

Boot Camp Program for Persistent Shoulder Pain

Date:						
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
1. Walk/Run/Swim/Bike	min	min	min	min	min	min
Standing						
2. Wall stretches A: forward	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____
3. Wall stretches B: side	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____
4. Biceps wall side stretch	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____
5. Arm across chest	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____
6. Towel stretch behind back	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____
7. Theraband resistance: keep elbow in, pull inward	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____
8. Theraband resistance: keep elbow in, pull away	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____
9. Shoulder shrugs	repeat ____ sets ____ wt ____	repeat ____ sets ____ wt ____	repeat ____ sets ____ wt ____	repeat ____ sets ____ wt ____	repeat ____ sets ____ wt ____	repeat ____ sets ____ wt ____
10. Wall push-ups	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____
11. Shoulder pull-downs using Theraband	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____
12. Shoulder forward lifts A: palm up	repeat ____ sets ____ wt ____	repeat ____ sets ____ wt ____	repeat ____ sets ____ wt ____	repeat ____ sets ____ wt ____	repeat ____ sets ____ wt ____	repeat ____ sets ____ wt ____
13. Shoulder forward lifts B: thumb down	repeat ____ sets ____ wt ____	repeat ____ sets ____ wt ____	repeat ____ sets ____ wt ____	repeat ____ sets ____ wt ____	repeat ____ sets ____ wt ____	repeat ____ sets ____ wt ____
14. Shoulder side lifts A: palm up	repeat ____ sets ____ wt ____	repeat ____ sets ____ wt ____	repeat ____ sets ____ wt ____	repeat ____ sets ____ wt ____	repeat ____ sets ____ wt ____	repeat ____ sets ____ wt ____
15. Shoulder side lifts B: thumb down	repeat ____ sets ____ wt ____	repeat ____ sets ____ wt ____	repeat ____ sets ____ wt ____	repeat ____ sets ____ wt ____	repeat ____ sets ____ wt ____	repeat ____ sets ____ wt ____
16. Arm curls	repeat ____ sets ____ wt ____	repeat ____ sets ____ wt ____	repeat ____ sets ____ wt ____	repeat ____ sets ____ wt ____	repeat ____ sets ____ wt ____	repeat ____ sets ____ wt ____
17. Arm extension using Theraband	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____
18. Pendulum swings	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____
Lying on back						
19. Shoulder press	repeat ____ sets ____ wt ____	repeat ____ sets ____ wt ____	repeat ____ sets ____ wt ____	repeat ____ sets ____ wt ____	repeat ____ sets ____ wt ____	repeat ____ sets ____ wt ____
Lying on side						
20. External rotation	repeat ____ sets ____ wt ____	repeat ____ sets ____ wt ____	repeat ____ sets ____ wt ____	repeat ____ sets ____ wt ____	repeat ____ sets ____ wt ____	repeat ____ sets ____ wt ____
Past week average pain (0-10) and physical limitation scores (0-10)	_____	_____	_____	_____	_____	_____

1

WALK/RUN/SWIM/BIKE

The type and intensity of aerobic exercise will depend on your ability to move your arms as well as your overall fitness level. If swimming increases your shoulder pain, then walking, and/or biking may be a better option for you. Discuss with your healthcare professional to see which aerobic exercise suits you best.



SCHEDULE

Performed ___ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Walk/Run/Swim/Bike	__ minutes	__ minutes	__ minutes	__ minutes	__ minutes	__ minutes

WALL STRETCHES A: FORWARD

2



Instructions

1. Stand facing a wall, close enough to touch the wall with a bent elbow.
2. Starting at waist level, place fingers on the wall then slowly walk the hand up the wall until your arm is straight or to the point of pain. Hold this position.
3. Slowly walk the hand down to waist level, and repeat.

