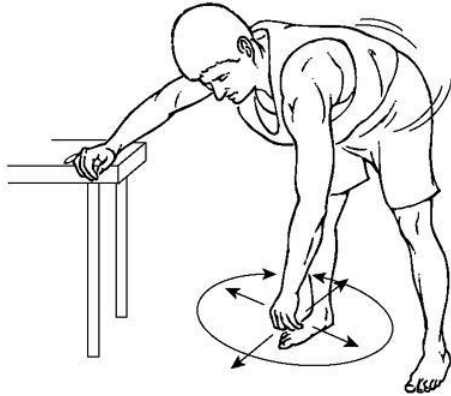


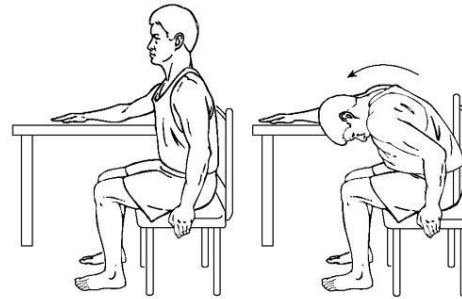
Date:
Patient Name:

SHOULDER • Pendulum



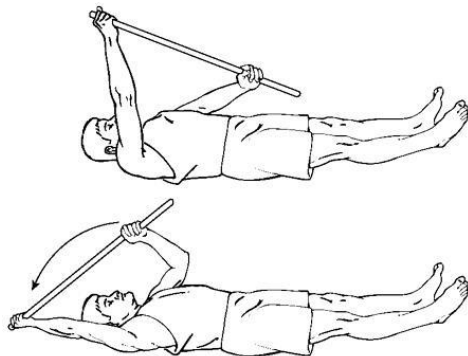
1. Lean forward at the waist, letting your _____ arm hang freely. Support yourself by placing the opposite hand on a chair, table, or counter as shown.
2. Sway your **whole body** slowly forward and back. This will cause your arm to move. Let your arm hang freely. Do not tense it up.
3. Repeat the above swaying side to side and moving in circular patterns, clockwise and counterclockwise.
4. Repeat exercise _____ times, _____ times per day.

SHOULDER • Flexion



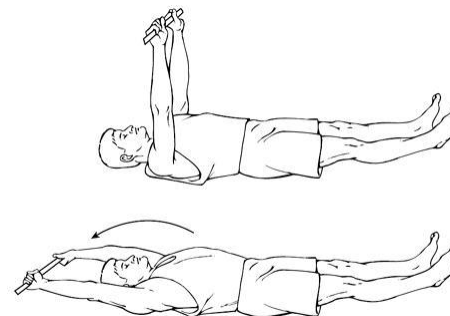
1. Sit in a chair with your _____ arm on a table as shown.
2. Lean forward, sliding your arm forward on the table until you feel a gentle stretch.
3. Return to the starting position.
4. Repeat exercise _____ times, _____ times per day. Hold each repetition _____ seconds.

SHOULDER • Flexion



1. Lie on your back. Grasp the bottom of a stick, handle of an umbrella, or blade of a golf club in your _____ hand as shown.
2. Using the stick, raise your arm overhead as shown until you feel a gentle stretch. Lead with the thumb in a "thumbs up" position.
3. Repeat exercise _____ times, _____ times per day. Hold each repetition _____ seconds.

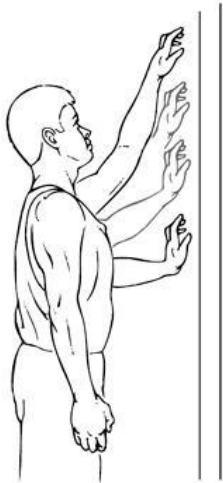
SHOULDER • Flexion



1. Lie on your back holding a stick in both hands, keeping your hands shoulder-width apart.
2. Raise both hands over your head until you feel a gentle stretch.
3. Repeat exercise _____ times, _____ times per day. Hold each repetition _____ seconds.

