

# SHOULDER

## In Office Range of Motion Therapeutic Exercises

Name \_\_\_\_\_ Date \_\_\_\_\_

### GENERAL INSTRUCTIONS:

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

**Ball Overhead:** Stand with feet hip width apart. Hold ball in front with elbows flexed to 90 degrees. Tighten abdominal muscles to stabilize spine. Lift ball over head toward ceiling. Lower to start repeat.



1

**Extension:** Kneel behind ball. Lie trunk on ball. Keeping elbows straight, lift arms past hips towards ceiling. Return to start and repeat. Palms face ceiling, floor or body.



2

**Flexion:** Kneel behind ball. Lie trunk on ball. Keeping elbows straight, lift both arms up alongside head. Hold. Return to starting position by lowering arms. Repeat.



3

**Abduction:** Kneel next to ball and place hand on top of ball. Roll ball sideways away from body so that elbow is straight. Continue rolling ball while bending trunk sideways until arm is in full abduction. Let head rest on abducted arm. Hold. Slowly return to start.



4

**Arm Lifts:** Kneel behind ball. Lie trunk on ball. Keeping elbows straight, simultaneously lift one arm past hip towards ceiling and other arm up along side of head. Lower arms to floor. Repeat. Palms face ceiling, floor or body.



5

### EXERCISE GUIDELINES:

Exhale on exertion. Hold position for 5 seconds and then relax.  
Pulling sensations may occur while exercising. Stop exercising if you experience pain, nausea or dizziness.