SCHEDULE

Performed ___ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Wall Stretches A: Forward	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___

3

WALL STRETCHES B: SIDE

Instructions

1. Stand with the wall to your side, close enough to touch with a bent elbow.
2. Starting at waist level, place fingers on the wall and slowly walk the hand up the wall until arm is straight or to the point of pain. Hold this position.
3. Slowly walk the hand down to waist level.



SCHEDULE

Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Wall stretches B: Side	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____

BICEPS WALL SIDE STRETCH

4



Instructions

1. Stand with the affected side facing the wall and place your hand on the wall with fingers pointing behind you.
2. While keeping hand on the wall, straighten the elbow, and slowly turn your body away from the wall until you feel a stretch in front of you shoulder. Hold this position.

Note: Be sure to keep the arm below shoulder level.

SCHEDULE

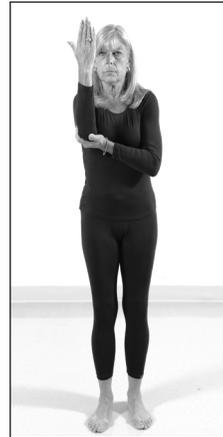
Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Biceps wall side stretch	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____

5

ARM ACROSS CHEST

Instructions

1. On the affected side, bend the elbow so that your hand comes towards the shoulder, and bring the elbow up so that the elbow points towards the front.
2. With your free hand, pull the elbow towards your chest, and hold.

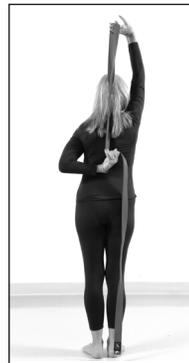
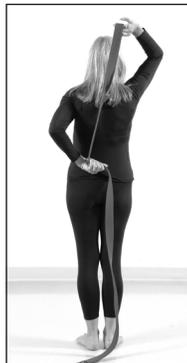


SCHEDULE

Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Arm across chest	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____

TOWEL STRETCH BEHIND BACK

6



Instructions

1. Using the unaffected shoulder, hold a towel behind your head.
2. With the free hand, grab the other end of the towel with a relaxed arm.
3. Gently and slowly pull the towel up with the top hand. Hold this position, and repeat.

SCHEDULE

Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Towel stretch behind back	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____

7

Theraband Resistance A:

Keep elbow in, pull inward

Instructions

1. Tie Theraband on doorknob or on the armrest of a chair.
2. On the side closer to the band, keep the elbow at your side and bend the elbow to 90 degrees so that your fist points forward.
3. Take the Theraband and while holding the position in step #2, pull your hand inwards towards your abdomen while keeping your elbow at your side.
4. Slowly bring it back to starting position, and repeat.



SCHEDULE

Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Theraband resistance A: Keep elbow in, pull inward	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____

Theraband Resistance B:

Keep elbow in, pull away

8



Instructions

1. Tie Theraband on doorknob or on the armrest of a chair.
2. On the side further from the band, keep the elbow at your side and bend the elbow to 90 degrees so that your fist points forward.
3. Take the Theraband and while holding the position in step #2, pull your hand away from your body while keeping your elbow at your side.
4. Slowly bring it back to starting position, and repeat.

SCHEDULE

Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Theraband resistance B: Keep elbow in, pull away	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____

9

SHOULDER SHRUGS

Instructions

1. Hold a weight in each hand with arms relaxed by your side.
2. Slowly shrug your shoulders towards your ears and hold for 1 second.
3. Slowly let your shoulders come down to starting position, and repeat.

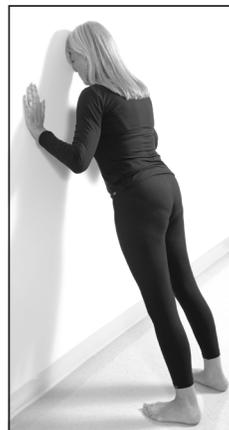
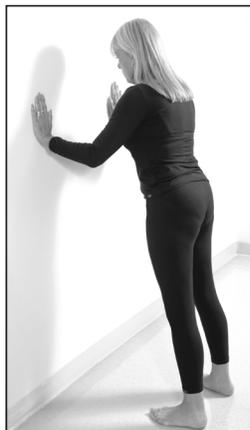
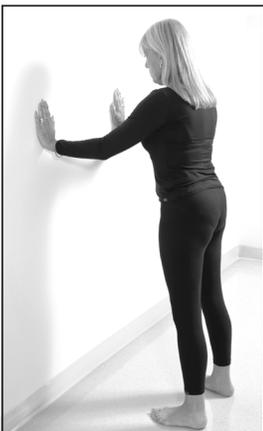


