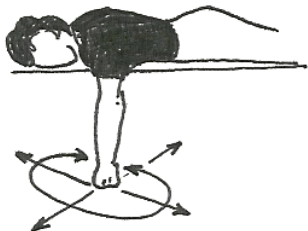


SHOULDER

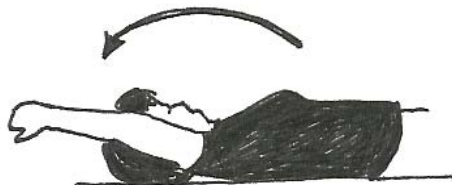
Range of Motion Therapeutic Exercises

Name _____ Date _____

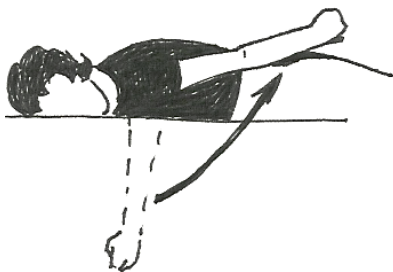
Circles: Lie on belly. Let your arm hang off bed relaxed. Swing the arm forward and backward. Repeat with the arm moving side to side. Repeat with the arm moving in circular patterns, clockwise and counterclockwise.



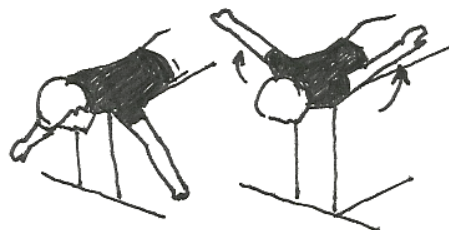
Flexion: Lie on back. Raise arm up overhead as far as you can. Hold 5 seconds and slowly lower. Repeat.



Extension: Lie on belly with arm off edge of bed. Raise arm backward. Hold 5 seconds and slowly lower. Repeat.



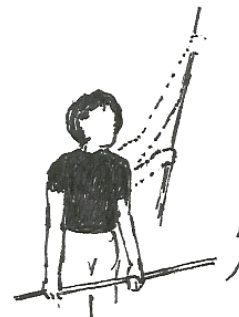
Internal & External Rotation: Lie on belly. Hold arms perpendicular to body. Raise arms upward towards the ceiling. Hold. Lower arms towards the floor. Hold. Repeat.



Abduction: Raise arm from side of body toward the ceiling. Elbow straight, thumb pointing up. Hold. Repeat



Adduction: Holding wand or broomstick with uninvolved side palm up, pull wand up and across your body with the uninvolved side (palm down) until you feel a stretch. Hold. Repeat.



GENERAL INSTRUCTIONS:

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