

Total 19



WAND ABDUCTION - STANDING

While holding a wand/cane palm face up on the injured side and palm face down on the uninjured side, slowly raise up your injured arm to the side.

Repeat 15 Times
Hold 1 Second
Complete 1 Set
Perform 3 Time(s) a Day



WAND FLEXION - STANDING - PALMS DOWN

In the standing position, hold a wand/cane with both arms, palm down on both sides. Raise the wand/cane up allowing your unaffected arm to perform most of the effort. Your affected arm should be partially relaxed.

Repeat 15 Times
Hold 1 Second
Complete 1 Set
Perform 3 Time(s) a Day



WAND EXTERNAL ROTATION - SUPINE ER

Lie on your back holding a cane or wand with both hands.

On the affected side, maintain approx 90 degree bend at the elbow with your arm approximately 30-45 degrees away from your side.

Use your other arm to push the wand/cane to rotate the affected arm back into a stretch. Hold and then return to starting position and then repeat.

Repeat 15 Times
Hold 1 Second
Complete 1 Set
Perform 3 Time(s) a Day



TABLE SLIDE - ABDUCTION

Sitting in a chair, rest your injured arm on a table and gently slide it out to the side and then back.

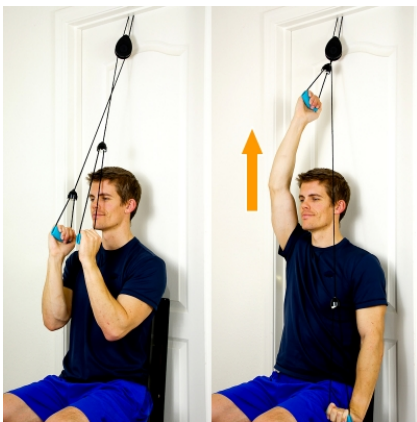
Repeat 15 Times
Hold 5 Seconds
Complete 1 Set
Perform 3 Time(s) a Day



TABLE SLIDE - FLEXION

Sitting in a chair, rest your injured arm on a table and gently slide it forward and then back.

Repeat 15 Times
Hold 5 Seconds
Complete 1 Set
Perform 3 Time(s) a Day



PULLEY FLEXION

Using door pulleys and facing away from the door, slowly pull down with your unaffected arm so that your affected arm raises forward and up without effort.

Repeat 1 Time
Hold 3 Seconds
Complete 1 Set
Perform 3 Time(s) a Day

Your affected arm should be relaxed. The unaffected arm does the work.



PULLEY ABDUCTION

Using door pulleys and facing away from the door, slowly pull down with your unaffected arm so that your affected arm raises up and to the side without effort.

Repeat 1 Time
Hold 3 Seconds
Complete 1 Set
Perform 3 Time(s) a Day

Your affected arm should be relaxed. The unaffected arm does the work.



PENDULUM SHOULDER FORWARD/BACK

Shift your body weight forward then back to allow your injured arm to swing forward and back freely. Your injured arm should be fully relaxed.

Duration 15 Seconds
Complete 1 Set
Perform 3 Time(s) a Day



PENDULUM SHOULDER CIRCLES

Shift your body weight in circles to allow your injured arm to swing in circles freely. Your injured arm should be fully relaxed.

Duration 15 Seconds
Complete 1 Set
Perform 3 Time(s) a Day



PENDULUM SHOULDER LATERAL

Shift your body weight side to side to allow your injured arm to swing side to side freely. Your injured arm should be fully relaxed.

Duration 15 Seconds
Complete 1 Set
Perform 3 Time(s) a Day



ISOMETRIC FLEXION

Gently push your fist forward into a wall with your elbow bent.

Repeat 15 Times
Hold 5 Seconds
Complete 1 Set
Perform 3 Time(s) a Day



ISOMETRIC EXTENSION

Gently push your a bent elbow back into a wall.

Repeat 15 Times
Hold 5 Seconds
Complete 1 Set
Perform 3 Time(s) a Day



ISOMETRIC ADDUCTION

Gently push your elbow into the side of your body.

Repeat 15 Times
Hold 5 Seconds
Complete 1 Set
Perform 3 Time(s) a Day



ISOMETRIC ABDUCTION

Gently push your elbow out to the side into a wall with your elbow bent.

Repeat 15 Times
Hold 5 Seconds
Complete 1 Set
Perform 3 Time(s) a Day



ISOMETRIC EXTERNAL ROTATION

Gently press your hand into a wall using the back side of your hand. Maintain a bent elbow the entire time.

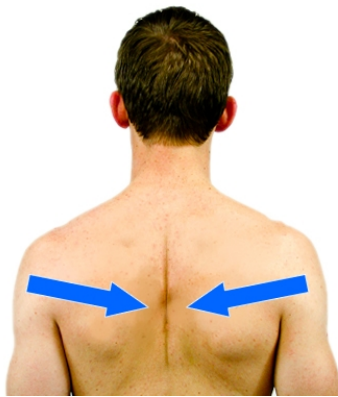
Repeat 15 Times
Hold 5 Seconds
Complete 1 Set
Perform 3 Time(s) a Day



ISOMETRIC INTERNAL ROTATION

Gently press your hand into a wall using the palm side of your hand. Maintain a bent elbow the entire time.

Repeat 15 Times
Hold 5 Seconds
Complete 1 Set
Perform 3 Time(s) a Day



SCAPULAR RETRACTIONS

Draw your shoulder blades back and down.

Repeat 15 Times
Hold 3 Seconds
Complete 1 Set
Perform 3 Time(s) a Day



SIDELYING EXTERNAL ROTATION WITH TOWEL - ER

Lie on your side with your elbow bent to 90 degrees. Place a rolled up towel between your arm and the side your body as shown.

Squeeze your shoulder blade back and down toward your buttocks and hold that position.

Next, roll your arm upwards from your stomach area towards the ceiling while maintaining your arm against the towel and with your shoulder blade held down and back the entire time. Lower your arm and repeat.

Repeat 15 Times
Hold 2 Seconds
Complete 1 Set
Perform 3 Time(s) a Day



INTERNAL ROTATION TOWEL STRETCH -
IR TOWEL

Gently pull up your affected arm behind your back with the assist of a towel

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 3 Time(s) a Day