



**Shoulder
Therapy Kit**

S.T.K.®

Instruction Booklet





S.T.K. Shoulder Therapy Kit

CONTENTS:

Warnings and Notes.....	1
Shoulder Exercises.....	3
Rope & Pulley Exercises.....	6
Bar Exercises.....	8
Strengthening Exercises.....	12
Exercise Schedule.....	18
Warranty.....	20

WARNINGS:

Federal law restricts this device to sale by or on the order of a licensed health care practitioner and should only be used under the supervision of a licensed health care practitioner.

CAREFULLY READ ALL INSTRUCTIONS PRIOR TO USE.

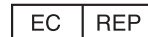
The S.T.K. is a tool provided to the health care practitioner to be used as appropriate in the treatment of patients. While certain features are incorporated in the design of the device to provide for its safe use, it is strongly suggested that its use be directly controlled and monitored by the health care practitioner.

PRIOR TO EACH USE, CAREFULLY INSPECT FOR ANY WORN OR BROKEN COMPONENTS. Parts will deteriorate with age and use.



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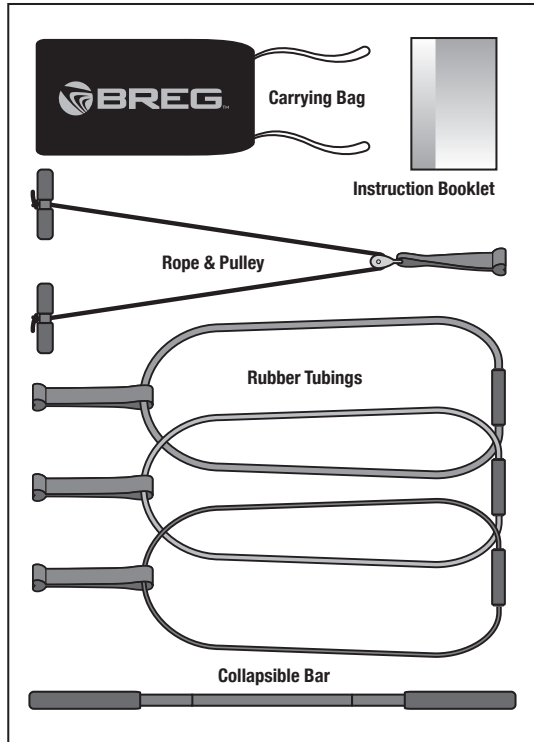
S.T.K. Shoulder Therapy Kit

S.T.K. Complete..... #00500

S.T.K. Rope & Pulley Set.. #00600

S.T.K. Collapsible Bar..... #00700

S.T.K. Shoulder
Resistance Set..... #00800



PLEASE NOTE:

Do exercises only as instructed by your licensed health care professional.

Use pain as an exercise guideline. If a specific exercise increases pain, discontinue that exercise and notify your therapist.

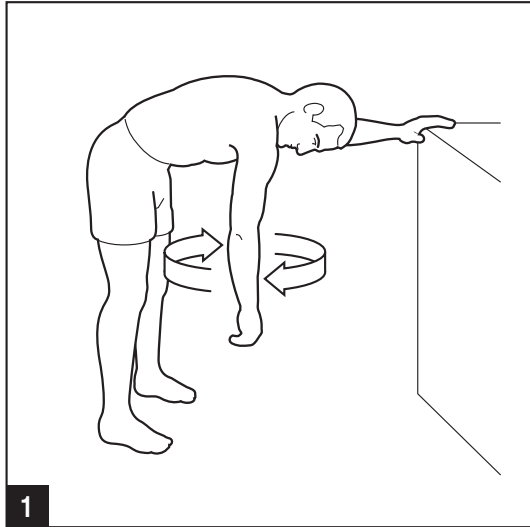
Do exercises slowly and carefully.

PRIOR TO EACH USE, CAREFULLY INSPECT FOR ANY WORN OR BROKEN COMPONENTS. Parts will deteriorate with age and use.

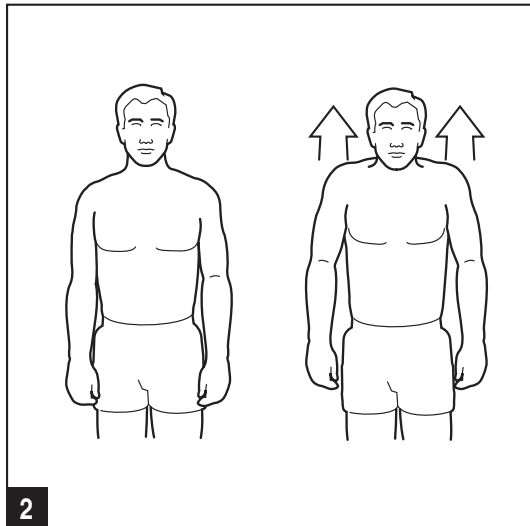
Not all exercises shown are appropriate to every patient. Some may be contra indicated for shoulder problems. A licensed health care practitioner must specifically assign both the appropriate exercises to perform as well as the frequency and number of repetitions for each patient.

