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Shoulder Home Exercises

9 essential exercises to help prevent shoulder pain

SH-Phase1

Gently move your shoulders, arms, and shoulder blades to ease discomfort and improve shoulder function.

Precautions

- Exercise only within a range that is not painful.
- Move slowly and gently.
- Stop right away if you feel sharp or severe pain.

How often

- Do each exercise 10 times, 2 sets (or as shown on each card).
- Do the routine 1–2 times a day, every day.



1 Pendulum

1. Bend forward at the waist and let your sore arm hang loosely.
2. Gently swing the arm forward and back, then side to side.

10 each direction · 2 sets



2 Shoulder Shrug

1. Slowly raise your shoulders up toward your ears.
2. Slowly lower them.

10 reps · 2 sets



3 Cross-Body Stretch

1. Pull one arm across your chest.
2. Keep your shoulder down, not shrugged.

15–30 sec · each side



4 Wall Walk

1. Place your hand on a wall and slowly walk your fingers up.
2. Go only as high as you can without pain.

10 reps · 2 sets



5 External Rotation

1. Hold a resistance band in both hands with your elbows bent 90° and tucked at your sides.
2. Keep one hand still and slowly rotate the other hand outward against the band, then return slowly. Switch sides.

10 reps · 2 sets each side



6 Internal Rotation Stretch

1. Hold a towel behind your back with both hands, and use the top hand to gently pull the sore arm up.

15–30 sec · each side



7 Chest Opener

1. Clasp your hands behind your back, open your chest, and draw your shoulders back.

10 reps · 2 sets



8 Y-T-W

1. Slowly raise your arms into a Y, then a T, then a W shape.
2. Keep your shoulders relaxed and move smoothly.

10 each · 2 sets



9 Side Arm Raise

1. Slowly raise your arm out to the side.
2. Slowly lower it.

10 reps · 2 sets

Get medical care right away if you notice:

- Shoulder or arm pain with chest pain, shortness of breath, sweating, or jaw pain — call 911
- You can't lift your arm after a fall or injury, or the shoulder looks deformed
- A red, hot, swollen shoulder, or fever
- Numbness, tingling, or weakness in the arm that keeps getting worse

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These are simple, comfortable exercises for everyday home use, based on materials from respected medical organizations. For exercises tailored to your symptoms, talk with your healthcare provider. This material does not replace an individual medical evaluation.

Sources: AAOS OrthoInfo – Rotator Cuff and Shoulder Conditioning Program. These organizations have not reviewed or endorsed this material. Illustrations created with AI.