

Rehabilitation Techniques Using ShoulderSphere

These may be progressed at the therapist's discretion. ShoulderSphere be safely used for any shoulder rehabilitation.

Rotator Cuff - post op or non-operative
Instability - post op or non-operative
Impingement
Labral, biceps dysfunction
Post fracture
Anatomic Shoulder Replacement
Reverse Shoulder Replacement
Frozen Shoulder

Post surgical — may be started whenever released by the surgeon to start any shoulder / rotator cuff strengthening program. In lieu of pulling rubber bands or lifting dumbbells (which are ok “arm” exercises, but NOT rotator cuff specific), ShoulderSphere should be considered and is actually safer, more effective and efficient than pulling bands or lift weights.

First 4 weeks —

Physical Therapy Off-Loading Closed Chain Technique

Do this “closed chain” technique as in the attached video — either the large (A7) or the small (F2) version of the ShoulderSphere would be fine. However if relatively strong adult, the larger one is more engaging.

https://youtu.be/T_84KhPlqmg

There are 4 general levels of progression using ShoulderSphere —

Level 1 — static, closed chain, off-loading

<https://youtu.be/AIQrEApBkqc>

Level 1 — static — Do 30 seconds-on continuously, rest 30 seconds, do another 30 seconds. Rest... do 5 sets if possible. Can do 3-4x/ week. After having mastered the ability to smoothly spin the ball in a coordinated fashion engaging all the rotator cuff muscles simultaneously, or 2 weeks, then may start —

Level 2 — dynamic , closed chain, off-loading

<https://youtu.be/fplP6fazBoc>

Level 2 - dynamic —slide the arm side to side or front and back in a “dynamic” moving fashion as in the video. Placing cues improve neuromuscular control and creates a more fun and challenging environment. Do back and forth motions 10x, 3 sets, 3-4x/wk. Do this for 2 weeks.

After having mastered the 4 weeks of closed-chain technique, then may progress to —

Level 3 — static, open chain
<https://youtu.be/3Zklzeu4ln4>

Level 4 — dynamic, open chain
<https://youtu.be/G5LHKHlhwe4>

A general guide —

After 4 weeks of “closed chain” technique —
progress to open chain techniques of Levels 3 and 4 following this “10 week therapy program” —
<https://www.shouldersphere.com/workouts/therapy/>

Other instructional videos —

Videos for exercise “positions” — start out with “5-of-5 Beginner Exercise, then move onto 5-of-5 Intermediate Exercise under the section of “Instructional Video”

Beginner —
<https://youtu.be/eT8s1yrWedg>

Intermediate —
<https://youtu.be/VYQfQiErdcM>

After 10 weeks therapy program —

Self directed maintenance exercise of the individual’s choosing. Be creative. 10 minutes, 3 times a week.

For sports performance —
<https://www.shouldersphere.com/workouts/>

Such as baseball motor pattern simulation
<https://youtu.be/H6IJV9ebJDQ>

Swimming
<https://youtu.be/l-i47HxT5GI>

Boxing

<https://youtu.be/ug0i0gVm0qA>

.... and many others—

<https://www.shouldersphere.com/video/>