

SHOULDER

Range of Motion Therapeutic Exercises

Name _____ Date _____

Circles: Start by leaning forward in a supported position, with your arm hanging down.

Swing the arm forward and backward. Repeat with the arm moving side to side. Repeat



1 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.



2

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



3

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.



4

Abduction: Raise arm from side of body toward the ceiling. Bend your elbow and gently pull your arm toward the back of your head. Hold. Repeat



5

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.



6

GENERAL INSTRUCTIONS:

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