ground), keeping your elbows straight.
3. Lower arms slowly to starting position and repeat.



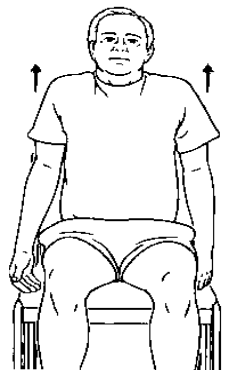
### Jobe #5—Scaption

1. Stand with elbows extended and thumbs up.
2. Raise arms to shoulder level at 30° angle in front of body.
3. Slowly lower the arms to the starting position and repeat.



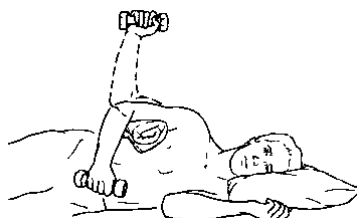
### Jobe #6—Shoulder Shrugs

1. Stand with your arms at your side.
2. Shrug your shoulders, lifting them toward your ears. Keep the elbows flexed slightly throughout the exercise.
3. Return slowly to the starting position and repeat.



### Jobe #7—Sidelying External Rotation

1. Lie on the uninvolved side, with the involved arm at side of body and elbow bent to 90°.
2. Keeping the elbow of the involved arm fixed to the side, raise arm.
3. Slowly lower to the starting position and repeat.



### Jobe #8—Sidelying Internal Rotation

1. Lie on involved side with arm against side and elbow bent to 90°.
2. Keeping the elbow fixed against side, lower forearm first to comfort, then raise forearm to trunk.
3. Slowly lower to the starting position and repeat.



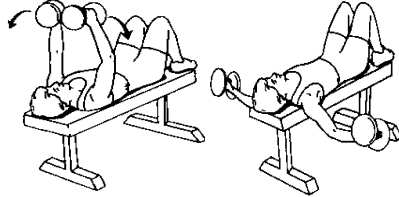


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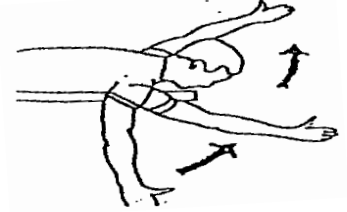
## Jobe #9—Horizontal Adduction

1. Lie on the floor or bench.
2. Hold your arms out to the side with your elbows straight and the palms facing up.
3. Raise your arms slowly, until the fingers point at the ceiling.
4. Slowly lower the arms to the starting position and repeat.



## Jobe #10—Prone Flexion

1. Lie prone on the table, with your shoulders off of the end of the table.
2. Keeping your elbows straight, raise your arms up to your ears, with your thumbs pointing up.
3. Slowly lower the arms to the starting position and repeat.



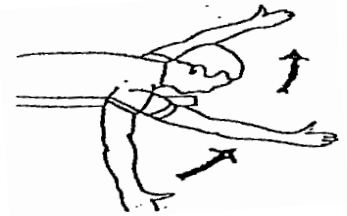
## Jobe #11—Prone Abduction

1. Lie prone on the table, with your shoulders off of the end of the table.
2. Keeping your elbows straight, and your arms hanging down, raise your arms up to ear level, with your palms are facing down.
3. Slowly lower the arms to the starting position and repeat.



## Jobe #12—Prone Scaption

1. Lie prone on the table, with your shoulders off of the end of the table.
2. Keeping your elbows straight, and your arms hanging down, raise your arms up at a 45° angle to ear level, with your palms are facing down.
3. Slowly lower the arms to the starting position and repeat.



## Jobe #13—Prone Scapular Retraction with External Rotation

1. Lie prone on the table, with your shoulders off of the end of the table.
2. Raise your elbow up to the side with a 90° angle in the elbows.
3. Then raise the hands to ear level with the palms facing down.
4. Slowly reverse the order to come down (hands, then elbows).



**\*\*You must remember that these are two distinct movements.\*\***

*These exercises are to be performed \_\_\_\_\_ times per week / day. Begin with 3 sets of 10 repetitions and progress to 5 sets of 10 repetitions. Progress your weight as tolerated (i.e.-5 sets of 10 repetitions completed easily with specific weight, you will increase by 1# and decrease you exercise to 3 sets of 10 repetitions). You will progress to 5 sets of 10 repetitions again and repeat the same process until you can perform 5 sets of 10 repetitions with 5#. You do NOT want to exceed 5# on these exercises at any time. After performing your exercises, ice your shoulder for 15-20 minutes.*