Hold all stretches for 15-20 seconds. Please do not bounce.

Exercises illustrated are for the **right** shoulder.

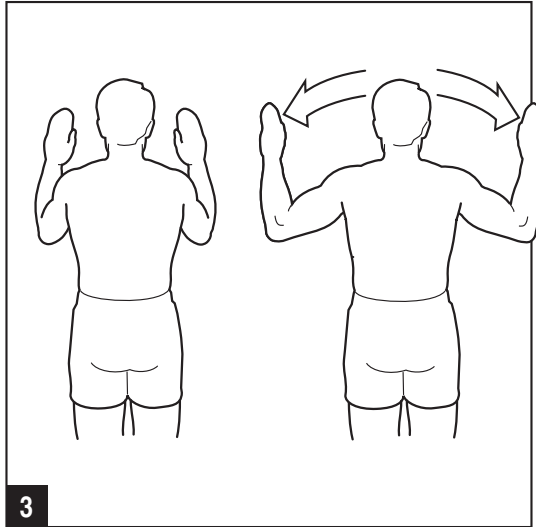


Pendulum Exercise: While leaning forward as shown, with arm hanging relaxed, do clockwise and counter clockwise circles.

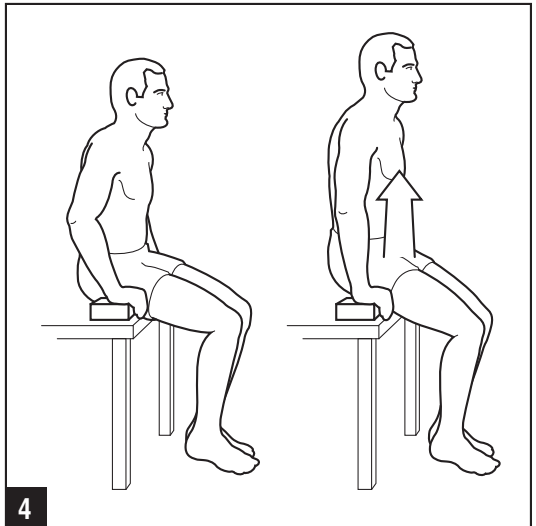


Shoulder Shrug: Shrug shoulders up toward neck.

Shoulder Exercises Continued

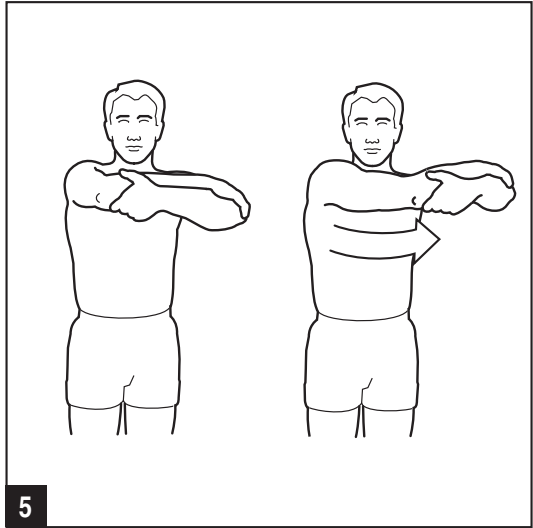


Bat Wave: Start from an erect posture with elbows bent and palms facing forward at shoulder height. Squeeze shoulder blades together while bringing hands back as shown.



Shoulder Depression: Place two thick blocks or books on table. Position yourself between blocks with palms resting on them. Raise body off table by pushing down.

