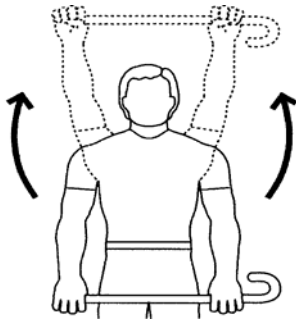
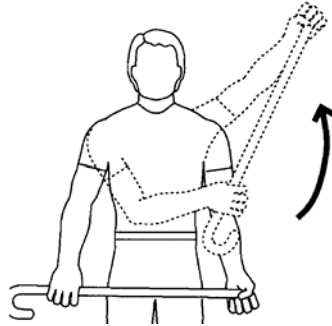


# Shoulder Range of Motion

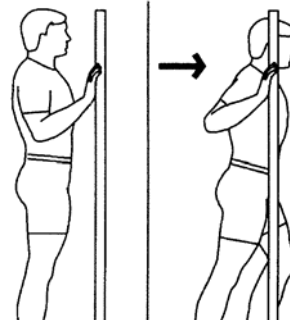
Complete \_\_ sets of \_\_ repetitions \_\_ times a day.



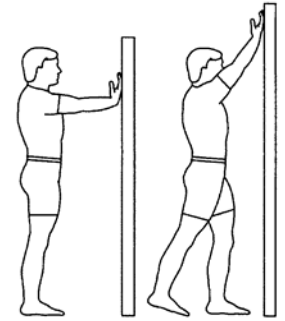
\*Hold wand in both hands.  
\*Use uninvolved arm to help raise involved arm up in front, over head as shown.



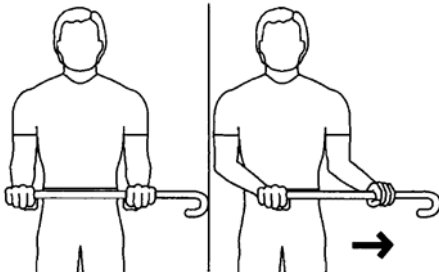
\*Hold wand in both hands.  
\*Use uninvolved arm to help raise involved arm up away from side through available range.



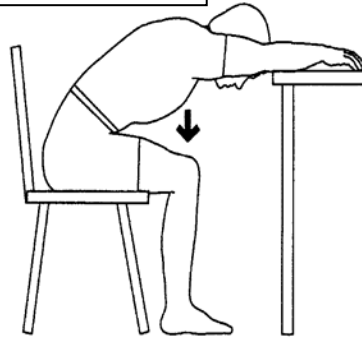
\*Place arms at chest level on sides of doorway as shown.  
\*Gently step forward, keeping back straight.



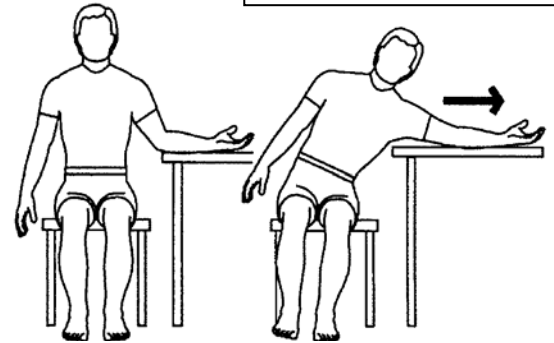
\*Place back of hand against wall.  
\*Slowly move toward wall, allowing shoulder to stretch upward.



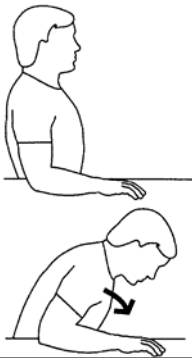
\*Hold wand in both hands.  
\*Rotate involved arm away from body, pushing with the cane as needed with the uninvolved arm.



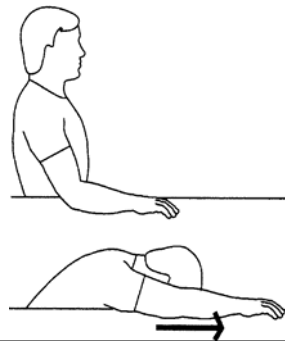
\*Place arm on table, elbow straight.  
\*Slowly bend trunk downward.  
\*Should feel a stretch at shoulder.



\*Place forearm on table, palm up as shown.  
\* Gently side bend at waist, moving hips away from table.



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



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



Vanderbilt Sports Medicine  
Knee Center *and* Shoulder Center