

P.R.I.C.E. SHOULDER PROGRAM

This program is designed to exercise the entire shoulder musculature. The program was designed by the Philadelphia Eagles Athletic Training Staff for use by their quarterback undergoing rehabilitation. It was also found to be a very good warm-up exercise. It was soon found that it was a useful program for rehabilitation of any shoulder injury.

The program consists of 18 exercises which the athlete completes in a series without stopping between components. Each exercise is conducted as many times as possible while maintaining proper form. Weights can be used to increase the resistance, but the primary focus is light weight and high repetitions. This increases the endurance of the shoulder musculature.

TIPS FOR THE ATHLETE

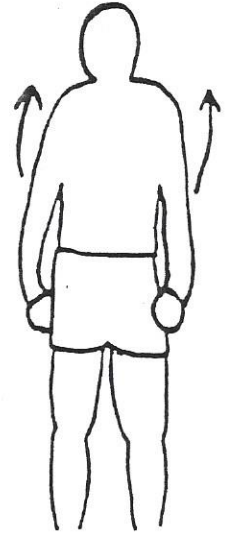
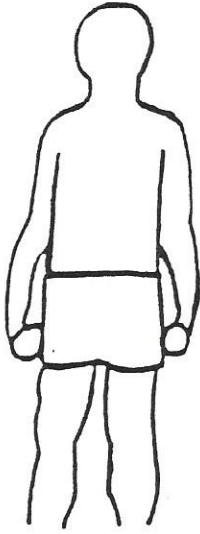
Stand in front of a mirror and within sight of a clock.

When first starting the program, concentrate on correct form and learning the sequence of exercises.

Start with no weight and gradually progress to heavier resistance. Do not sacrifice correct form for increased weight.

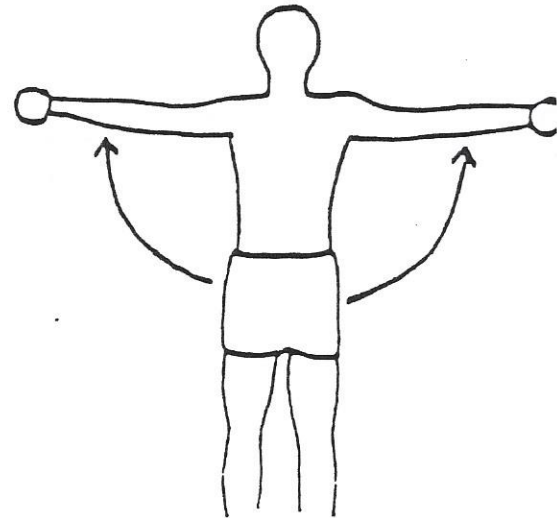
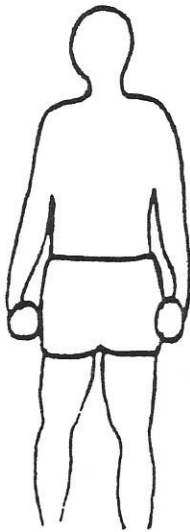
If using as a warm-up, jog first to increase blood flow and warm up the muscles. Do the program with little or no weight to help stretch and warm up the shoulder muscles. Finally, begin throwing with short distance, slow speed throws, long distance slow speed, short distance high speed, and lastly, long distance high speed.

1. SHOULDER SHRUGS



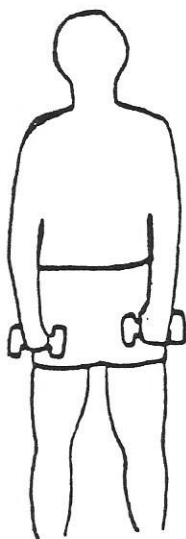
PINCH SHOULDERS TO EAR

2. LATERAL RAISES

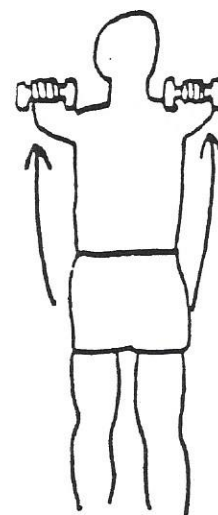


**RAISE TO 90 DEGREES - HOLD
PARALLEL - PALMS DOWN**

3. FRONT RAISES

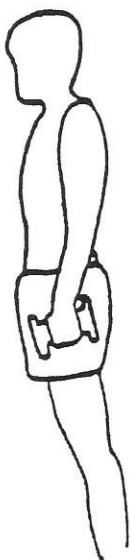


PALMS TO THIGHS



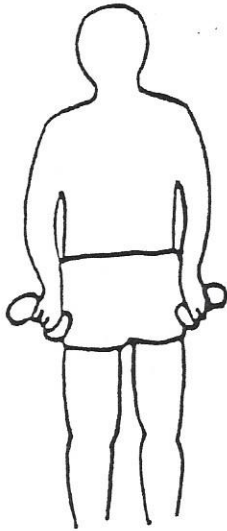
**RAISE TO 90 DEGREES - HOLD
PARALLEL - PALMS DOWN**