Shoulder Exercises Continued



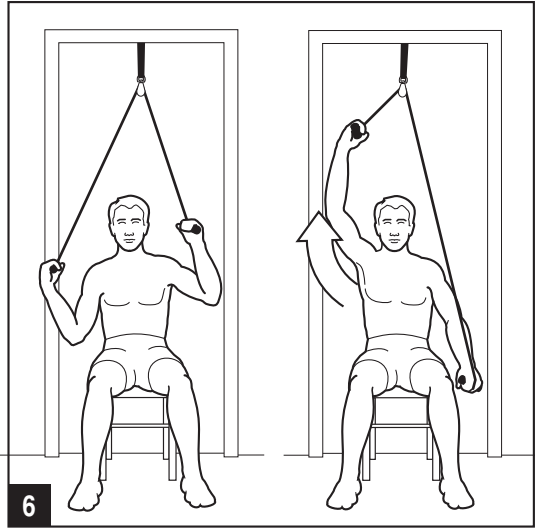
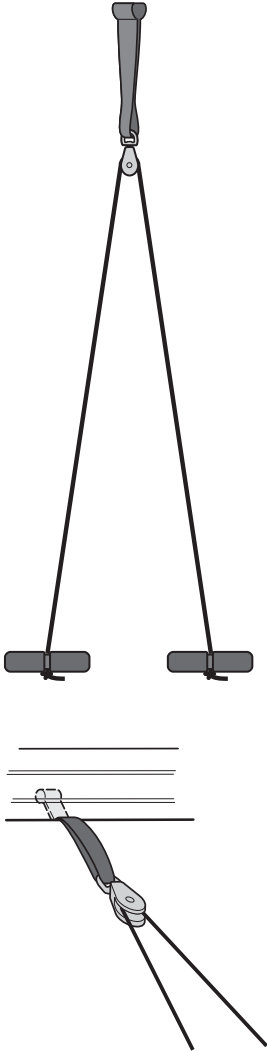
5

Posterior Capsule Stretch: With unaffected arm, grasp affected arm just above elbow and slowly pull it across chest until you feel a good stretch in shoulder. Affected arm should be completely relaxed during this stretch.

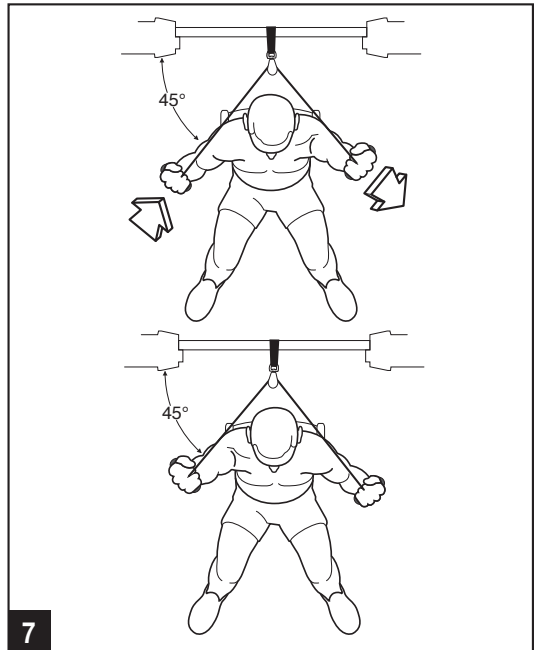


S.T.K. Rope & Pulley Exercises

The following exercise requires the **Rope and Pulley Set** with **Door Strap**. Position the door strap at the top of the door jamb so that the pulley is on the **non-opening side of door**. To adjust rope length, simply move knot at rope ends.



6



7

Abduction: Begin with affected arm bent and 45° from the side of the body. Using opposing arm, raise affected arm as high as you can while keeping arm as relaxed as possible. Lower affected shoulder to prevent shoulder raising toward ear.

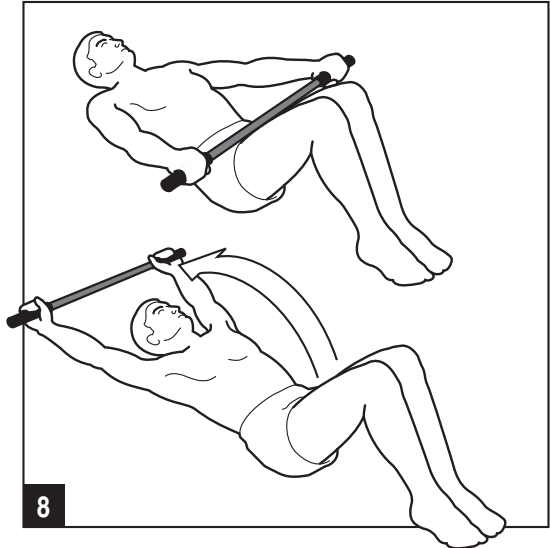
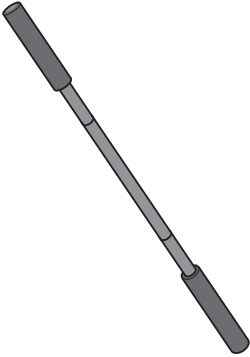
NOTES:



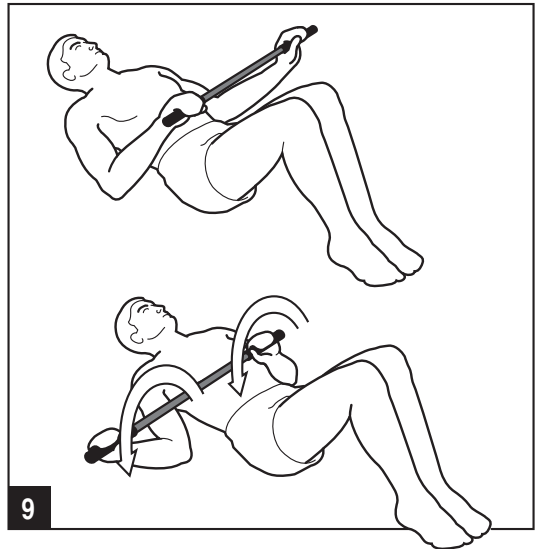
S.T.K. Bar Exercises

The following exercises require an assembled S.T.K. Bar.

