

# Exercises for Dr. Harris' Sports Medicine patients

Patients frequently request handouts to help them remember exercises that we discuss and demonstrate in clinic. I do not yet have a photo gallery of exercises, but am working towards one. In the meantime, I hope that these exercises will be useful reminders of what we discussed in clinic. Some people have good reasons not to do these stretches, such as a hip replacement or severe knee arthritis. If you are unsure if you should do them, call our front desk and they will contact me.

## Shoulder

Men and women who work out tend to exercise muscles that will help them look good. These include the pectorals, biceps, triceps, deltoids, trapezius, gluteals, and legs. I call these "beach muscles". Unfortunately, few people exercise the muscles that support these "beach muscles", such as the scapular stabilizers. Most shoulder problems occur in part because of poor posture and weak scapular stabilizers.

Scapular Stabilizers (Strengthens muscles supporting the shoulder blade)	Illustration
<ol style="list-style-type: none"> <li>1. Lie prone on a bed, the floor, or a cushioned table.</li> <li>2. Straighten your arms and lift them up, directly perpendicular (180 degrees) from your sides.</li> <li>3. Raise them as high as possible behind you, squeezing your shoulder blades together in the back. You should feel like you are pinching a pencil between your shoulder blades.</li> <li>4. Maintain this position until you can no longer do it (muscle failure).</li> <li>5. Rest for 30 seconds.</li> <li>6. Do the same exercise against until you experience muscle failure.</li> <li>7. Do the cycle twice per day, morning and evening.</li> </ol>	

Rotator Cuff (Internal and External Rotation)	Illustration
<ol style="list-style-type: none"> <li>1. Lie on your side with elbow of the upper arm bent to 90 degrees and holding a dumbbell against your upper abdomen.</li> <li>2. Rotate the dumbbell out (externally) as far as it will go. Hold for two seconds.</li> <li>3. Return to the starting position.</li> <li>4. Use as much weight as you can without pain.</li> <li>5. Do 8-10 repetitions on each side.</li> </ol>	

Rotator Cuff (Internal and External Rotation)	Illustration
<ol style="list-style-type: none"> <li>1. Attach an elastic band to a fixed object (like a chair or table) and hold the free end with your hand.</li> <li>2. Your elbow should be bent and firmly against</li> </ol>	

<p>your side. Your shoulder should be externally rotated.</p> <ol style="list-style-type: none"> <li>Internally rotate your shoulder against the resistance of the band. Hold for two seconds.</li> <li>Return to the starting position.</li> <li>Use as much weight as you can without pain.</li> <li>Do 8-10 repetitions on each side.</li> </ol>	
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<b>Rotator Cuff (Side Shoulder Lift - Abduction)</b>	
<ol style="list-style-type: none"> <li>Hold dumbbells in each hand.</li> <li>Raise your arms up in line with your shoulders until your upper arms can almost touch your ears. Hold for two seconds.</li> <li>Return to the starting position.</li> <li>Use as much weight as you can without pain.</li> <li>Do 8-10 repetitions on each side.</li> </ol>	

<b>Rotator Cuff (Front Shoulder Lift - Flexion)</b>	
<ol style="list-style-type: none"> <li>Hold dumbbells in each hand.</li> <li>Raise your arms up in front off your shoulders until your upper arms can almost touch your ears. Hold for two seconds.</li> <li>Return to the starting position.</li> <li>Use as much weight as you can without pain.</li> <li>Do 8-10 repetitions on each side.</li> </ol>	

**Leg**

<b>Hamstring and Heel Cord Stretch</b>	
<ol style="list-style-type: none"> <li>The athlete lies on his/her back on the floor or table.</li> <li>He/she lifts the leg to be stretched with the knee extended and locked. A partner stands near the feet facing the athlete.</li> <li>The partner places one hand on the heel and the other hand on the ball of the foot.</li> <li>The partner pushes the heel forward (towards the athlete's head) and the ball of the foot down, stretching the hamstrings and heel cords.</li> <li>The knee must remain locked.</li> <li>Hold the stretched position for 30 seconds and release.</li> </ol>	

<b>Thigh (Quadricep) Stretch (Standing)</b>	
<ol style="list-style-type: none"> <li>Raise one leg behind you with knee bent and grab the foot with the hand on the same side.</li> <li>Pull the leg up and in, stretching the thigh.</li> <li>Lean forward to get a better stretch, holding on</li> </ol>	

to support if necessary. 4. Hold the stretched position for 30 seconds and release.	
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<b>Thigh (Quadricep) Stretch (Kneeling)</b>	
<ol style="list-style-type: none"> <li>1. Sit on heels on soft surface with knees fully flexed beneath you.</li> <li>2. Lean your torso back, supporting your torso with your arms.</li> <li>3. You should feel a good stretch in the front of your thighs.</li> <li>4. Hold the stretched position for 30 seconds and release.</li> </ol>	

## **Ankle**

<b>The Alphabet</b> (Strengthens the muscles around the ankle)	
<ol style="list-style-type: none"> <li>1. Tie two ends of an elastic band to a table leg, forming a loop.</li> <li>2. Tie two ends of another elastic band to another table leg, forming another loop.</li> <li>3. Put one foot into the two loops. The loops should be tight.</li> <li>4. Draw the alphabet (A,B,C, etc.) with your toes against the resistance of both bands.</li> <li>5. Repeat on the other side.</li> </ol>	

## **Foot**

<b>The Crawler</b> (Strengthens the muscles of the foot)	
<ol style="list-style-type: none"> <li>1. Lay a thin towel flat on the floor in front of you.</li> <li>2. Use your toes to pull the towel towards you and under your foot.</li> <li>3. Continue until the towel is behind your foot.</li> <li>4. Repeat on the other side.</li> </ol>	