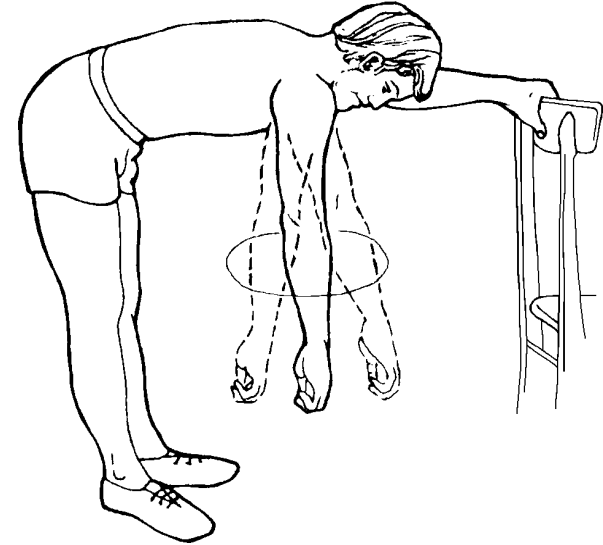


Shoulder Exercises



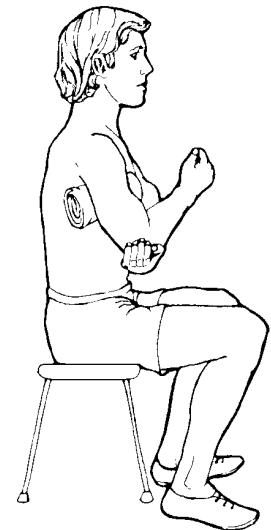
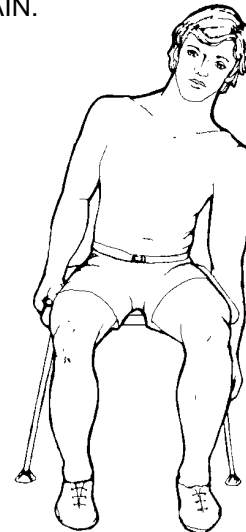
PENDULUM EXERCISE

Permit arm to “dangle” freely. Circular motion in the clockwise and counter-clockwise direction is done in ever-increasing large circles. Swing your arm forward and backward. Swing your arm to side to side.



SELF-MOBILIZATION

A. Hold seat of chair with involved arm. Relax shoulder and **gently** lean in the opposite direction. **DO NOT CAUSE PAIN.**

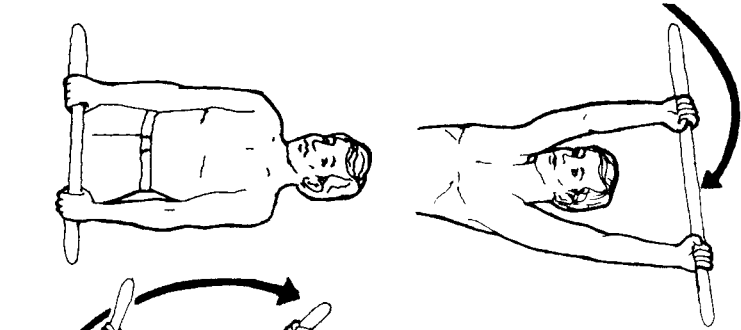


B. Place rolled towel as high as possible in the arm pit. Place hand on underside of elbow and pull gently toward side of body. Relax and repeat.

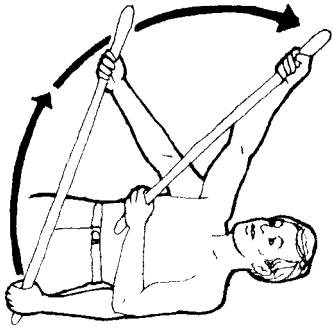
WAND EXERCISES

Lying on your back, hips and knees bent, feet flat on bed:

