

Body Language

A Ten Minute Guide To Shoulder Strengthening

Welcome to O'Connor Hospital! We are dedicated to providing comprehensive, excellent healthcare that is attentive to the whole person: body, mind and spirit. Understanding how your body works and learning to "listen" to your body can decrease pain and help you stay active. The Body Language courses are designed to assist you in this process.

There are hundreds of different exercises that can be used to strengthen and improve the flexibility of the shoulders. The following exercises have been selected because they are effective, easy to do and focus on important muscular structures. This exercise routine will take about ten minutes to complete. A brief walk is a good warm up.

Daily use of this program, even when your shoulders feel good, will help to keep them healthy and strong. Regular physical activity is recommended to compliment this shoulder care program.

As you do these exercises you will feel some stretching, but it should not be painful. If you are experiencing pain, check with your physician or therapist before continuing to do the exercises.

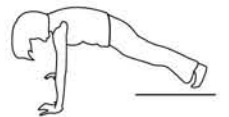
Dips

Sit in a chair. Place your hands on the armrests or seat of the chair. Lift your body up by pushing down with your arms. Repeat 5-10 times.



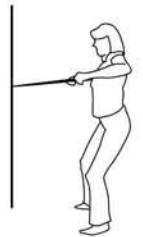
Push-up (With A Plus)

Lie on your stomach and move into a push-up position (on hands and toes). Keeping your stomach muscles tight and back straight, slowly lower your body toward the floor. Push back up. When your arms are straight again, round out your upper back bringing your shoulder blades forward (the plus). Repeat 5-10 times. This exercise can also be done leaning against a wall.



Rowing

Place an exercise band at chest height in a closed door or tie it to a door knob. Grasp the band with both hands. Keeping elbows out, pull straight back, squeezing your shoulder blades together. Slowly return to the start position. Repeat 5-10 times. Use a thicker exercise band (more resistance) to increase your strength.



Member of Daughters of Charity Health System

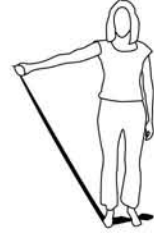
External Rotation

Hold an exercise band in front of you. Position your hands about a shoulder's width apart and your elbows bent about 90 degrees. Hold your right elbow out 6 inches away from your body. Tighten your shoulder blades. Rotate your right hand around the right elbow in an outward direction. Slowly return to the start position. Repeat 5-10 times. Perform the exercise with the left arm.



Abduction/Scaption

Start with your arm at your side. Grasp one end of the exercise band and step on the other end. Raise your arm away from your body to between 45 and 90 degrees. Slowly lower your arm back down. Make sure the tension on the band is adjusted to allow you to comfortably perform the motion. Repeat 5-10 times. Perform with the other arm.



Flexion

Start with your arm at your side. Grasp one end of the exercise band and step on the other end. Raise your arm in front of you to between 45 and 90 degrees. Slowly lower your arm back down. Make sure the tension on the band is adjusted to allow you to comfortably perform the motion. Repeat 5-10 times. Perform with the other arm.



Extension

Start with your arm at your side. Grasp one end of the exercise band and step on the other end. Raise your arm behind you to between 45 and 90 degrees. Slowly lower your arm back down. Make sure the tension on the band is adjusted to allow you to comfortably perform the motion. Repeat 5-10 times. Perform with the other arm.



Anterior Stretch

Place the hand and forearm flat on a door-frame. Slowly lean forward through the door to feel a gentle stretch across your chest and the front of your shoulder. Hold for 20 seconds. Repeat 2-3 times. Perform the stretch on the other shoulder.



Posterior Stretch

Hold your right arm up in front of you at chest level. Grasp the elbow with your left hand. Pull the arm across your chest to feel a stretch along the back of your arm and shoulder. Hold for 20 seconds. Repeat 2-3 times. Stretch your other shoulder.



From 101: Take 101 to 880 South. Take the Bascom Avenue exit. Turn left on Bascom. Turn right on Naglee (which becomes Forest). The hospital is located at 2105 Forest Avenue.

From 280 North: Take 280 to 880 North. Take the West San Carlos exit. Turn left on Di Salvo and you will see the hospital, which is located at 2105 Forest Avenue.

From 280 South: Take 280 to 880 North. Take the Bascom Avenue South exit. Turn right on Naglee (which becomes Forest). The hospital is located at 2105 Forest Avenue.

Parking: Long-term parking is available behind the hospital. Short-term parking is available in front of the hospital. Free valet parking is available for our guests.

Bus Routes: Lines 23 and 36