4. FORWARD SHRUG ROLLS

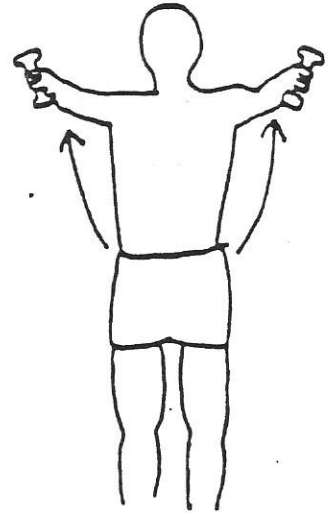


**RAISE & PINCH SHOULDER BACKWARD
- ROLL TO TOP AND FORWARD**

5. EMPTY-CAN FORWARD RAISES

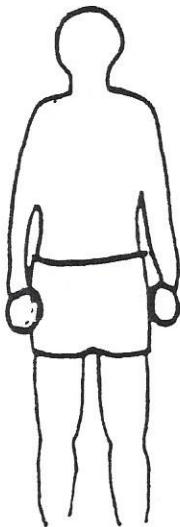


THUMBS DOWN (TURNED INWARD)



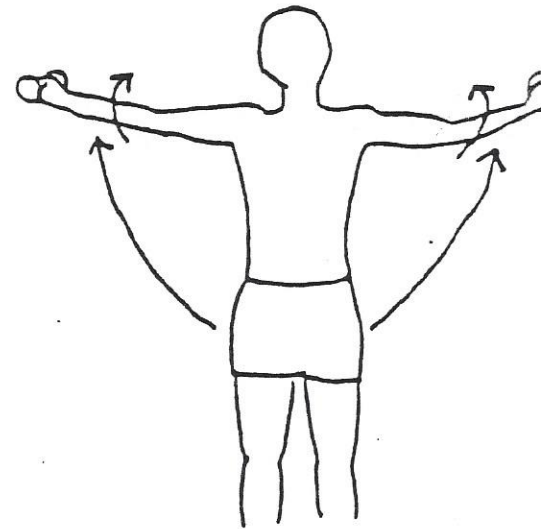
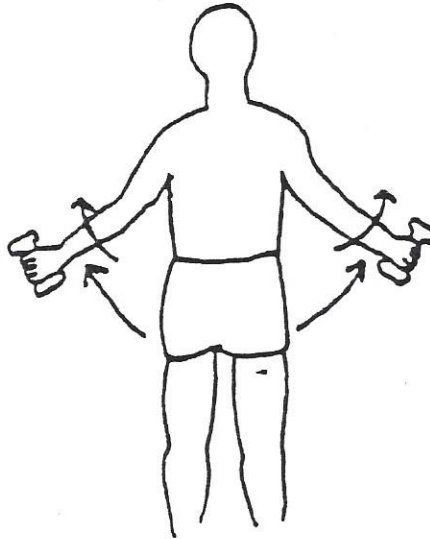
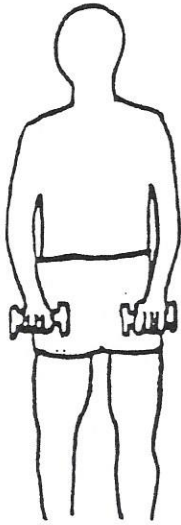
RAISE TO 90 DEGREES - HOLD
PARALLEL

6. BACKWARD SHRUG ROLLS



PINCH FORWARD - ROLL TO TOP
AND BACKWARDS

7. ROTATING LATERAL RAISES



RAISE ARMS SLOWLY TURN THUMBS UP
(EXTERNALLY ROTATE)

