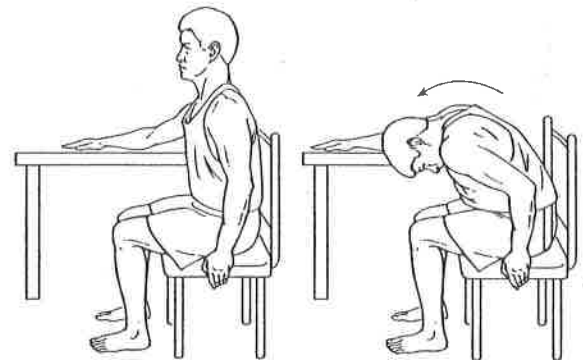
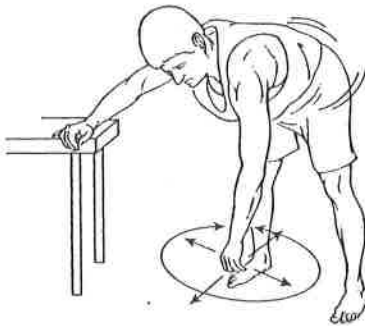


## Range of Motion Exercises

The following exercises are some of the initial exercises that you may begin after your surgeon allows. This period of time your shoulder is immobilized will vary depending on the type and severity of injury and the type of surgery. Continue these exercises as instructed until you see your physician, physical therapist or athletic trainer again. Each stretch should be held for 20 to 30 seconds. A *gentle* stretching sensation should be felt.

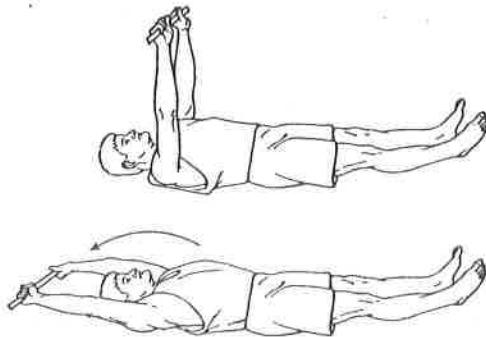


### SHOULDER • Pendulum

1. Lean forward at the waist, letting your \_\_\_\_\_ arm hang freely. Support yourself by placing the opposite hand on a chair, table, or counter as shown.
2. Sway your *whole body* slowly forward and back. This will cause your arm to move. Let your arm hang freely. Do not tense it up.
3. Repeat the above swaying side to side and moving in circular patterns, clockwise and counterclockwise.
4. Do \_\_\_\_\_ repetitions in each direction.
5. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day.

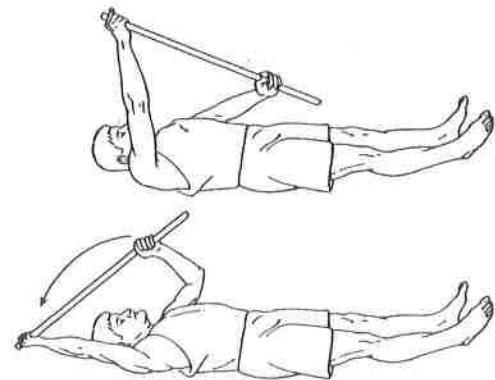
### SHOULDER • Flexion

1. Sit in a chair with your \_\_\_\_\_ arm on a table as shown.
2. Lean forward, sliding your arm forward on the table until you feel a gentle stretch.
3. Return to the starting position.
4. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day. Hold each repetition 5 to 10 seconds.



### SHOULDER • Flexion

1. Lie on your back holding a stick in both hands, keeping your hands shoulder-width apart.
2. Raise both hands over your head until you feel a gentle stretch.
3. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day. Hold each repetition 5 to 10 seconds.