Remember, use pain as an exercise guideline.

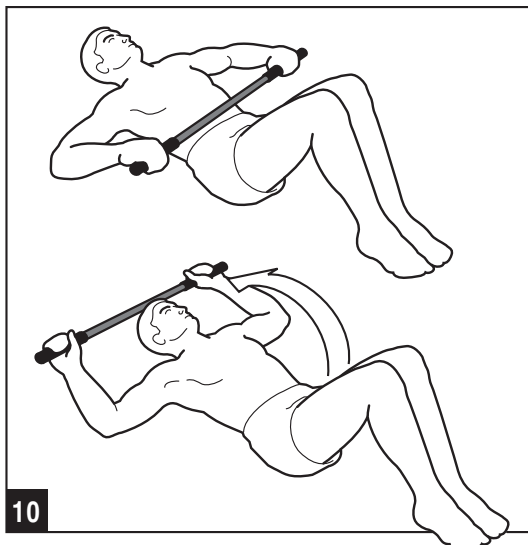


Forward Flexion: Lying on your back, grasp bar with both hands, shoulder width apart. Start with bar resting across hips. Lift bar with arms straight as high as you can, hold 15 seconds, then return to starting position.



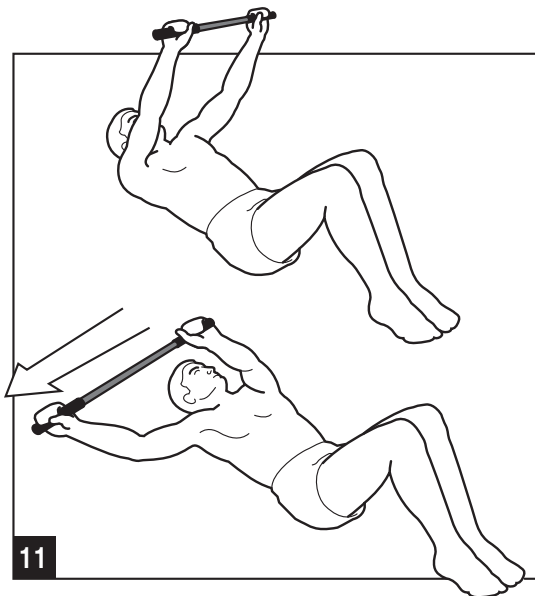
Internal/External Rotation: Lying on your back with arms positioned as shown, grasp bar shoulder width apart. Keeping elbows in, rock bar as far as you can from side to side and hold for 15 seconds at each side.

Bar Exercises Continued



10

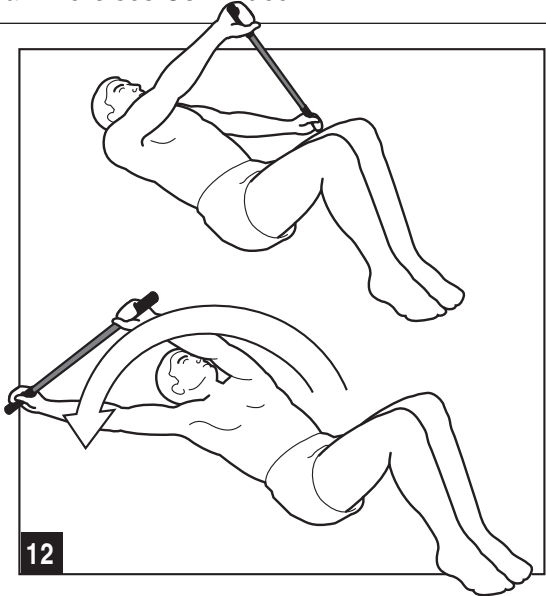
Rotation with Arms at 90°: Lying on your back, grasp bar near ends with both hands. With arms positioned as shown and bar resting on stomach, rotate bar over your head and back.



