

## SHOULDER RANGE OF MOTION HOME EXERCISES

### **Forward Flexion:**

Lay flat on your back and grasp a pole-like object (cane or golf club). Hold the pole vertically with the operative arm at the top, and the nonoperative towards the bottom. Keep your operative arm stiff & straight. Using the power in your nonoperative arm, bring the stiff arm up only to the maximum degrees (90° indicates your arm pointed straight ahead).

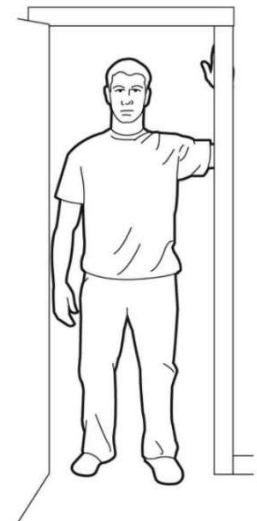


Hold this for 20-30 seconds. *Repeat this cycle as often as possible, for a minimum of 5 times per day.*

### **External Rotation:**

External rotation is turning the arm out to the side *while your elbow stays close to your body.*

Stand in an open doorway. Raise the operative arm up to your side, bent at a 90 degree angle with the palm facing forward/resting on the doorframe. Slowly step forward with one foot. You should feel the stretch in your shoulders and chest. Continue the rotation only to the maximum degrees



Hold this for 20-30 seconds. *Repeat this cycle as often as possible, for a minimum of 5 times per day.*

### **Internal Rotation:**

While standing, bring operative arm behind your back with knuckles near spine. Slide the hand up your back as far as possible. Using nonoperative arm, assist the operative arm further up the back. You should feel a stretch at the front of your shoulder.

Hold stretch for 10 seconds, and then relax. As you progress, you can leave the operative arm resting on the small of your back and walk around for several minutes.



Hold (or leave resting at small of back) for 20-30 seconds. *Repeat this cycle as often as possible, for a minimum of 5 times per day.*