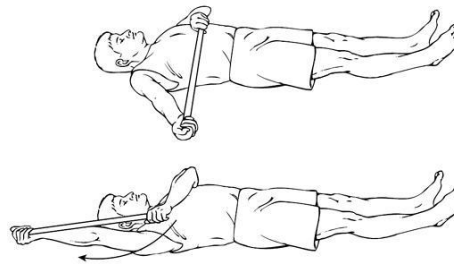
Date:
Patient Name:

SHOULDER • Flexion



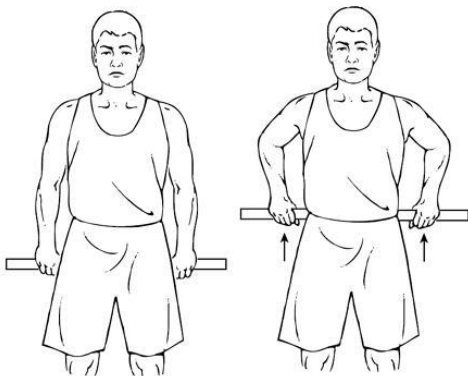
1. While standing near a wall as shown, slowly “walk” your fingers up the wall until you feel a gentle stretch.
2. Repeat exercise _____ times, _____ times per day. Hold each repetition _____ seconds.

SHOULDER • Abduction



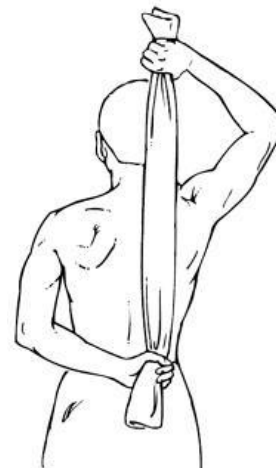
1. Lie on your back holding a stick, umbrella handle, or golf club in your hand as shown. The hand should be in the “thumbs up” position.
2. Using the stick, slowly push your arm away from your side and as far overhead as you can without pain. Push until you feel a gentle stretch.
3. Repeat exercise _____ times, _____ times per day. Hold each repetition _____ seconds.

SHOULDER • Internal Rotation



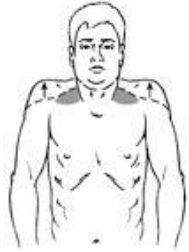
1. Grasp a stick behind your back with both hands as shown.
2. Slide the stick up your back until you feel a gentle stretch.
3. Repeat exercise _____ times, _____ times per day. Hold each repetition _____ seconds.

SHOULDER • Internal Rotation



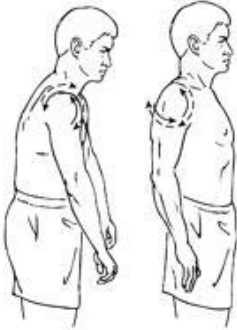
1. Place your _____ hand behind your back.
2. Drape a towel over your opposite shoulder and grasp it with the hand that is behind your back.
3. Use the towel to gently pull your hand farther up your back until you feel a gentle stretch.
4. Repeat exercise _____ times, _____ times per day. Hold each repetition _____ seconds.

Date:
Patient Name:



SHOULDER • Scapular Elevation, Shoulder Circles

1. Stand with your arms at your side in a **good erect posture**.
2. Subtly “shrug” your shoulders up and back toward your ears.
3. Hold this position for _____ seconds and then **slowly** return to the starting position.
4. Repeat exercise _____ times, _____ times per day.
5. You may perform this exercise with a _____ pound weight in each hand.



SHOULDER • Flexion with Ball against Wall

1. Stand facing the wall.
2. Place ball between wall and hand.
3. Ball position should be directly in front of your shoulder.
4. Roll ball up wall with hand.
5. Step forward as the ball goes higher.
6. Repeat exercise _____ times, _____ times per day.

SHOULDER • Horizontal Abduction / Adduction

1. Lie on your back holding a stick in both hands, keeping your hands shoulder-width apart and palms down.
2. Arms will remain at shoulder height.
3. Push wand across body with _____ side.
4. Then pull back across body.
5. Repeat exercise _____ times, _____ times per day. Hold each repetition _____ seconds.

SHOULDER • Extension

1. Lie on your stomach.
2. Hold wand with both hands, palms up.
3. Lift backwards from buttocks until stretch is felt.
4. Repeat exercise _____ times, _____ times per day. Hold each repetition _____ seconds.