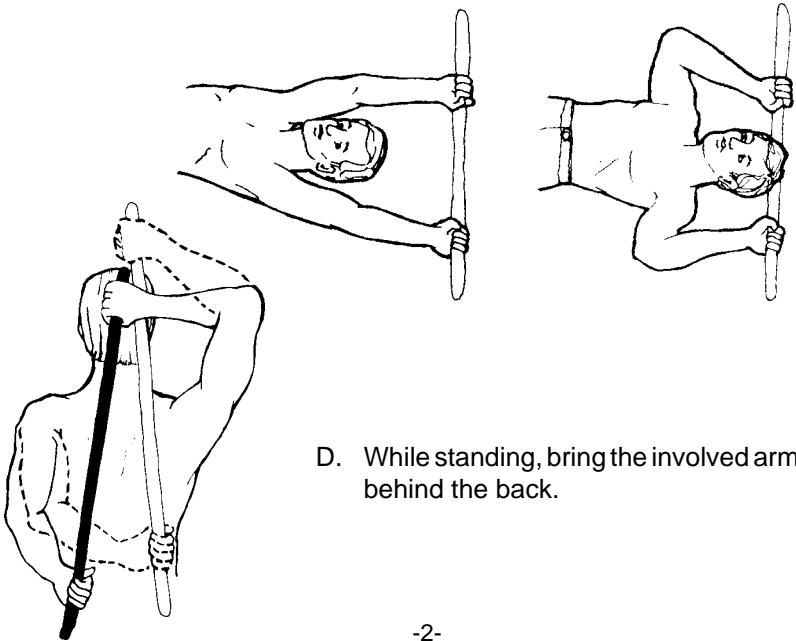
- A. Grasp a broomstick or cane in both hands and raise it as high above your head as possible, keeping elbows straight. Then lower your arms again.



- B. With your arms straight down, move your hands two to three feet apart on the stick. Swing the stick up to the side, pushing with your opposite hand, keeping your elbow straight, until upper arm touches ear. Return to starting position.



- C. Hold the stick in both hands, raise arms over head, then bend elbows, attempting to place stick behind top of head. Return to starting position.

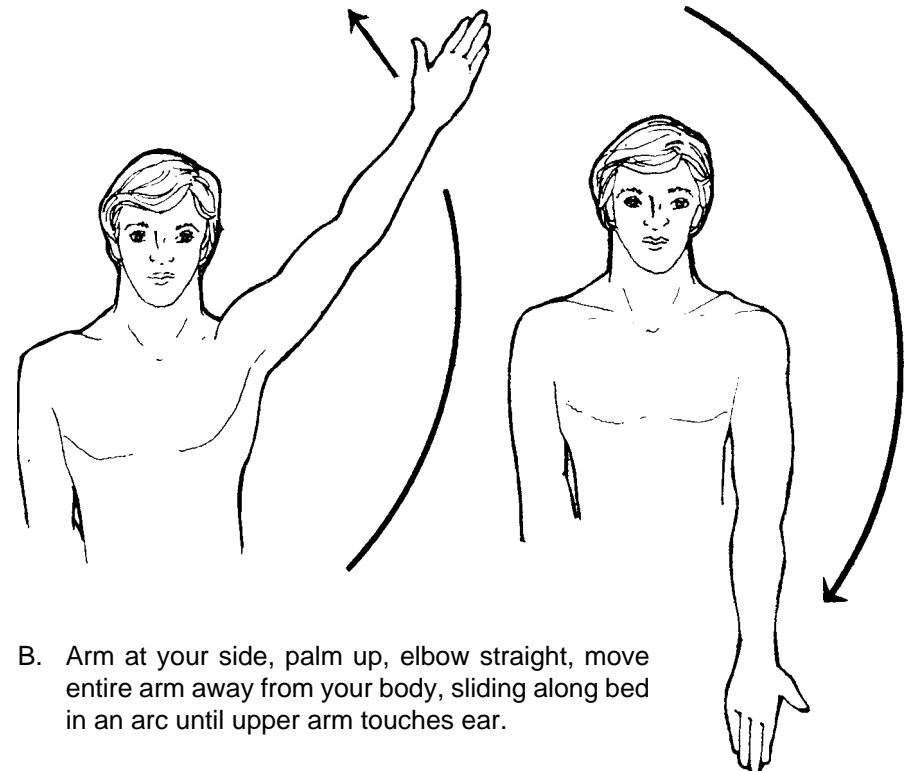
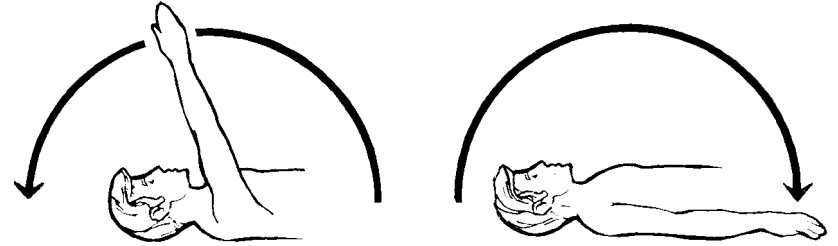


