



## **Deltoid Strengthening Protocol**

### **Phase 1: Strengthening**

#### **Strength Deltoid Anterior:**

While holding an elastic band at your side, draw up your arm up in front of you keeping your elbow straight and your thumb pointing up; pause at the top and slowly return your shoulder to the starting position. Perform 2-3 sets of 10 repetitions. Perform 1 time per day.

#### **Strength Deltoid Middle:**

While holding an elastic band at your side, draw up your arm to the side keeping your elbow straight and your thumb pointing up; pause at the top and slowly return your shoulder to the starting position. . Perform 2-3 sets of 10 repetitions. Perform 1 time per day.

#### **Strength Deltoid Posterior:**

While holding an elastic band at your side with your elbows straight, pull the band backwards as far as is comfortable for your shoulder, then go back to starting position. Perform 2-3 sets of 10 repetitions. Perform 1 time per day.

#### **Strength Protraction Retraction:**

Lie on your back holding a small free weight or soup can with your arm extended out in front of your body and towards the ceiling. While keeping your elbow straight, protract your shoulders forward towards the ceiling and then lower back down in a control motion. Do not allow your shoulder to raise towards your ears. Keep your elbow straight the entire time. Perform 2-3 sets of 10 repetitions.

#### **Strength Row:**

Standing with feet hip width apart, stomach drawn in and glute muscles tight. Start with arms extended in front of you. Pull shoulder blades down and back and then pull elbows in towards body. Slowly return to starting position. Perform 2-3 sets of 10 repetitions.

#### **Strength Shoulder Taps:**

Stand at an angle with your arms extended out on a kitchen counter. Your abdominal muscles should be tight and your neck should be neutral. Maintaining this position, take one hand and reach across and tap your opposite shoulder, then return to the counter. Repeat with other arm to complete 1 repetition. Perform 2-3 sets of 10 repetitions.

#### **Ball wall circles: 2 sets, 10 repetitions each direction, 1 time per day**

Setup



- Begin in a staggered stance position holding a ball against a wall with your arm straight.  
Movement
- Gently push into the ball, then roll it in small, tight circles, moving only your arm. Then change direction and repeat.  
Tip
- Make sure to keep your back straight during the exercise.

**AROM abduction: 3 sets, 10 repetitions, 1 time per day**

Setup

- Begin in a standing upright position with your arms resting by your sides.  
Movement
- With your thumbs pointing up, slowly lift both arms to your side then straight overhead as far as is comfortable, then lower them back down and repeat.  
Tip
- Make sure to maintain good posture and keep your shoulders relaxed during the movement.

**AROM prone forward flexion: 3 sets, 10 repetitions, 1 time per day**

Setup

- Begin lying face down on a table or bed with one arm hanging off the edge.  
Movement
- Keeping your elbow straight and leading with your pinky finger, raise your arm up and backward as far as is comfortable, then return to the starting position and repeat.  
Tip
- Make sure not to arch your back during the exercise.

**AROM protraction retraction with gravity: 3 sets, 10 repetitions, Hold 3-5 seconds, 1 time per day**

Setup

- Begin lying face down on a table or bed with one arm hanging off the edge.
- Gently squeeze your shoulder blade from the hanging arm towards the spine, relax, and then repeat.  
Tip
- Make sure to maintain good posture during the exercise.

**AROM protraction retraction: 3 sets, 10 repetitions, Hold 3-5 seconds, 1 time per day**

Setup

- Begin sitting in an upright position.  
Movement
- Gently squeeze your shoulder blades together, relax, round the shoulder blades forward, and then repeat.  
Tip
- Make sure to maintain good posture during the exercise.



**AROM sidelying ER: 3 sets, 10 repetitions, 1 time per day**

Setup

- Begin lying on your side with a towel roll between your arm and side, and your elbow bent to 90 degrees.

Movement

- Slowly rotate your forearm upward. Pause briefly, then return to the starting position and repeat.

Tip

- Make sure to keep your elbow bent and tucked in at your side as you lift your forearm. Avoid shrugging your shoulders.