11

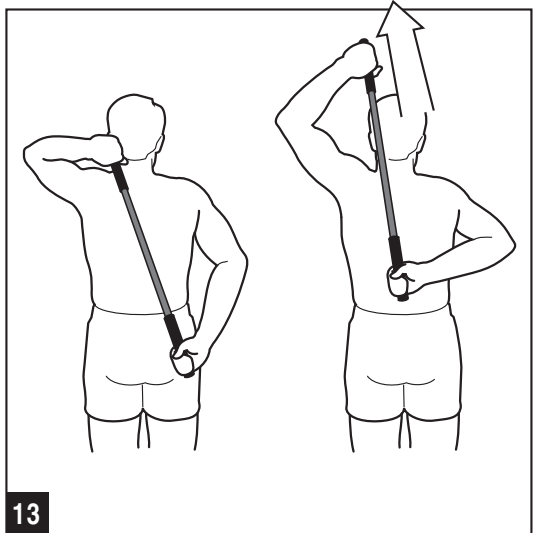
Side to Side: Lying on your back, grasp bar with both hands, shoulder width apart. Bring bar to eye level and move it from side to side.

Bar Exercises Continued



12

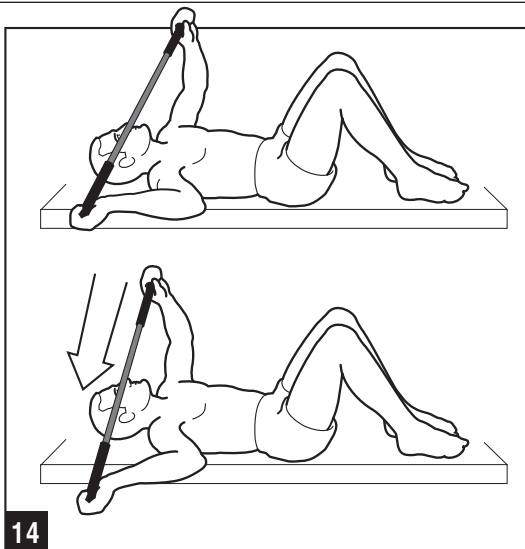
Diagonal Side to Side: Lying on your back, grasp bar with both hands, shoulder width apart. Move bar from hip to opposite shoulder and back.



13

Internal Rotation Behind Back: Hold bar behind your back as shown with unaffected arm at top of bar. Use unaffected arm to pull up affected arm as far as you can.

Bar Exercises Continued



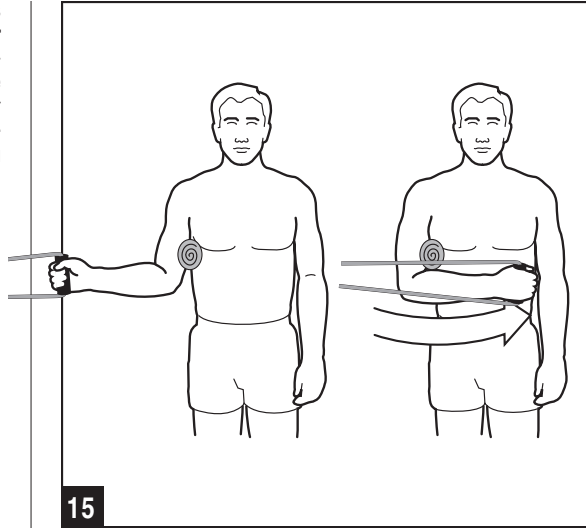
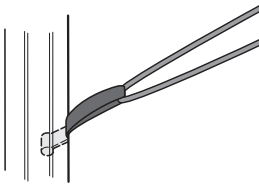
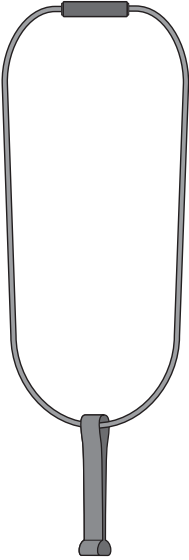
14

External Rotation: Lying on your back next to the edge of table, grasp bar as shown. Hold bar in palm of hand on affected arm. Push down with unaffected hand to rotate affected arm as far as you can below the table surface. Hold stretch for 15 seconds.



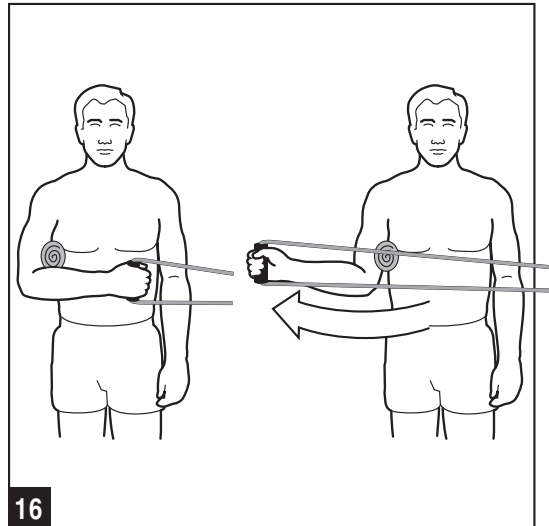
S.T.K. Strengthening Exercises Phase 1

The following exercise requires the **Rubber Cord Set with Door Strap**. For each exercise, position the door strap at appropriate location between door and door jamb on hinge side so that **Rubber Cord** is on the **non-opening side of door**.