- D. While standing, bring the involved arm up behind the back.

ACTIVE EXERCISES

Lying on your back, hips and knees bent, feet flat on bed:

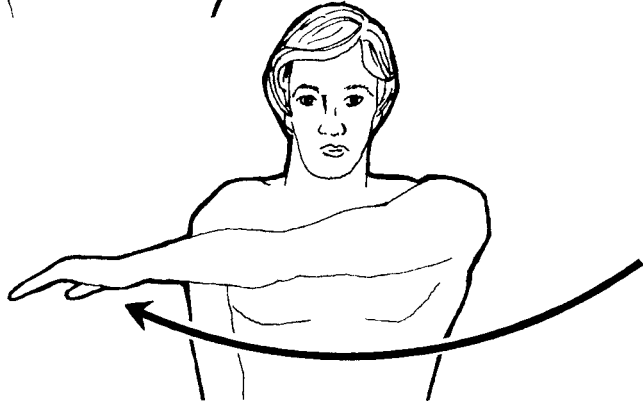
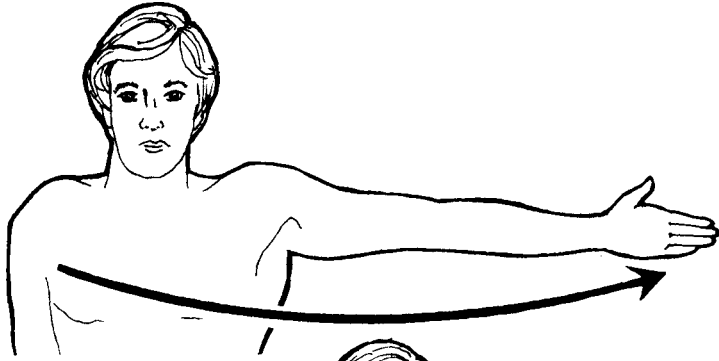
- A. Arm at your side, keeping it as close to your body as possible, thumb pointing up, elbow straight, raise arm overhead as far as possible. Return arm to side.



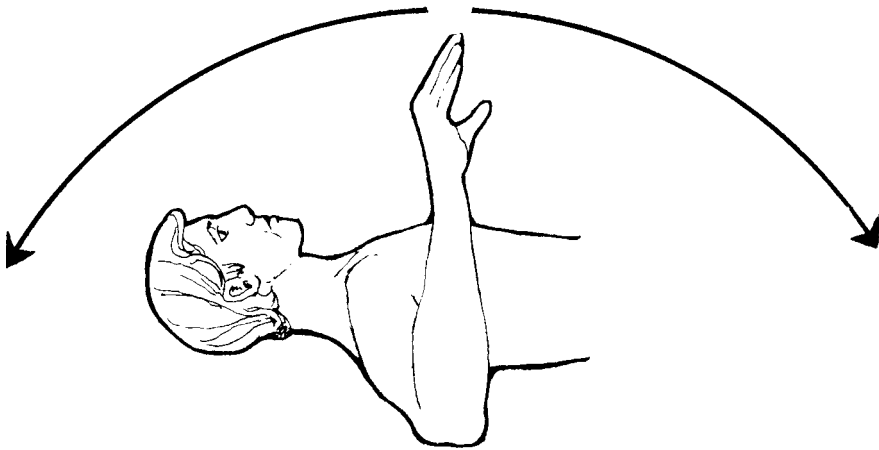
- B. Arm at your side, palm up, elbow straight, move entire arm away from your body, sliding along bed in an arc until upper arm touches ear.

