

## SHOULDER RANGE OF MOTION HOME PROGRAM

PATIENT NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

### SHOULDER – 2 Range of Motion Exercise

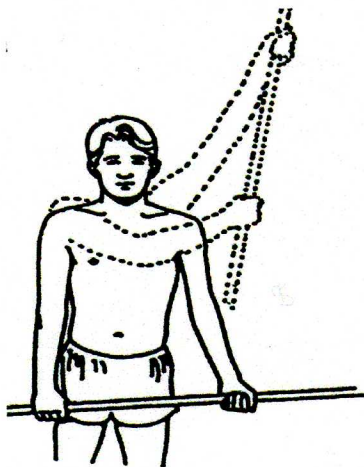
(Wand activities): Abduction

Holding wand with involved side palm up, push wand directly out from your side with uninvolved side (palm down) until you feel a stretch..

Hold 5 seconds.

Repeat 10 times.

Do 2 sessions per day.



### SHOULDER – 1 Range of Motion Exercises

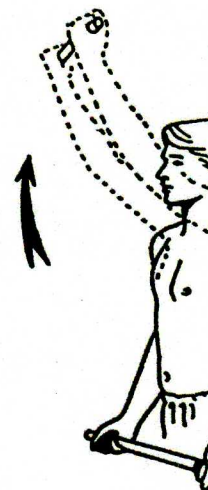
(Wand activities): Flexion

Bring wand directly overhead, leading with uninvolved side. Reach back until you feel a stretch.

Hold 5 seconds.

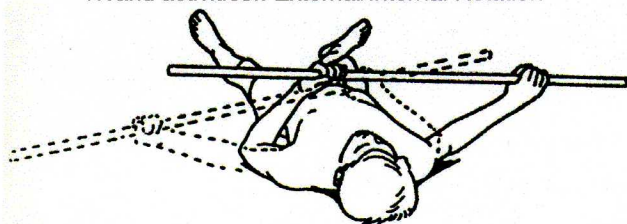
Repeat 10 times.

Do 2 sessions per day.



### SHOULDER – 3 Range of Motion Exercises

(Wand activities): External/Internal Rotation



Hold wand with involved side palm up, push with uninvolved side (palm down) out from the body while keeping elbow at side until you feel a stretch. Then pull back across body leading with uninvolved side. Be sure to keep elbows bent.

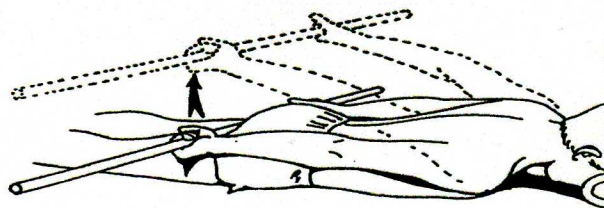
Hold 5 seconds.

Repeat 10 times.

Do 2 sessions per day.

### SHOULDER – 6 Range of Motion Exer

(Wand activities): Extension



Lift backward from buttocks until a stretch is felt.

Hold 5 seconds.

Repeat 10 times.

Do 2 sessions per day.

- ❖ Perform one session of these exercises in the A.M., one in the P.M.
- ❖ Ice the injured body part for 15 – 20 minutes after these exercises.
- ❖ Exercises should be somewhat challenging. If too easy, increase tension on tubing. If too difficult, decrease tension.

If any of these exercises cause pain, stop performing them and contact our office. Rubber tubing may be purchased inexpensively at most physical therapy facilities and major sporting goods outlets.