



PHYSICAL THERAPY

Home Exercise Program Login Instructions

Login

To access your Home Exercise Program:

Scan



Or

Visit

Athleticopt.medbridgego.com

Access Code: **KQKX3XXP**

How to Access



Open in your browser

To access your home exercise programs.

By Accessing Online You Can

View your exercise videos

Interactive HD videos guide you with easy to follow instructions.

Learn about your condition

Gain a deeper understanding of your condition and the road to health recovery.

Track your progress

Keep track of your activity and progress throughout treatment and post care.

STEP 1



STEP 2



Sleeper Stretch

REPS: 10 | HOLD: 10 | DAILY: 3 | WEEKLY: 5

Setup

Begin by lying on your side with your bottom arm bent upward at a 90 degree angle.

Movement

With your other arm, apply a gentle downward pressure until you feel a stretch in your shoulder.

Tip

Make sure not to let your body roll forward or backward during the exercise.

STEP 1



STEP 2



Shoulder External Rotation with Anchored Resistance

REPS: 10 | SETS: 3 | BAND: RED | DAILY: 3 | WEEKLY: 5

Setup

Begin standing upright with your elbow bent at 90 degrees and a towel roll tucked under your arm, holding a resistance band that is anchored out to your opposite side.

Movement

Rotate your arm out to your side, pulling against the resistance, then slowly return to the starting position and repeat. Do no shrug your shoulders.

STEP 1



STEP 2



STEP 3



Shoulder Internal Rotation with Resistance

REPS: 10 | SETS: 3 | BAND: RED | DAILY: 3 | WEEKLY: 5

Setup

Begin in a standing upright position with your elbow bent at 90 degrees and a towel roll tucked under your arm, holding a resistance band. The anchor point should be on the side closest to your bent arm.

Movement

Slowly rotate your arm inward.

Tip

Make sure to keep your hips and shoulders facing forward and maintain a gentle chin tuck throughout the exercise.

STEP 1



STEP 2



Standing Shoulder Row with Anchored Resistance

REPS: 10 | SETS: 3 | HOLD: 2-3 | BAND: RED | DAILY: 3 | WEEKLY: 5

Setup

Begin standing upright, holding both ends of a resistance band that is anchored in front of you at chest height, with your palms facing inward.

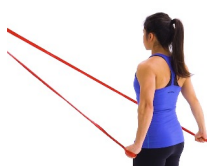
Movement

Squeeze your shoulder blades together and pull your arms back with your elbows tucked at your sides, then return to the starting position and repeat.

STEP 1



STEP 2



Shoulder extension with resistance - Neutral

REPS: 10 | SETS: 3 | HOLD: 2-3 | DAILY: 2 | WEEKLY: 5

Setup

Begin standing upright with your arms straight forward and palms facing inward, holding the ends of a resistance band that is anchored overhead in front of you.

Movement

Pull your arms down to your sides, squeezing your shoulder blades together. Then bring them back up to the starting position and repeat.

Tip

Make sure to keep your elbows and back straight, and do not shrug your shoulders during the exercise.

STEP 1



STEP 2



STEP 3



Standing Shoulder Scaption

REPS: 10 | SETS: 3 | WEIGHT: 1-3 LBS | DAILY: 3 | WEEKLY: 5

Setup

Begin in a standing upright position with your arms resting at your sides.

Movement

Slowly raise your arms diagonally at roughly a 30 degree angle from your body, then lower your arms back to your sides.

Tip

Make sure to keep your elbows straight and avoid shrugging your shoulders. Try not to arch your low back while raising and lowering your arms.

STEP 1



STEP 2



STEP 3



Standing Single Arm Shoulder External Rotation in Abduction with Anchored Resistance

REPS: 10 | SETS: 3 | THERABAND: YELLOW | DAILY: 3 | WEEKLY: 5

Setup

Begin in a standing upright position with one arm out to the side and your elbows bent 90 degrees with your palm facing the floor.

Movement

Slowly rotate your arm upward until your palm is facing forward and hold.

Tip

Make sure not to let your elbow drop as you rotate your arms and maintain a gentle chin tuck throughout the exercise.

STEP 1



STEP 2



STEP 3



Shoulder Internal Rotation in Abduction with Resistance

REPS: 10 | SETS: 3 | BAND: RED | DAILY: 3 | WEEKLY: 5

Setup

Begin standing tall, holding onto a band that is anchored behind you.

