



Shoulder Exercises

Pendulum

Lean forward and place one hand on a counter or table for support. Let your other arm hang freely at your side. Gently swing your arm in a circular motion. Move clockwise then anti-clockwise.

Repetitions ____ Times per day ____



Shoulder Flexion

Laying on your back slowly flex your arm.

Repetitions ____ Times per day ____

Flex arm to ____ Degrees



Active Assisted Shoulder Flexion

Laying on your back slowly flex your arm, using your non injury arm to assist into flexion.

Repetitions ____ Times per day ____

Flex arm to ____ Degrees





External Rotation

Keep the elbow against the side of your body and move your forearm and hand away from your body.

Repetitions ____ Times per day ____

Passive External Rotation with Stick

Grasp the stick with the non-injured hand and cup the other end of the stick with the other hand. Keep the elbow of the shoulder you are stretching against the side of your body and push the stick horizontally to the point of feeling a pull without pain.

Repetitions ____ Times per day ____



Internal Rotation

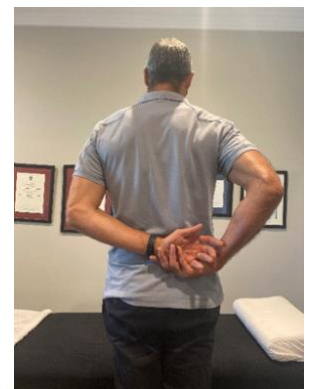
Move hand across and up the back.

Repetitions ____ Times per day ____

Passive Internal Rotation

Pull the hand across and up your back, as shown, so that your shoulder is passively stretched to the point of feeling a pull.

Repetitions ____ Times per day ____ Hold stretch ____



Wall Climb

Stand facing the wall, lay your palm on the wall, slowly walk toward the wall and use your fingers to help slide the hand upwards on the wall. Continue until the shoulder has maximum tolerable stretch.

Repetitions ____ Times per day ____ Hold Stretch ____

