

SHOULDER

Stretching Therapeutic Exercises Home Instruction Sheet

Name _____ Date _____

GENERAL INSTRUCTIONS:

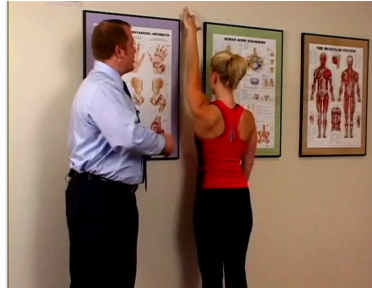
Do only those exercises taught to you by your therapist.
Exercise twice daily, 10 of each.

Flexion: Sitting upright, use a dowel to help you bring your arm up in front of your body. Hold 5 seconds.



1

Flexion: Walk fingers up the wall with palm toward the wall walking closer to wall. Hold 5 seconds.



2

Abduction: Use a dowel or broom handle, place palm of hand on the dowel and using the other arm to assist move your arm away from your body. Hold 5 seconds.



3

External Rotation: Keep your elbow against your body and place a dowel in the palm of your hand. Use your other arm to assist you in rotating your shoulder out. Hold 5 seconds.



4

External Rotation: Keep palm of hand against door frame and elbow bent at 90 degrees. Turn body from fixed hand until a stretch is felt. Hold 5 seconds.



5

Extension: Reach up and behind back with one arm while at the same time reaching down and behind the back with the other arm. Try to clasp hands together so that you feel a stretch in both arms. A towel may be held between both hands for assistance.



6

EXERCISE GUIDELINES:

Exhale on exertion. Hold position for 30 seconds and then relax.

Pulling sensations may occur while exercising. Stop exercising if you experience pain, nausea or dizziness.