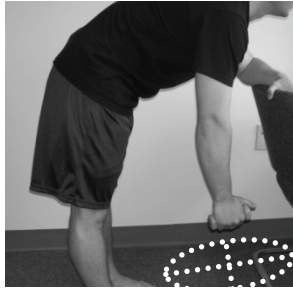


Shoulder ROM

PENDULUM SWINGS



1. Assume position shown, lettering ____ arm hang relaxed
2. Sway your whole body slowly to move arm forward and backward. Do not let the arm tense up – use only your body movement to begin the motion
3. Repeat, with the arm moving side to side
4. Repeat, with arm moving in circular patterns, clockwise and counterclockwise
5. 15 repetitions, each direction, 2X day

COUNTER WALKING: FLEXION



1. Stand near a counter top as shown
2. Slowly extend arm until you feel a stretch
3. Hold 15-20 seconds and relax
4. 5 repetitions, 2X day

COUNTER WALKING: ABDUCTION



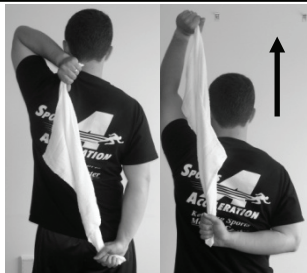
1. Stand near a counter top as shown
2. Slowly extend arm until you feel a stretch
3. Hold 15-20 seconds and relax
4. 5 repetitions, 2X day

WALL WALKING (LATERAL)



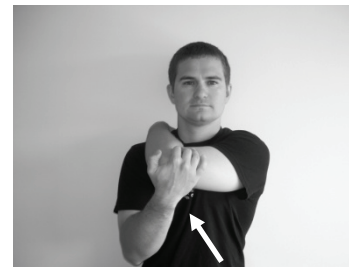
1. Stand near a wall as shown
2. Slowly “walk” your fingers up the wall (with thumb up), so that you feel a stretch
3. Hold 15-20 seconds
4. 5 repetitions, 2X day

PASSIVE EXTENSION



1. Stand with towel as shown, ____ arm behind your back
2. Stretch the arm up behind your back by pulling upward on the towel with the other hand
3. Hold 15-20 seconds
4. 5 repetitions, 2X day

POSTERIOR CAPSULE STRETCH



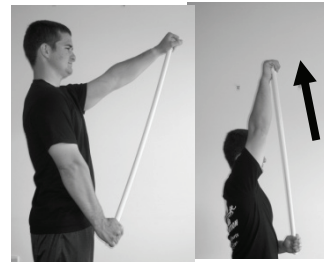
1. Stand grasping ____ elbow with other hand as shown
2. Pull the elbow and arm across your chest so that you feel a stretch
3. Hold 15-20 seconds
4. 5 repetitions, 2X day

SLEEPER STRETCH



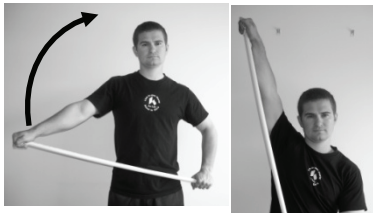
1. Lie on side with shoulder flexed in front of you as shown
2. Bend your elbow to 45°, 90°, and 135°
3. Rotate forearm toward the ground with other hand
4. Hold 15-20 seconds
5. 5 repetitions, 2X day

PASSIVE FLEXION (STICK)



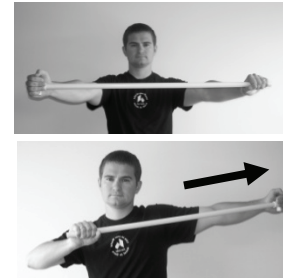
1. Stand as shown, with ____ hand at the top of the stick
2. Using the stick for assistance, stretch your arm higher overhead
3. Hold 15-20 seconds
4. 5 repetitions, 2X day

PASSIVE ABDUCTION (STICK)



1. Stand holding stick as shown, with ____ hand out to side
2. Using the stick for assistance, stretch your arm further out to the side and overhead
3. Hold 15-20 seconds
4. 5 repetitions, 2X day

PASSIVE HORIZONTAL ABDUCTION (STICK)



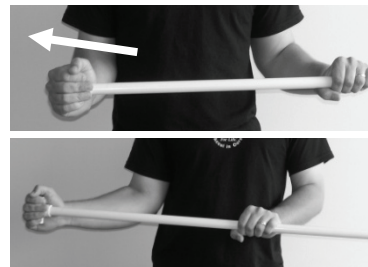
1. Stand holding stick as shown
2. Using the stick for assistance, keep your ____ arm straight as you stretch it out to the side
3. Hold 15-20 seconds
4. 5 repetitions, 2X day

WALL STRETCH



1. Stand in corner about 1-2 feet from wall with hands on wall
2. Lean into corner so that you feel a stretch
3. Vary the stretch by moving arms higher or lower, or by standing farther away from wall
4. Hold 15-20 seconds
5. 5 repetitions, 2X day

PASSIVE EXTERNAL ROTATION



1. Stand with elbows bent to 90 degrees, holding stick in front of you
2. Using stick for assistance, rotate your ____ hand and forearm out away from your body
3. Do not allow your upper arm to move away from your body
4. Hold 15-20 seconds
5. 5 repetitions, 2X day

CRYOTHERAPY

____ MINS ____ X per day

Ice Bag Ice Cup

Staff _____

Phone _____