

SHOULDER

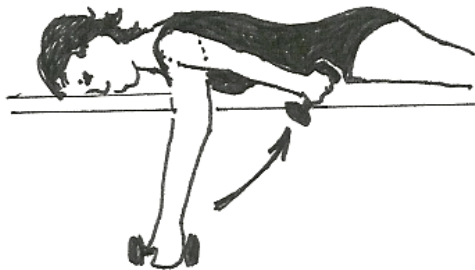
Progressive Resistive Kinetic Activities

Name _____ Date _____

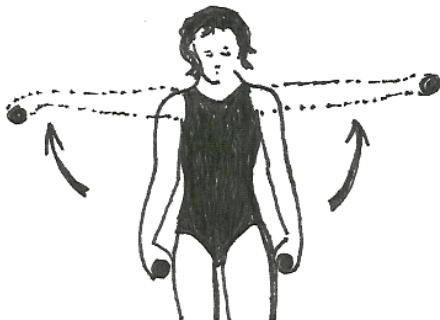
Flexion: Grip weight or use cuff. Raise arm out in front of body and lift toward ceiling. Keep elbow straight. Slowly lower and repeat.



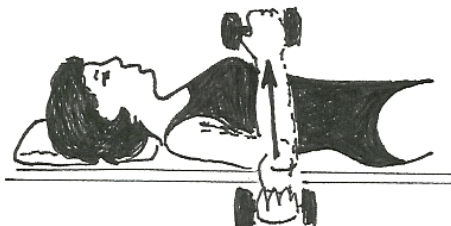
Extension: Lie on back. Grip weight or use cuff. Raise arm up overhead as far as you can. Slowly lower and repeat.



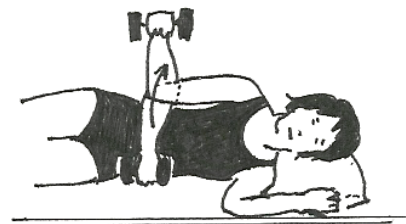
Abduction: Grip weight or use cuff at side. Raise arms out from body. Slowly lower and repeat.



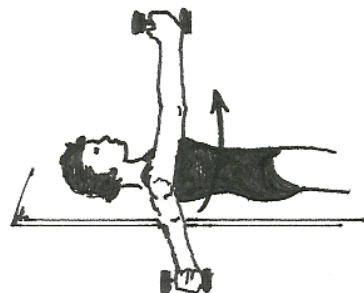
Internal Rotation: Grip weight or use cuff. Lie on back with elbow bent, forearm parallel with floor. Rotate arm in toward body, keeping elbow bent. Slowly lower. Repeat.



External Rotation: Grip weight or use cuff. Lie on your side so that your affected shoulder is on top. Rotate arm upward, keeping elbow bent. Slowly lower and repeat.



Adduction: Grip weight or use cuff. Lie on back with arm out to side. Raise arm straight upward so that fist points toward ceiling. Slowly lower and repeat.



GENERAL INSTRUCTIONS:

Do only those exercises taught to you by your therapist.
Exercise twice daily, 10 of each.