15

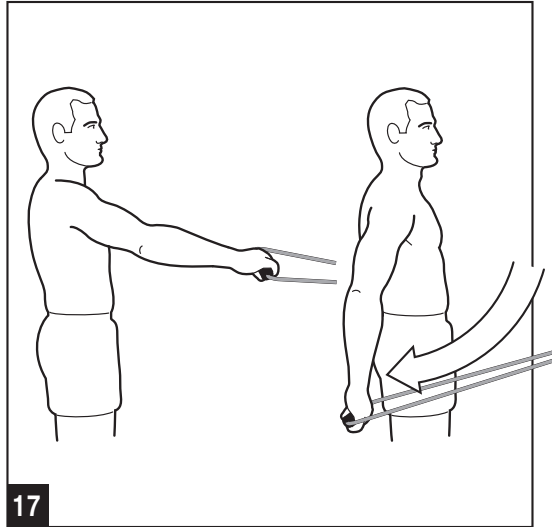
Internal Rotation: Stand sideways with affected shoulder closest to the door and elbow against pillow or rolled towel at your side as shown. Pull handle toward unaffected arm while keeping elbow position. Return slowly.



16

External Rotation: Stand sideways with affected shoulder farthest from the door and elbow against pillow or rolled towel at your side as shown. Pull handle away from unaffected arm while keeping elbow position. Return slowly.

Strengthening Exercises Phase 1 Continued



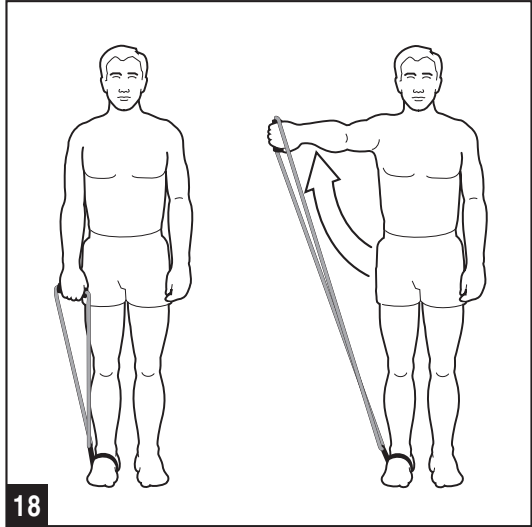
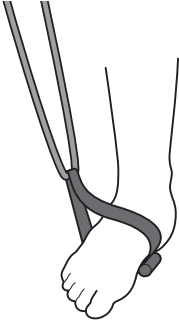
17

Shoulder Extension: Stand facing door with affected arm extended and straight as shown. Pull handle back as far as you can while keeping arm straight. Return slowly.



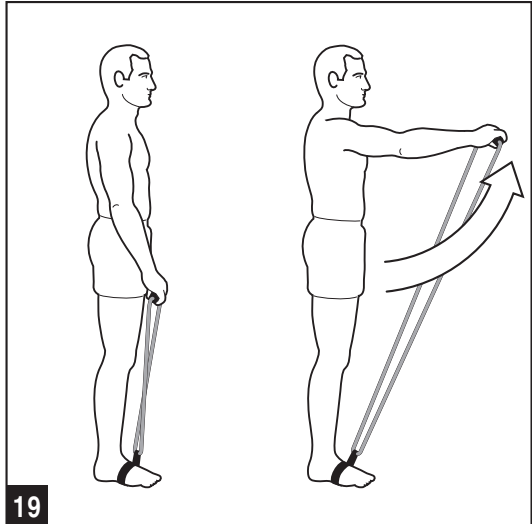
S.T.K. Strengthening Exercises Phase 2

The exercises **18** and **19** loop **Door Strap** around your foot as shown; however, shorter people may eliminate **Door Strap** and loop **Rubber Cord** directly under foot.



