



ORTHOPEDIC ASSOCIATES of HARTFORD

50 Years of Excellence

GIRD

Glenohumeral Internal Rotation Deficit

Home Exercises

This condition is common in overhead athletes, but also in anyone who demonstrates postural impairments often seen with prolonged “static positions.” These static positions are often seen in those who spend their days at a desk, on their phones or tablets, or anyone who drives long distances.

Stretching and strengthening the muscles that make up the posterior or back of your shoulder, in addition to correcting your posture throughout your day, should help with decreasing your shoulder/ arm pain and improve your mobility.

PROPER CERVICAL AND SPINAL POSTURE - SEATED

Try to correct yourself once per hour.

Good posture positions your head over your shoulders so that your head is not protruding forward. Your ears should be over your shoulders.

Begin by correcting your low back so that it is not slouched. This will correct much of the spine. You may also need to perform a small chin tuck as well. Pull your shoulder blades down and back.

The image on the right shows how you should position your head and spine throughout the day. This might be difficult at first but over time will get easier as your body adjusts.



ADL - READ BOOK

When reading a book, sit with good posture and raise the book up to minimize bending your head down or forward.

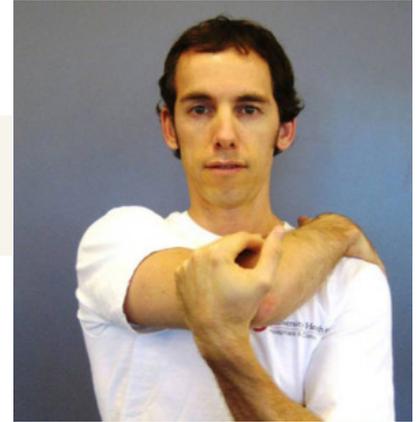
Making sure to sit up, pull your shoulder blades down and back.



POSTERIOR CAPSULE STRETCH

Gently pull on left forward elbow with the other hand until a stretch is felt in the shoulder.

Repeat 3 Times Hold 20 Seconds
Perform 2 Times a Day



POSTERIOR CAPSULE (GOLFER STRETCH)

Lie on your back

Pull involved elbow across your body until a gentle stretch is felt.

Always keep wrist above the elbow.

Repeat 3 Times Hold 20 Seconds
Complete 1 Set Perform 2 Times a Day

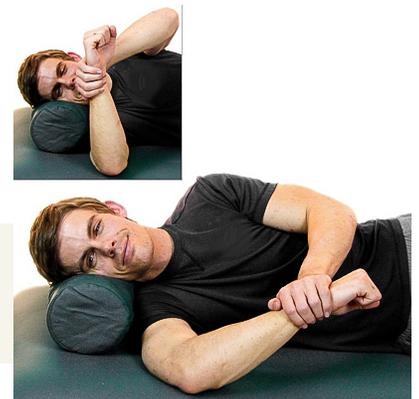


SIDELYING INTERNAL ROTATION STRETCH - IR SLEEPER STRETCH

Start by lying on your side with the affected arm on the bottom. Your affected arm should be bent at the elbow and forearm pointed upwards towards the ceiling as shown. Next, use your unaffected arm to gently draw your affected forearm towards the table or bed for an inward stretch.

Hold, relax and repeat.

Repeat 3 Times Hold 20 Seconds
Complete 1 Set Perform 2 Times a Day



WALL SLEEPER STRETCH

Stand at wall with your elbow and shoulder touching the wall. Maintain a 90deg bend in your elbow and your body shoulder be at a 45deg angle from the wall. Press down at your wrist to feel a stretch in your shoulder.

Do not allow your shoulder to come off the wall.

Repeat 3 Times **Hold 20 Seconds**
Perform 2 Times a Day



SIDE LYING - SCAPULAR CLOCK - Each Direction

Start by lying on your side with your target arm resting on your body in a neutral position.

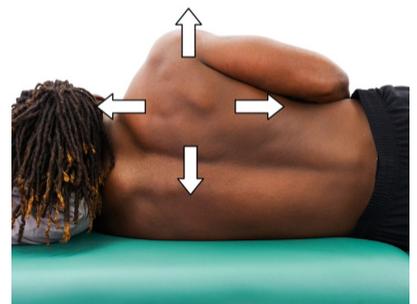
Then, move your shoulder blade upwards towards your head (12 o'clock), hold and return to the starting position.

Next, move your shoulder towards the front of your body (3 o'clock), hold and return to the starting position.

Then, move your shoulder down towards your waist (6 o'clock), hold and return to the starting position.

Finally, move your shoulder back towards the center of your spine (9 o'clock), hold and return to starting neutral position.

Repeat 20 Times **Hold 1 Seconds**
Complete 1 Set **Perform 2 Times a Day**



SCAPULAR PROTRACTION - SUPINE - BILATERAL

Lie on your back with your arms extended out in front of your body and towards the ceiling. While keeping your elbows straight, protract your shoulders forward towards the ceiling. Keep your elbows straight the entire time.

Repeat 20 Times **Hold 1 Second**
Complete 3 Sets **Perform 1 Times a Day**



PRONE SHOULDER EXTENSION - End Position

Begin by laying on your stomach with your arm hanging freely off of the bed/table/surface. While squeezing both shoulder blades together (scap squeeze), keep elbow straight (extended) and bring arm up towards the ceiling. Maintain scap squeeze while slowly lowering arm back to starting position.



Repeat 10 Times

Complete 2 Sets Perform 1 Times a Day

PRONE SHOULDER ABDUCTION - End Position

Begin by laying on your stomach with your arm freely hanging off of the table/bed/surface. Squeeze both shoulder blades together (scap squeeze), and bring arm up to the side with your thumb towards the ground. Maintain the scap squeeze while slowly lowering arm back to start position.



Repeat 10 Times

Complete 2 Sets Perform 1 Times a Day

SIDELYING EXTERNAL ROTATION WITH TOWEL - ER

Lie on your side with your elbow bent to 90 degrees. Place a rolled up towel between your arm and the side your body as shown.

Squeeze your shoulder blade back and down toward your buttocks and hold that position.

Next, roll your arm upwards from your stomach area towards the ceiling while maintaining your arm against the towel and with your shoulder blade held down and back the entire time. Lower your arm and repeat.



Repeat 10 Times Hold 1 Second

Complete 3 Sets Perform 1 Times a Day

SIDELYING INTERNAL ROTATION - IR

Lie on your side with your shoulder flexed to 90 degrees and elbow bent and rested on the table/bed. Your forearm should be pointing up towards the ceiling. Next, allow your forearm to lower toward the table as shown. Return to original position.

Place a rolled up towel under your elbow if advised by your clinician.

Repeat 10 Times Hold 1 Second

Complete 3 Sets Perform 1 Times a Day



PRONE EXTERNAL ROTATION - ER

Lie on your stomach and rest your upper arm on the table/bed with your forearm hanging down towards the ground as shown. Next, move the forearm forward and upward towards the ceiling maintaining your upper arm on the table/bed the entire time. Then, return to original position.

Repeat 10 Times Hold 1 Second

Complete 2 Sets Perform 1 Times a Day