ACTIVE EXERCISES (continued)

- C. Move the arm out to the side at shoulder level, then reach for the opposite shoulder, keeping arm as near the face as possible. Return to starting position.

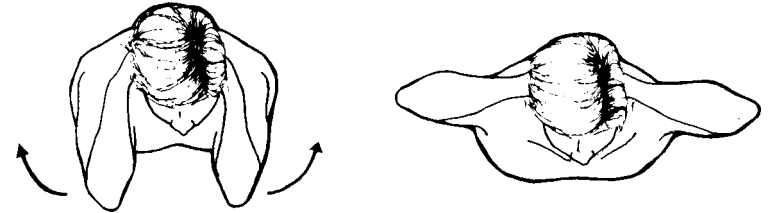


- D. Move the arm out to the side, elbow bent 90°, move hand forward to the bed, palm down. Then move hand back in the opposite direction, palm up, trying to reach bed.



FUNCTIONAL EXERCISES

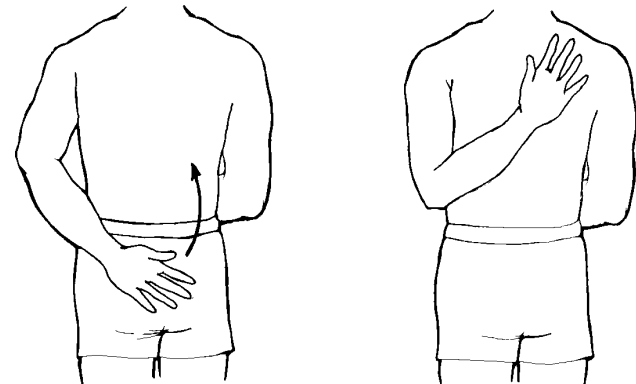
- A. Stand facing a wall, approximately one foot from wall, climb wall with fingers, gradually moving closer to the wall as elevation is completed. **DO NOT ARCH YOUR BACK.**
- B. Side to wall, two feet from wall, climb wall with fingers, gradually moving closer to wall as elevation is completed. **DO NOT ARCH YOUR BACK.**
- C. Clasp neck, elbows pointing straight ahead - move arms out to side as far as possible.



- D. Carry hand to forehead, over top of head, and reach to back of neck. Try to reach between shoulder blades.

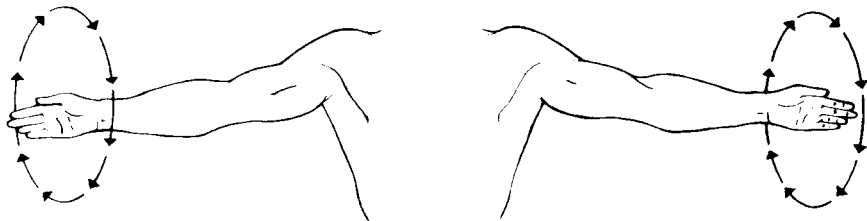


- E. Arms at sides, back of hand facing forward. Bend elbow and carry back of hand over buttocks to waistline and upper back. Try to reach the shoulder blade.



FUNCTIONAL EXERCISES (continued)

- F. With arms outstretched sideways, shoulder high, make circles with arms forwards and backwards.



- G. Get into a hand/knee or "crawling" position (hands should be directly under the shoulders with elbows **completely** straight). From this position, slowly "sit" back towards your heels as far as the shoulder permits and **without** allowing the hands to move from their original position. Hold this posture for a count of 5 and return to the upright position.