18

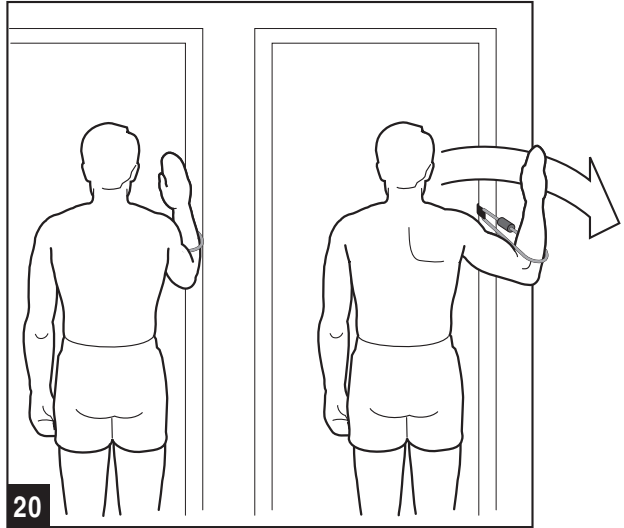
45° Raise: Grasp handle with arm at side and thumb pointed forward as shown. Keeping arm straight and thumb pointing down, lift handle at 45 degrees from front to shoulder height. Return slowly.



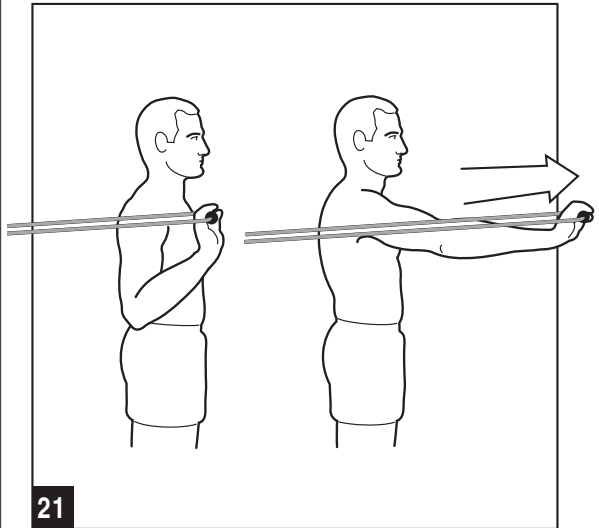
19

Forward Flexion: Grasp handle with arm at side and palm down as shown. Keeping arm straight, lift handle forward to shoulder height. Return slowly.

Strengthening Exercises Phase 2 Continued



Scapula Strengthening: Stand facing door with affected arm as shown. Without rotating upper body, pull arm back as far as you can. Maintain arm position as shown. Return slowly.

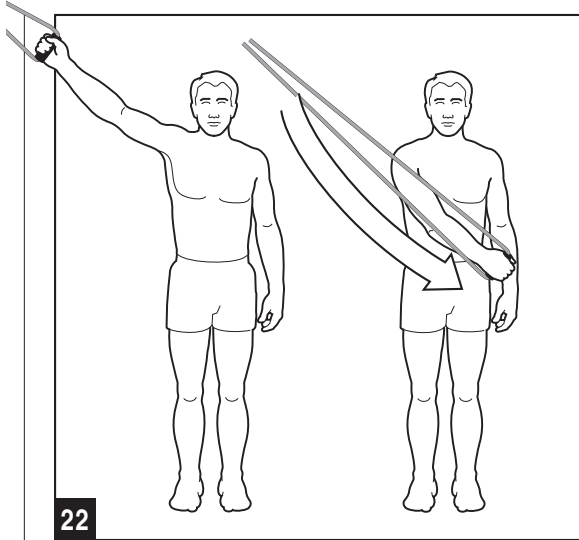
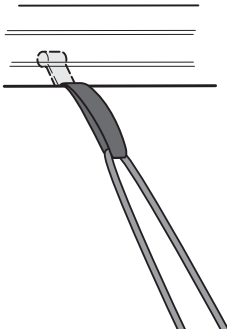


Forward Press: Stand facing away from door with arm positioned as shown. Push handle out until arm is straight. Return slowly.



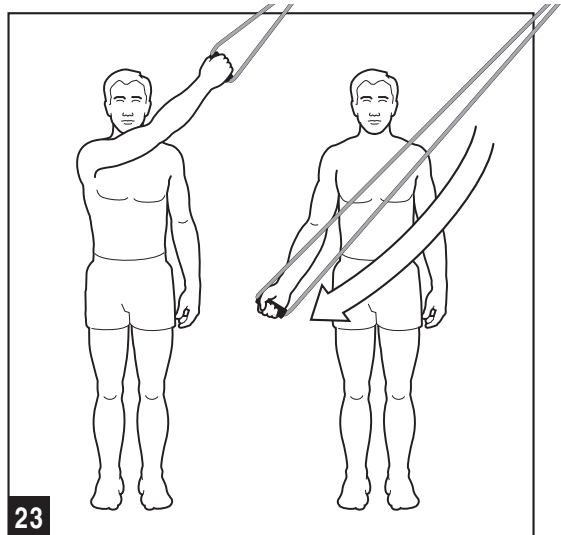
S.T.K. Strengthening Exercises Phase 3

For exercises 22 and 23, secure **Door Strap** near top of door jamb.



