

SCAPULAR RETRACTIONS

Draw your shoulder blades back and down. Hold for 2 seconds.

Repeat 10 Times
Complete 3 Sets

Hold 2 Seconds
Perform 1 Times a Day



SHOULDER ROLLS

Move your shoulders in a circular pattern as shown so that you are moving in an up, back and down direction. Perform small circles if needed for comfort. Video # VV9BWMBMJ

Repeat 15 Times
Complete 3 Sets

Hold 1 Second
Perform 1 Times a Day



WALL WALK

Place your affected hand on the wall with the palm facing the wall. Next, walk your fingers up the wall towards overhead. Lastly, slide your hand back down the wall to the starting position. Video # VVB9DQY93

Repeat 15 Times
Complete 2 Sets

Hold 1 Second
Perform 1 Times a Day





AAROM SHOULDER ABDUCTION - WAND

While holding a wand, cane, or yardstick, palm face up on the injured side and palm face down on the uninjured side, slowly raise up your injured arm to the side. Try to get it as high as you can. Hold for 5 seconds and repeat. Video # VVYJ32LP2

Repeat 5 Times
Complete 1 Set

Hold 5 Seconds
Perform 1 Times a Day

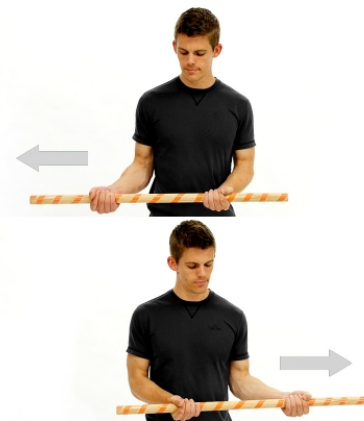


AAROM SHOULDER FLEXION - WAND

In the standing position and holding wand/cane with both arms as shown, raise it up allowing your unaffected arm to push up your affected arm. □ Try to get it as high as you can. Hold for 5 seconds and repeat.

Repeat 5 Times
Complete 1 Set

Hold 5 Seconds
Perform 1 Times a Day



WAND ROTATION - STANDING IR ER

In the standing position, hold a wand/cane with both hands keeping your elbows bent. Move your arms and wand/cane side-to-side. Your affected arm should be partially relaxed while your unaffected arm performs most of the effort. Try to get it as far as you can. Hold for 5 seconds and repeat. Video # VV8RU2YV7

Repeat 5 Times
Complete 1 Set

Hold 5 Seconds
Perform 1 Times a Day



PENDULUM CIRCLES - CODMAN

Shift your body weight in circles to allow your injured arm to swing in circles freely. Your injured arm should be fully relaxed. Video # VV8HY5VPJ

Duration 30 Seconds

Complete 2 Sets

Perform 1 Times a Day



SHOULDER - ISOMETRIC EXTERNAL ROTATION

Gently press your hand into a wall using the back side of your hand. Maintain a bent elbow the entire time.

Repeat 10 Times

Complete 1 Set

Hold 5 Seconds

Perform 1 Times a Day



SHOULDER - ISOMETRIC FLEXION

Gently push your fist forward into a wall with your elbow bent.

Repeat 10 Times

Complete 1 Set

Hold 5 Seconds

Perform 1 Times a Day



SHOULDER - ISOMETRIC INTERNAL ROTATION

Gently press your hand into a wall using the palm side of your hand. Maintain a bent elbow the entire time.

Repeat 10 Times
Complete 1 Set

Hold 5 Seconds
Perform 1 Times a Day



SHOULDER - ISOMETRIC ABDUCTION

Gently push your elbow out to the side into a wall with your elbow bent.

Repeat 10 Times
Complete 1 Set

Hold 5 Seconds
Perform 1 Times a Day



SHOULDER - ISOMETRIC EXTENSION

Gently push your a bent elbow back into a wall.

Repeat 10 Times
Complete 1 Set

Hold 5 Seconds
Perform 1 Times a Day