

Anterior Deltoid Strengthening Protocol

The exercises should be performed 2-3 times each day.

1. **Pendulum Warm Up Exercise**

Standing, bend over at the waist and let your arm dangle. Move your hand in a clockwise circle, then in a counterclockwise direction. Start with small circles and work into large ones. Do this for 5 minutes to warm up the muscles.

2. **Active Assisted Warm Up**

Use the pulley system to practice your arm elevation. Use the healthy arm to elevate the injured arm. Do this 15 times; rest and repeat 3 times. (Pulley system will be provided by your doctor or physical therapist.)

3. **Active Arm Elevation Exercise**

Begin lying flat on your back. Use a cane or a stick in your good arm. Hold on to the stick with the hand of the injured arm. Raise the stick from your lap over your head as far as possible. Do this 20 times; rest and repeat 4 times. If no cane or stick is available, use your healthy arm to raise the injured arm.

4. **Active Arm Elevation Exercise**

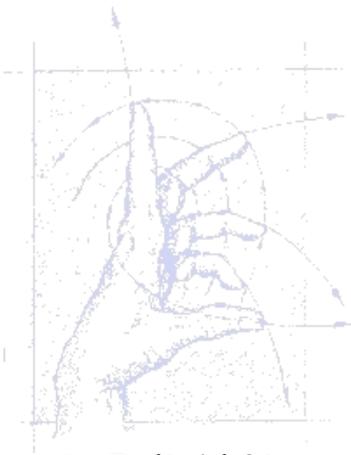
When you can raise the arm comfortably with assistance (cane or other arm), try lifting the injured arm under your own power. Do this 20 times; rest and repeat 4 times.

5. **Resisted Arm Elevation Exercise**

After you are comfortable lifting your arm under your own power, do the same exercise with an 8 oz. can, then try a 1 lb. weight. Do this 20 times; rest and repeat 4 times.

6. **When these exercises become easy to perform, you will raise your bed up 20 degrees and start steps 2-5 over again.**

7. **When the exercises become easy to perform with the bed raised 20 degrees, you will raise the bed another 20 degrees and begin steps 2-5 over again until you are performing the exercises standing up.**



HAND & UPPER LIMB CLINIC

8. **Deltoid Strengthening**

In addition to warming up and practicing arm elevation, we want to strengthen the deltoid muscles using TheraBands.

Shoulder Extension

Secure the TheraBand to an object in front of you at waist level. You will hold the TheraBand with your injured arm. Keeping your elbow straight, pull the TheraBand back to your hip and hold for a count of 2. Return to your starting position and prepare to perform another repetition. Do this 15 times; rest and repeat 3 times.

Shoulder Abduction

Secure the TheraBand to an object below waist level. Standing to the side of the TheraBand, hold the TheraBand with your injured arm in front of you at your side. Elevate your arm out to the side to 90 degrees and hold for a count of 2. Return your arm to your starting position and repeat. Do this 15 times; rest and repeat 3 times.

Forward Punches

Secure the TheraBand at waist level. Hold the TheraBand with your injured arm. Standing with your back to the TheraBand, you will punch out away from your body trying to get your elbow straight. Hold for a count of 2 and return to your starting position. Do this 15 times; rest and repeat 3 times.

9. **Rotator Cuff Strengthening**

Using TheraBand, do internal and external rotation. Secure the TheraBand at waist level. Keep elbow at side. Pull away from your stomach first (external rotation), then pull in towards your stomach (internal rotation). Do 15 repetitions; repeat 3 times for each exercise.

10. **Perform Serratus Punches and Rows**

For the Serratus Punch, lay on your back with your arm towards the ceiling. Keep your elbows straight. Using your shoulders, punch towards the ceiling. For Rows, squeeze your shoulder blades together and hold 2 seconds. Progress to using the TheraBand. For each exercise, do 15 repetitions and repeat 3 times.