HOLD PARALLEL - PALMS UP

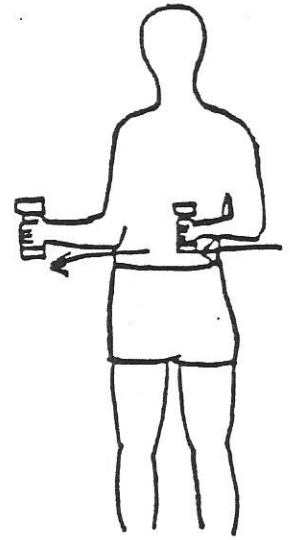
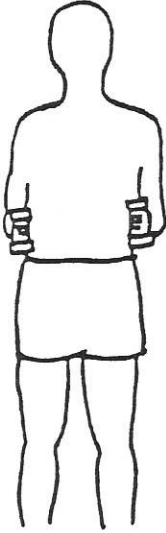
8. CROSS CHEST RAISES



ELBOWS TIGHT TO SIDE -
BEND ELBOW

TOUCH HAND TO OPPOSITE
SHOULDER

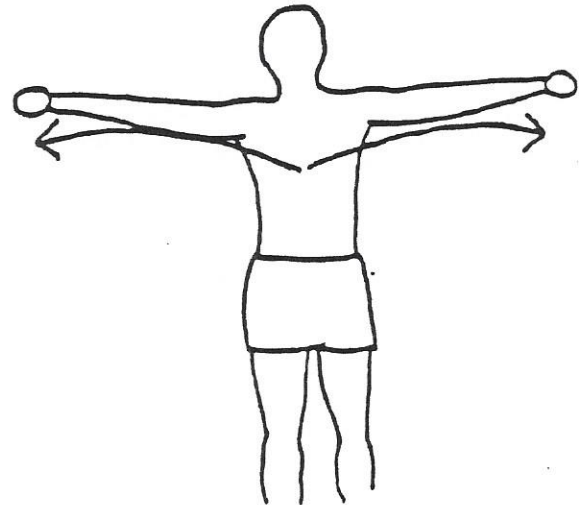
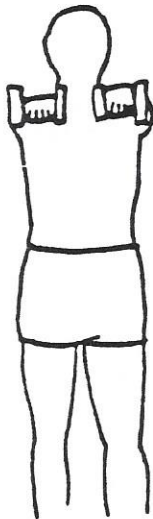
9. BENT ELBOW SHOULDER ROTATION



KEEP ELBOWS TIGHT

ROTATE ARM AT SHOULDER
TOUCH HAND TO OPPOSITE
HIP

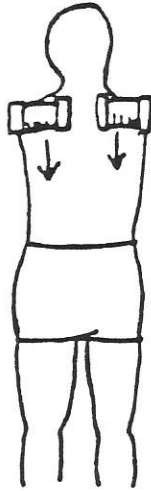
10. HORIZONTAL FLYS (PALMS DOWN)



