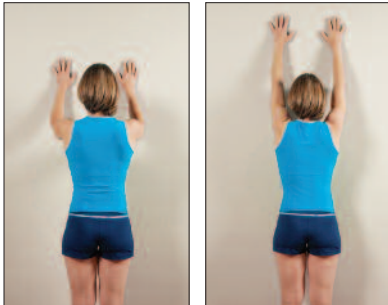


SHOULDER RANGE OF MOTION – PHASE 2

Your physical therapist recommends the following personalized exercise program for you. Please follow your therapist's instructions for how often to hold or repeat each one. It is important to perform these exercises several times each day to restore the normal motion in your shoulder. If your symptoms feel worse with any exercise, stop doing the exercise until you check with your physical therapist or doctor.

Equipment Needed: wall, doorway, towel, stick



□ Wall Slide Forward Raise

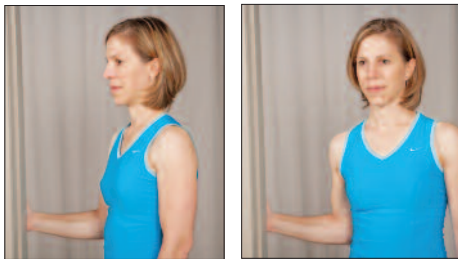
Stand facing a wall. Place your hands or sides of both your pinky fingers against the wall. Slide your hands up the wall until you feel a gentle stretch in your shoulder. Be sure to keep upright posture.

Hold ____ seconds. Frequency _____

□ Side Raise with Cane

Sit or stand with the cane in both hands. Hold the cane with the palm facing forward on the affected arm. Push the cane with your opposite hand, bringing your arm out to side and upwards. Keep the elbow of your affected arm straight during the exercise.

Hold ____ seconds. Frequency _____



□ Outward Rotation – easier position

Stand in a doorway facing the door jamb with your upper arm against your side and your elbow bent. Place your palm on the door jamb. Turn your body (by moving your feet) away from your hand until you feel a gentle stretch in your shoulder.

Hold ____ seconds. Frequency _____

□ Outward rotation- harder position

Place the palm side of your forearm in a door frame. Turn your body away from your hand and lean forward until you feel a gentle stretch in your shoulder.

Hold ____ seconds. Frequency _____



Additional Instructions

SHOULDER RANGE OF MOTION – PHASE 2

□ Outward Rotation (4 °) – Stick/Cane

Lie on your back with your elbow 4–6 inches away from your side and a folded towel under your bent elbow. Holding the cane in both hands, use the hand of your unaffected arm to push the hand and forearm of your affected arm away from your body. Make sure to keep your elbow bent.



Hold ____ seconds. Frequency _____



□ Hand behind back

Place the hand of your affected arm behind your hip. Loop a towel over your unaffected shoulder and grasp the ends of the towel with both hands. Pull the towel upwards with your unaffected arm sliding your affected arm up your back.

Hold ____ seconds. Frequency _____

□ Arm Across Chest (with Rotation)

Stand with your back and shoulder blade against a wall. Reach your hand (affected arm) across your chest. Place your other hand on top of your arm (at the elbow); gently press down on your forearm while pulling your elbow.

Hold ____ seconds. Frequency _____



Additional Instructions

Consult with your physical therapist or doctor if you experience an increase in your symptoms with recommended exercises, or if you develop new symptoms of numbness, tingling or a spread of the pain. This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor.