Shoulder Range of Motion

Complete __ sets of __ repetitions __ times a day.

*Place forearm on table, elbow slightly bent, as shown.

*Gently lean forward bending at waist.

*Sit with side to table, arm directly out from side, elbow bent, as shown.

*Gently bend forward.

*Hold wand in both hands.

*Use uninvolved arm to help raise involved arm up away from head as shown.

*Hold wand in both hands.

*Use uninvolved arm to help raise involved arm up away from side through available range.

*Place arms at chest level on sides of doorway as shown.

*Gently step forward, keeping back straight.

*Place back of hand against wall.

*Slowly move toward wall, allowing shoulder to stretch upward.

*Hold wand in both hands.

*Rotate involved arm away from body, pushing with the cane as needed with the uninvolved arm.

*Place arm on table, elbow straight.

*Slowly bend trunk downward.

*Should feel a stretch at shoulder.

*Hold wand in both hands.

*Use uninvolved arm to help raise involved arm up away from side through available range.

*Place forearm on table, palm up as shown.

*Gently side bend at waist, moving hips away from table.

*Place forearm on table, palm up as shown.

*Gently step forward, keeping back straight.

*Hold wand in both hands.

*Use uninvolved arm to help raise involved arm up away from side through available range.

*Gently bend forward bending at waist.

*Hold uninvolved arm over shoulder with towel as shown.

*Grasp towel with involved arm.

*Slowly pull upward with uninvolved arm until a gentle stretch is felt.