22

Diagonal Patterns: Stand sideways with affected shoulder closest to the door and arm out straight with palm facing forward as shown. Pull handle down and across body toward opposite hip. Return slowly.

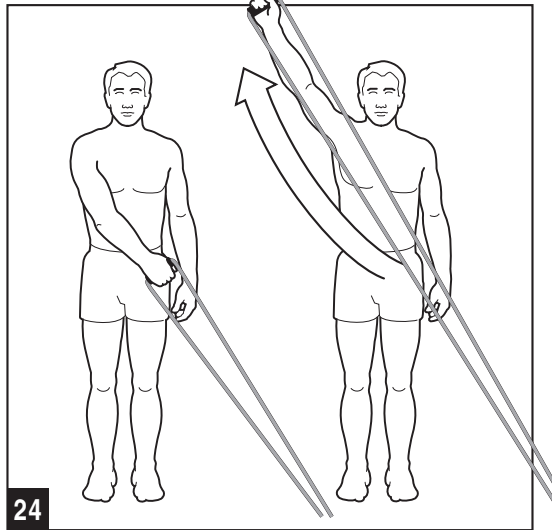
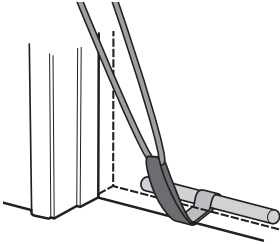


23

Diagonal Patterns: Stand sideways with affected shoulder farthest away from door. Position arm across face with palm facing backwards as shown. Pull handle down and across body toward opposite hip. Return slowly.

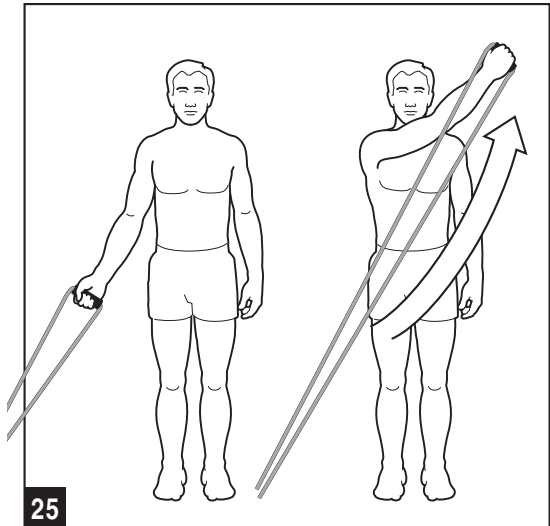
Strengthening Exercises Phase 3 Continued

CAUTION: For exercises 24 and 25, secure **Door Strap** to bottom of door by first inserting an object such as one of the **S.T.K. Bar** pieces through the loop in the **Door Strap**. This will prevent the **Door Strap** from slipping out from the door.



24

Diagonal Patterns: Stand sideways with affected shoulder farthest away from door. Position arm across body with palm facing backwards as shown. Pull handle up and across body as shown. Return slowly.



25

Diagonal Patterns: Stand sideways with affected shoulder closest to the door and arm out straight with palm facing forward as shown. Pull handle up and across body as shown. Return slowly.



S.T.K. Exercise Schedule

Shoulder Exercises

Repetitions and Notes

1 Pendulum Exercise

2 Shoulder Shrug

3 Bat Wave

4 Shoulder Depression

5 Posterior Capsule Stretch

Rope & Pulley Exercise

6 & 7 Abduction

Bar Exercises

8 Forward Flexion

9 Internal/External Rotation

10 Rotation with Arms @ 90°

11 Side to Side

12 Diagonal Side to Side

13 Internal Rotation Behind Back

Patient Name _____ Date _____

Repetitions and Notes

14 External Rotation

Strengthening Exercises

Phase 1

15 Internal Rotation

16 External Rotation

17 Shoulder Extension

Phase 2

18 45° Raise

19 Forward Flexion

20 Scapular Strengthening

21 Forward Press

Phase 3

22 Diagonal Patterns

23 Diagonal Patterns

24 Diagonal Patterns

25 Diagonal Patterns



S.T.K. Limited Warranty

Breg, Inc. warrants that this product is free from defects in workmanship, materials, and fitness for use for six months from the date of purchase under normal use for which it was intended if, and only if, it has been properly used under direct supervision of a licensed health care practitioner. Breg, Inc.'s obligation under this warranty is limited to the replacement or repair of any defective part or parts of this product. All express or implied warranties, including the warranty of merchantability and fitness for a particular purpose, are limited to the actual warranty period set forth above. No other warranty, express or implied, is given and no affirmation of or by seller, by words or action, will constitute a warranty.

