



# Home Exercise Program for Strengthening and Optimal Movements for Painful Shoulders (STOMPS)<sup>1</sup>

Seated Upper Trapezius Stretch



**Setup:** Begin sitting upright on a chair grasping the edge with one hand.

**Movement:** Rotate your head up and to the side opposite of your anchored arm and slowly lean it toward your shoulder, applying pressure with your hand until you feel a stretch and hold.

**Tip:** Make sure to keep your back straight during the exercise.

Seated Shoulder Horizontal Adduction Stretch



**Setup:** Begin sitting upright in a chair.

**Movement:** Cross your arms in front of your chest and reach your hands toward your opposite shoulders as if you were giving yourself a hug. Hold, then gently release the stretch and repeat.

**Tip:** Make sure not to shrug your shoulders during the exercise.

Reclined Pec Stretch



**Setup:** Begin in a reclined position in your wheelchair or lying on your back in a supported position with a wedge. This exercise can also be performed in a door frame if patients have sitting balance.

**Movement:** Let your arms fall straight out to your sides and hold this position.

**Tip:** Make sure to breathe evenly during the stretch.



## Home Exercise Program for Strengthening and Optimal Movements for Painful Shoulders (STOMPS)<sup>1</sup>

### Scapular Retraction with Resistance



**Setup:** Begin standing upright with your elbows bent and tucked at your sides, holding the ends of a resistance band that is anchored in front of you.

**Movement:** Squeeze your shoulder blades together and downward, pulling against the resistance band. Hold this position, then relax and repeat.

**Tip:** Make sure to keep your back straight and do not shrug your shoulders during the exercise.

### Seated Shoulder Scaption AROM with Dumbbells



**Setup:** Begin sitting upright holding a dumbbell in each hand.

**Movement:** Slowly raise your arms diagonally at roughly a 30-degree angle out from the middle of your body and hold, then slowly lower them back down and repeat.

**Tip:** Make sure to keep your arms straight and thumbs pointing up. Do not shrug your shoulders or lock your elbows during the exercise.

### Seated Bilateral Shoulder External Rotation with Resistance



**Setup:** Begin sitting upright with your elbows bent and a towel roll tucked under each arm, holding the ends of a resistance band in each hand.

**Movement:** Slowly rotate your arms outward, pulling the resistance band. Hold, then slowly bring your hands back to the starting position and repeat.

**Tip:** Make sure to squeeze your shoulder blades together and down. Keep your neck and back straight and do not shrug your shoulders during the exercise.



# Home Exercise Program for Strengthening and Optimal Movements for Painful Shoulders (STOMPS)<sup>1</sup>

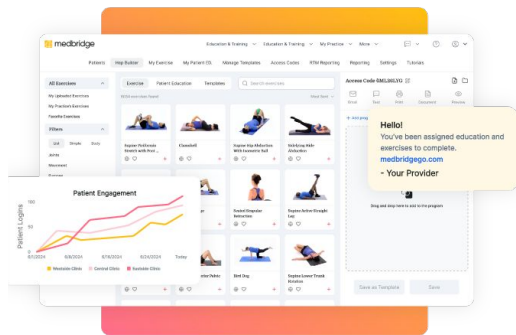
## Seated Shoulder Diagonal Extension with Anchored Resistance



**Setup:** Begin sitting upright, holding the end of a resistance band with one arm out to your side overhead. The band should be anchored above and to your side.

**Movement:** Slowly pull the band downward across your body, then reverse the motion back to the starting position and repeat.

**Tip:** Make sure to keep your back straight and do not let your body turn as you move your arm.



## Drive behavior change and boost adherence with Medbridge HEP

- Save time with smart search, templates, and one-click documentation.
- Engage patients with over 8,000 video exercises.
- Improve outcomes with patient feedback, messaging, and adherence tracking.
- Learn more at <https://bit.ly/4jQHqj0>

*Disclaimer: This program provides exercises related to preventative maintenance OR to your condition that you can perform at home. As there is a risk of injury with any activity, use caution when performing exercises. If you experience any pain or discomfort, discontinue the exercises and contact your healthcare provider.*

## References:

Kemp, B. J., Bateham, A. L., Mulroy, S. J., Thompson, L., Adkins, R. H., & Kahan, J. S. (2011). Effects of reduction in shoulder pain on quality of life and community activities among people living long-term with SCI paraplegia: A randomized control trial. *The Journal of Spinal Cord Medicine*, 34(3), 278-284.

[https://doi.org/10.1179/2045772311Y.0000000018&#8203::contentReference\[oaicite:3\]{index=3}](https://doi.org/10.1179/2045772311Y.0000000018&#8203::contentReference[oaicite:3]{index=3})