SCHEDULE

Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Shoulder shrugs	repeat ____ sets ____ wt _____	repeat ____ sets ____ wt _____	repeat ____ sets ____ wt _____	repeat ____ sets ____ wt _____	repeat ____ sets ____ wt _____	repeat ____ sets ____ wt _____

WALL PUSH-UPS

10



Instructions

1. Stand facing the wall and take 2 to 3 steps back.
2. Place both hands on the wall, about shoulder-width apart at chest level.
3. Keep your back straight, in line with buttock and legs.
4. Slowly bend your elbows so that your body comes towards the wall.
5. Push yourself back up to starting position, and repeat.

SCHEDULE

Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Wall push-ups	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____

11

SHOULDER PULL-DOWNS

Instructions

1. At the edge of an open door, anchor a Theraband to the top of the door.
2. Hold one end of the Theraband with each hand, and slowly pull down by bringing your elbows towards your sides.
3. Bring your arms back to starting position, and repeat.



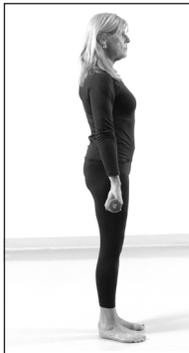
SCHEDULE

Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Shoulder pull-downs	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____

SHOULDER FORWARD LIFTS A:

Palm side up

12



Instructions

1. Stand and hold a weight on each side with your palms facing up.
2. Keeping your elbow straight, slowly raise the weight up to chest level, hold for 1 second, and then slowly bring the arm down to starting position.
3. Repeat with other arm.

SCHEDULE

Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Shoulder forward lifts A: Palm side up	repeat ____ sets ____ wt ____	repeat ____ sets ____ wt ____	repeat ____ sets ____ wt ____	repeat ____ sets ____ wt ____	repeat ____ sets ____ wt ____	repeat ____ sets ____ wt ____

13

SHOULDER FORWARD LIFTS B: Thumb down

Instructions

1. Stand and hold a weight on each side with your thumbs pointing down and backwards.
2. Keeping your elbow straight, slowly raise the weight up to chest level. At this point, your thumb is pointing down. Hold for 1 second, and then slowly bring the arm down to starting position.
3. Repeat with other arm.

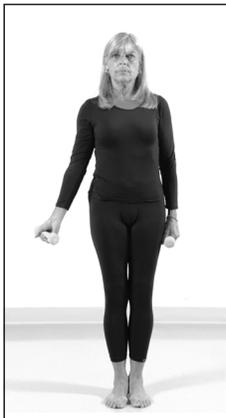


SCHEDULE

Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Shoulder forward lifts B: Thumb down	repeat ____ sets ____ wt ____	repeat ____ sets ____ wt ____	repeat ____ sets ____ wt ____	repeat ____ sets ____ wt ____	repeat ____ sets ____ wt ____	repeat ____ sets ____ wt ____

SHOULDER SIDE LIFTS A: Palm side up

14



Instructions

1. Stand and hold a weight on each side with your palms facing upwards.
2. Keeping your elbow straight, slowly raise the weight on the right side until shoulder level. At this point, your hand should be pointing to the right. Hold for 1 second, and then slowly bring the arm down to starting position.
3. Repeat with left arm.