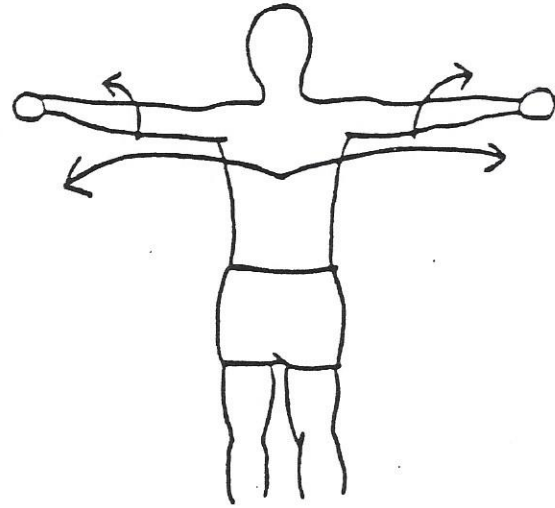
HOLD 90 DEGREES - PALMS DOWN

MOVE HORIZONTALLY

11. HORIZONTAL FLYS (PALMS DOWN - PALMS UP)

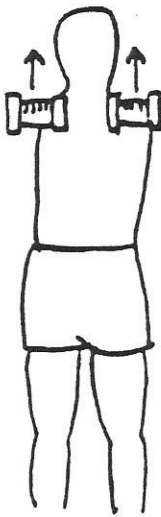


HOLD 90 DEGREES - PALMS DOWN

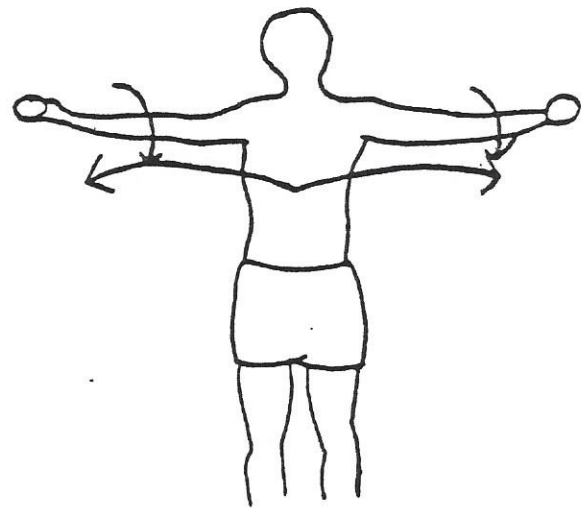


MOVE HORIZONTALLY WHILE ROTATING PALMS UP

12. HORIZONTAL FLYS (PALMS UP - PALMS DOWN)

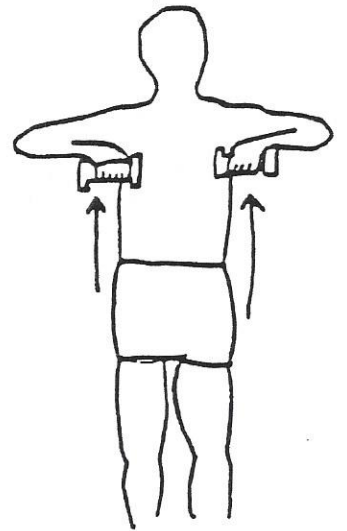
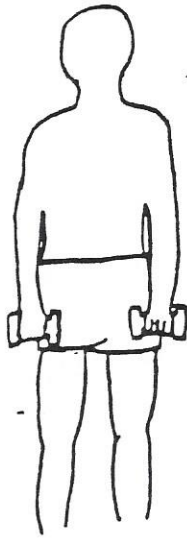


HOLD 90 DEGREES 0 PALMS UP



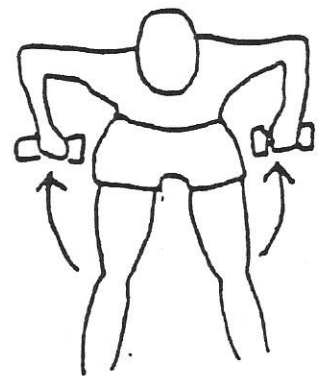
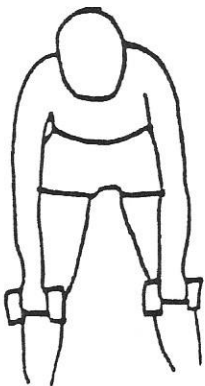
MOVE HORIZONTALLY WHILE ROTATING PALMS DOWN

13. UPRIGHT ROWS



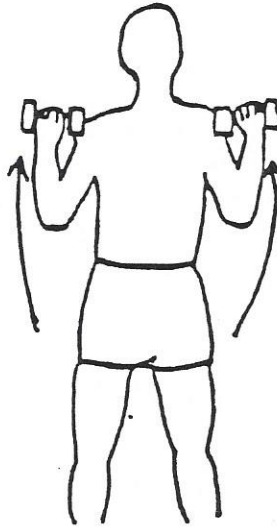
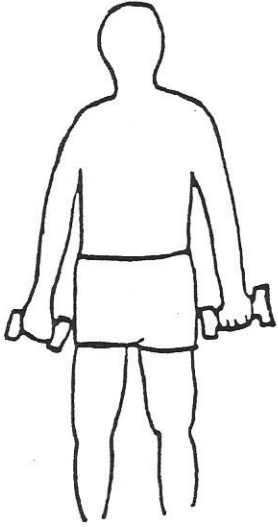
PULL HANDS UP TO ARMPITS