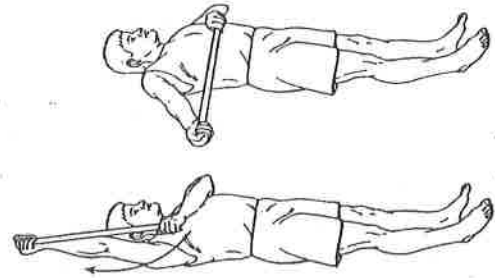
### SHOULDER • Flexion

1. Lie on your back. Grasp the bottom of a stick, handle of an umbrella, or blade of a golf club in your \_\_\_\_\_ hand as shown.
2. Using the stick, raise your arm overhead as shown until you feel a gentle stretch. Lead with the thumb in a "thumbs up" position.
3. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day. Hold each repetition 5 to 10 seconds.



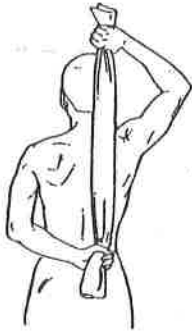
### SHOULDER • External Rotation

1. Lie on your back or stand with your \_\_\_\_\_ arm at your side and your elbow bent to 90 degrees. Hold a stick, umbrella handle, or golf club in your hands as shown.
2. Using the stick turn/rotate your hand and forearm away from your body as shown.
3. *Make sure you keep your upper arm and elbow next to your side.*
4. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day. Hold each repetition 5 to 10 seconds.



### SHOULDER • Abduction

1. Lie on your back holding a stick, umbrella handle, or golf club in your hand as shown. The hand should be in the "thumbs up" position.
2. Using the stick, slowly push your arm away from your side and as far overhead as you can without pain. Push until you feel a gentle stretch.
3. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day. Hold each repetition 5 to 10 seconds.



### SHOULDER • Internal Rotation

1. Place your \_\_\_\_\_ hand behind your back.
2. Drape a towel over your opposite shoulder and grasp it with the hand that is behind your back.
3. Use the towel to gently pull your hand farther up your back until you feel a gentle stretch.
4. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day. Hold each repetition 5 to 10 seconds.



### SHOULDER • Internal Rotation

1. Lie on your back with your \_\_\_\_\_ arm out away from your body about 60 degrees and a rolled-up towel placed under your elbow as shown.
2. Turn/rotate your arm inward toward your body from the shoulder.
3. To assist in this stretch you may use a rope or towel to gently pull the arm farther inward as shown.
4. Make sure to keep your shoulders flat on the floor/bed on which you are lying.

These last few exercises listed on this page are called isometric exercises. Please do not proceed to these exercises without your surgeon's permission. These exercises will fire the muscles and should only be performed with the doctor's OK. Hold each stretch for 20 to 30 seconds. Remember to breathe during these exercises as these exercises may increase your blood pressure.



**STRENGTH • Shoulder Flexion, Isometric**

1. While standing, raise your \_\_\_\_\_ arm straight in front of your body as shown.
2. Place the other hand on top of your arm and push down. Do not allow your arm to move. Push as hard as you can without having any pain or moving the arm.
3. Hold this position for \_\_\_\_\_ seconds and then *slowly* return to the starting position.
4. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day.



**STRENGTH • Shoulder Abduction, Isometric**

1. While standing, raise the \_\_\_\_\_ arm slightly away from the body as shown.
2. Place the other hand on top of your arm and push down. Do not allow your arm to move. Push as hard as you can without having any pain or moving the arm.
3. Hold this position for \_\_\_\_\_ seconds and then *slowly* return to the starting position.
4. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day.



**SHOULDER • Internal Rotation, Isometric**

1. Bend your \_\_\_\_\_ elbow to 90 degrees as shown, holding the arm slightly in front of the body.
2. Place your opposite hand on the inside of your wrist as shown.
3. Try to turn/rotate your arm inward, toward the body, as if it were a gate swinging closed. Resist this motion with the opposite hand that is on the inside of your wrist. Do not let any motion occur.
4. Hold this position for \_\_\_\_\_ seconds.



**STRENGTH • Shoulder, External Rotation, Isometric**

1. Bend your \_\_\_\_\_ elbow to 90 degrees as shown, holding your arm slightly in front of your body.
2. Place your opposite hand over your wrist as shown.
3. Try to turn/rotate your arm outward, away from your body, as if it were a gate swinging open. Resist this motion with the opposite hand that is on your wrist. Do not let any motion occur.
4. Hold this position for \_\_\_\_\_ seconds.
5. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day.