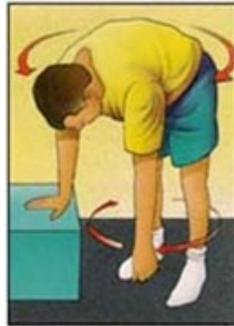




Pendulum, Circular

Bend forward 90 degrees at the waist, using a table for support. Rock body in a circular pattern to move arm clockwise 10 times, then counterclockwise 10 times. Do 3 sessions a day.



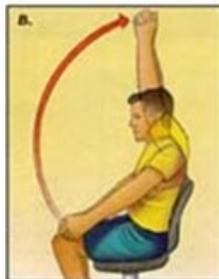
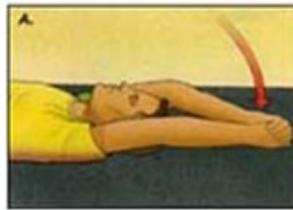
Walk-Up Exercise– Active

With elbow straight, use fingers to “crawl” up wall or door frame as far as possible. Hold for 10 seconds, repeat 3 times. Do 3 sessions a day.



Shoulder Flexion– Assistive

Clasp hands together and lift arms above head. Can be done lying down (drawing A) or sitting (drawing B). Keep elbows as straight as possible. Repeat 10 to 20 times. Do 3 sessions a day.



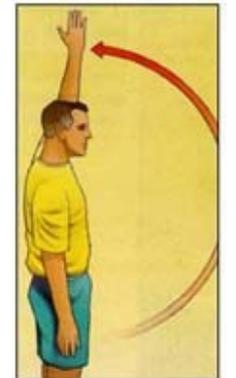
Shoulder Internal Rotation– Active

Bring hand behind back and across to opposite side, repeat 10 times. Do 3 sessions a day



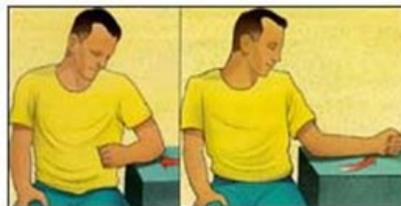
Shoulder Flexion– Active

Raise arm to point to ceiling, keeping elbows straight. Hold for 10 seconds, repeat 3 times. Do 3 sessions a day.



Supported Shoulder Rotation

Keep elbow in place and shoulder blades down and together. Slide forearm back and forth. Repeat 10 times. Do 3 sessions a day.



Shoulder Abduction– Active

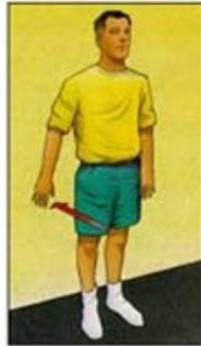
Raise arm out to side, elbow straight & palm downward. Do not shrug shoulder or tilt trunk. Hold for 10 seconds, repeat 3 times. Do 3 sessions a day.





Shoulder Extension– Isometric

Stand with your back against the wall and your arms straight at your sides. Keeping your elbows straight, push your arms back into the wall. Hold for 5 seconds, and then relax. Repeat 10 times



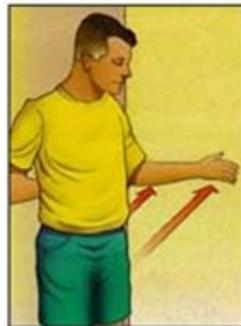
Shoulder Internal Rotation

Keep elbow bent at 90 degrees. Holding a light weight, raise hand away from stomach. Slowly return. Repeat 10 times. Do 3 sessions a day.



Shoulder External Rotation– Isometric

Stand with the involved side of your body against a wall. Bend your elbow at 90 degrees. Push your arm into the wall. Hold for 5 seconds, and then relax. Repeat 10 times.



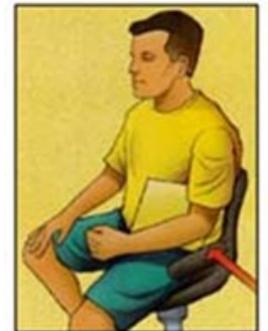
Shoulder External Rotation

Keep elbow bent at 90 degrees at side. Holding a light weight, raise hand toward stomach. Slowly return. Repeat 10 times. Do 3 sessions a day.



Shoulder Adduction– Isometric

Press upper arm against a small pillow alongside your body. Hold for 5 seconds. Repeat 10 times. Do 3 sessions a day.



Shoulder Internal Rotation– Isometric

Stand at a corner of a wall or in a door frame. Place the involved arm against the wall around the corner, bending your elbow 90 degrees. Push your arm into the wall. Hold for 5 seconds, and then relax. Repeat 10 times.



Shoulder Abduction– Isometric

Resist upward motion to the side, push arm against back of chair. Hold for 5 seconds. Repeat 10 times. Do 3 sessions a day.