SCHEDULE

Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Shoulder side lifts A: Palm side up	repeat ____ sets ____ wt ____	repeat ____ sets ____ wt ____	repeat ____ sets ____ wt ____	repeat ____ sets ____ wt ____	repeat ____ sets ____ wt ____	repeat ____ sets ____ wt ____

15

SHOULDER SIDE LIFTS B: Thumb down

Instructions

1. Stand and hold a weight on each side with your thumbs facing the side of your thighs.
2. Keeping your elbow straight, slowly raise the weight on the right side until shoulder level, At this point, your hand is pointing to the right and thumb is down. Hold for 1 second, and then slowly bring the arm down to starting position.
3. Repeat with left arm.



SCHEDULE

Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Shoulder side lifts B: Thumb down	repeat ____ sets ____ wt ____	repeat ____ sets ____ wt ____	repeat ____ sets ____ wt ____	repeat ____ sets ____ wt ____	repeat ____ sets ____ wt ____	repeat ____ sets ____ wt ____

ARM CURLS

16



Instructions

1. Stand against a wall and hold a weight on each side with your palms facing forward.
2. Slowly bend your elbows so that the weights come towards your shoulder.
3. Let the weights down to starting position slowly, and repeat.

SCHEDULE

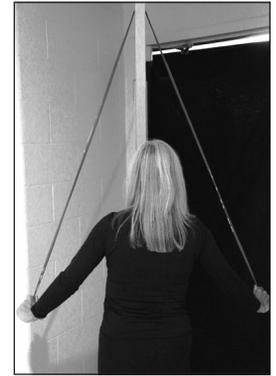
Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Arm curls	repeat ____ sets ____ wt ____	repeat ____ sets ____ wt ____	repeat ____ sets ____ wt ____	repeat ____ sets ____ wt ____	repeat ____ sets ____ wt ____	repeat ____ sets ____ wt ____

17

ARM EXTENSION

Instructions

1. Stand by the edge of an open door and hook a Theraband at the top.
2. Hold one end of the band in each hand and pull the band down.
3. Once your elbows are by your side, straighten out the elbows to pull the band down further. Hold for 1 second.
4. Slowly bring your arms back to starting position and repeat.



SCHEDULE

Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Arm extensions	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____

PENDULUM SWINGS

18



Instructions

1. Stand with one foot forward and slightly bend forward at the hips.
2. Place your left hand on a table and hold a weight with the right hand.
3. Keep your right arm loose, and start swinging the weight in clockwise circles. Then counterclockwise circles.
4. Repeat with bigger and smaller circles, and then repeat with left arm.

SCHEDULE

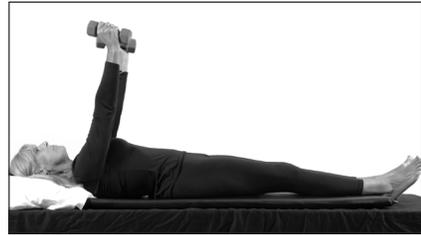
Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Pendulum swings	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____

19

SHOULDER PRESS

Instructions

1. Lie down on your back, hold a weight in each hand, with elbows bent and arms close to the side of your chest.
2. Slowly push the weights up towards the ceiling until your arms are straight.
3. Bring the weights down to starting position, and repeat.



SCHEDULE

Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Shoulder press	repeat ____ sets ____ wt _____	repeat ____ sets ____ wt _____	repeat ____ sets ____ wt _____	repeat ____ sets ____ wt _____	repeat ____ sets ____ wt _____	repeat ____ sets ____ wt _____

EXTERNAL ROTATION

20



Instructions

1. Lie on your side with your head on a pillow and a weight placed in front of your abdomen.
2. Bend your elbow and keep your elbow at your side.
3. Keeping your elbow at your side, take the weight and bring it up towards the ceiling.
4. Slowly bring the weight back to starting position and repeat.

SCHEDULE

Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
External rotation	repeat ____ sets ____ wt _____	repeat ____ sets ____ wt _____	repeat ____ sets ____ wt _____	repeat ____ sets ____ wt _____	repeat ____ sets ____ wt _____	repeat ____ sets ____ wt _____