



Home Exercise Program for Strengthening and Optimal Movements for Painful Shoulders (STOMPS)¹

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.

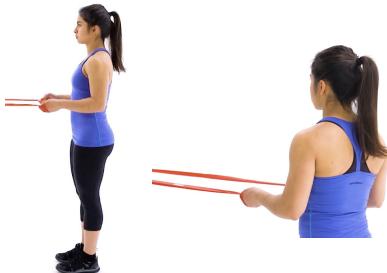
Movement: Let your arms fall straight out to your sides and hold this position.

Tip: Make sure to breathe evenly during the stretch.



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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.



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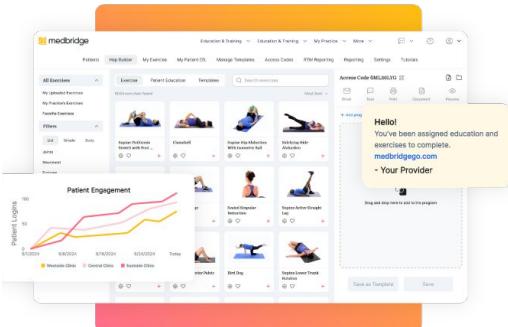
Seated Shoulder Diagonal Extension with Anchored Resistance



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.



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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.

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