14. BENT OVER ROWS

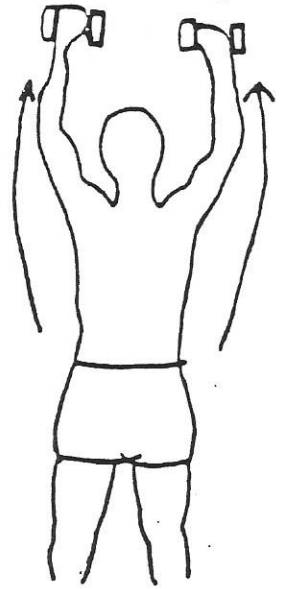


PULL TO CHEST - CONTRACTING SHOULDERS TOGETHER

15. CHEST PRESS

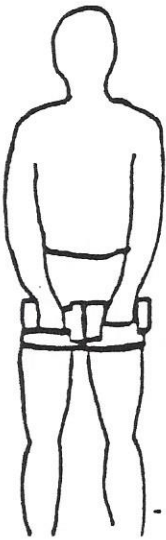


**BEND ELBOWS - HANDS AT
SHOULDER LEVEL**

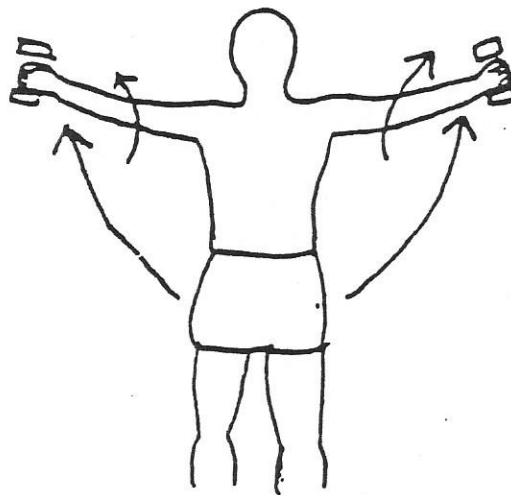


PRESS OVERHEAD - HOL

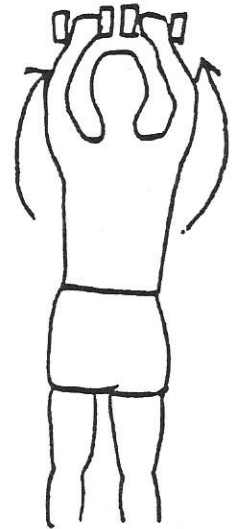
16. FULL LATERAL RAISES



HANDS ON THIGHS

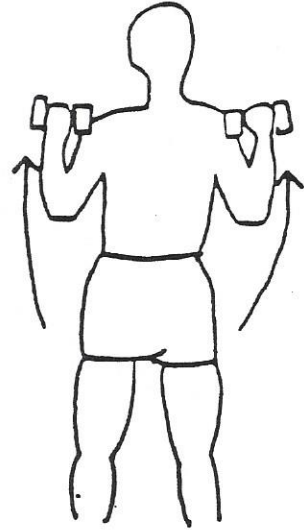
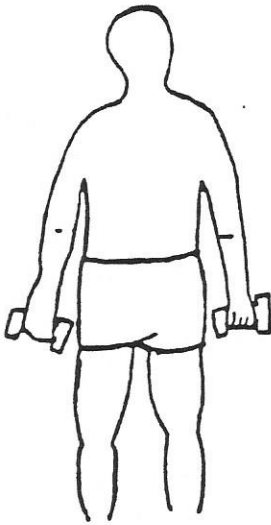


ROTATING LATERAL RAISE



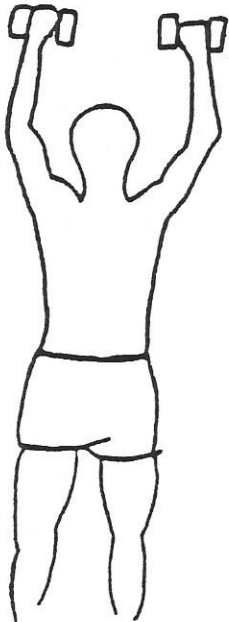
**CONTINUE LATERALLY
RAISING ARMS ABOVE HE**

17. BICEP CURLS

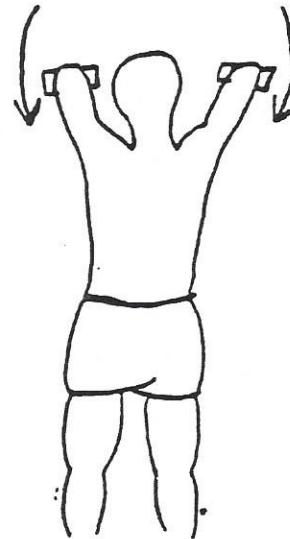


BEND ELBOWS - BRING HANDS TO SHOULDER LEVEL - HOLD

18. TRICEP CURLS



HOLD WEIGHT ABOVE HEAD



BEND ELBOWS - HOLD