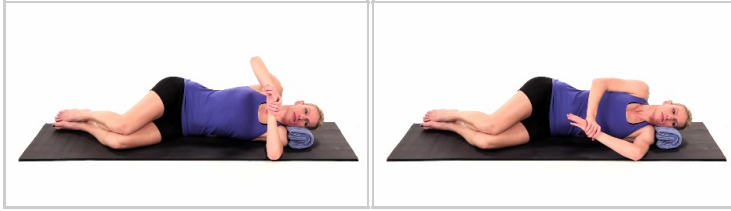
Movement

Place your other hand on top of your shoulder and lift your elbow up to shoulder height and out to your side, keeping it bent to 90-degrees. Move your hand down toward the floor, pulling against the band. Slowly reverse the motion and repeat.

Tip

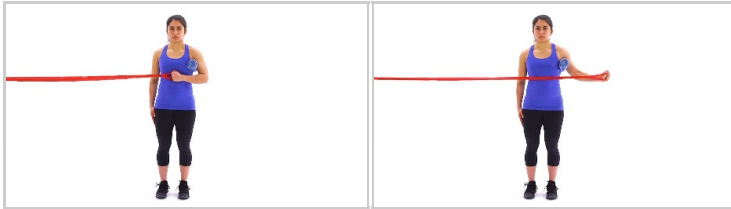
Try to keep your elbow still during the exercise. Do not shrug your shoulder or let your trunk rotate.

Sleeper Stretch



| | |
|-----------------|------------------|
| REPS: 10 | HOLD: 10 |
| DAILY: 3 | WEEKLY: 5 |

Shoulder External Rotation with Anchored Resistance



| | |
|------------------|-----------------|
| REPS: 10 | SETS: 3 |
| BAND: RED | DAILY: 3 |
| WEEKLY: 5 | |

Shoulder Internal Rotation with Resistance



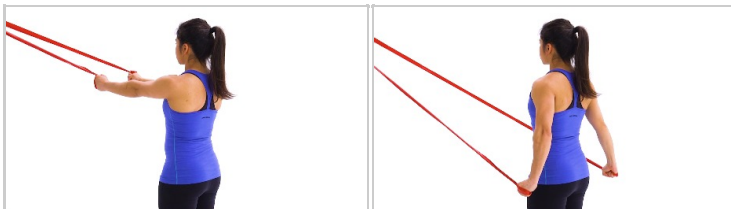
| | |
|------------------|-----------------|
| REPS: 10 | SETS: 3 |
| BAND: RED | DAILY: 3 |
| WEEKLY: 5 | |

Standing Shoulder Row with Anchored Resistance



| | |
|------------------|------------------|
| REPS: 10 | SETS: 3 |
| HOLD: 2-3 | BAND: RED |
| DAILY: 3 | WEEKLY: 5 |

Shoulder extension with resistance - Neutral



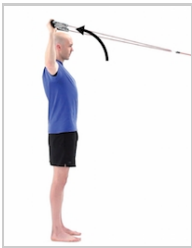
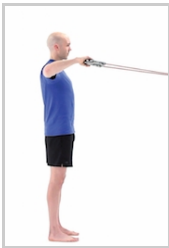
| | |
|------------------|-----------------|
| REPS: 10 | SETS: 3 |
| HOLD: 2-3 | DAILY: 2 |
| WEEKLY: 5 | |

Standing Shoulder Scaption



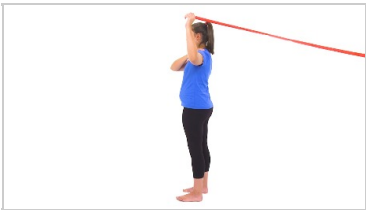
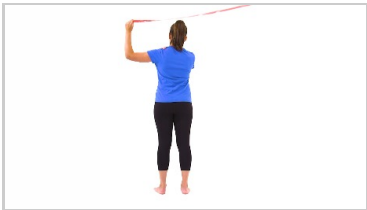
| | |
|------------------------|-----------------|
| REPS: 10 | SETS: 3 |
| WEIGHT: 1-3 LBS | DAILY: 3 |
| WEEKLY: 5 | |

Standing Single Arm Shoulder External Rotation in Abduction with Anchored Resistance



| | |
|--------------------------|-----------------|
| REPS: 10 | SETS: 3 |
| THERABAND: YELLOW | DAILY: 3 |
| WEEKLY: 5 | |

Shoulder Internal Rotation in Abduction with Resistance



| | |
|------------------|-----------------|
| REPS: 10 | SETS: 3 |
| BAND: RED | DAILY: 3 |
| WEEKLY: 5 | |