

PROM shld flx supine self

- Lie on back.
- Grasp wrist of involved arm with uninvolved hand.
- Gently raise arm upward and in front, through available range.
- Return to start position and repeat.

Perform 1 set of 10 Repetitions,  
once a day.

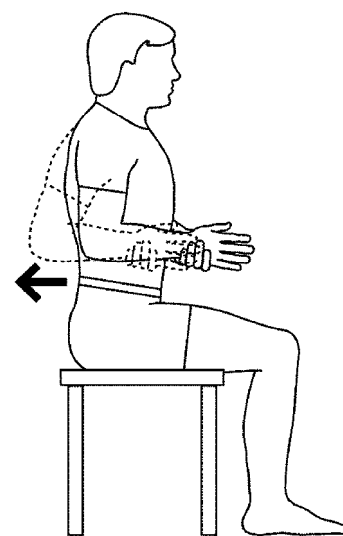
Hold exercise for 10 Seconds.

PROM shld ext self

- Sit with involved arm at side, elbow bent to 90 degrees.
- Grasp wrist or forearm of involved arm with hand of other arm.
- Gently move involved arm backward through available range.
- Return to start position and repeat.

Perform 1 set of 10 Repetitions,  
once a day.

Hold exercise for 10 Seconds.



PROM shld ER w/self

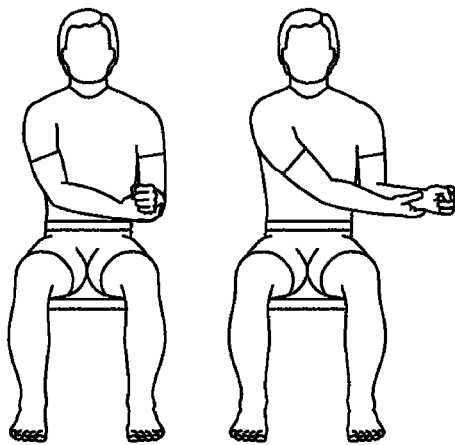
- Hold wrist of involved arm with your other hand.
- Keep elbow of involved arm bent.
- Move forearm outward and away from body.
- Return to start and repeat

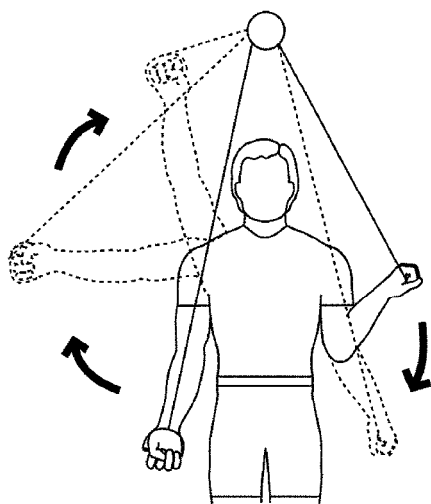
Special Instructions:

Keep elbow of involved arm next to side.

Perform 1 set of 10 Repetitions,  
once a day.

Hold exercise for 10 Seconds.





AAROM shld abd uni w/pulley self

- Attach pulley to secure object.
- Face away from the pulley.
- Begin with involved arm at side, elbow straight, holding handle, palm forward.
- Grasp other handle with uninvolved arm.
- Raise involved arm out to side, over head pulling on other handle as needed.
- Return to starting position.

Perform 1 set of 10 Repetitions,  
once a day.

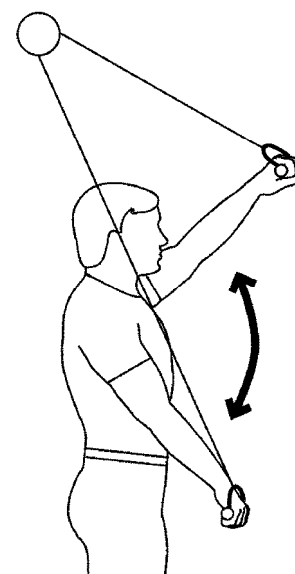
Use Pulley.  
Hold exercise for 5 Seconds.

AAROM shld flx uni w/pulley self high level

- Attach pulley to secure object.
- Face away from the pulley.
- Grasp handles, elbows straight, palms down.
- Begin with involved arm at side.
- Raise involved arm up in front, over head, using uninvolved arm to help as needed.
- Return to starting position.

Perform 1 set of 10 Repetitions,  
once a day.

Use Pulley.  
Hold exercise for 5 Seconds.

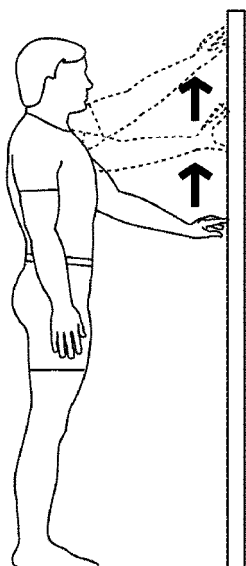


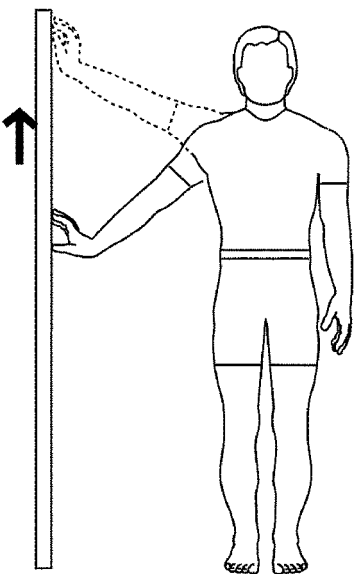
AROM shld flx (finger walking) at wall

- Stand, facing wall.
- Place hand on wall at hip level.
- Using your fingers, walk your arm upward through available range, and walk back down.

Perform 1 set of 10 Repetitions,  
once a day.

Hold exercise for 5 Seconds.





AROM shld abd (finger walking) at wall

- Stand, involved side to wall.
- Place hand on wall at hip level.
- Using your fingers, walk your arm upward through available range, and walk back down.

Perform 1 set of 10 Repetitions,  
once a day.

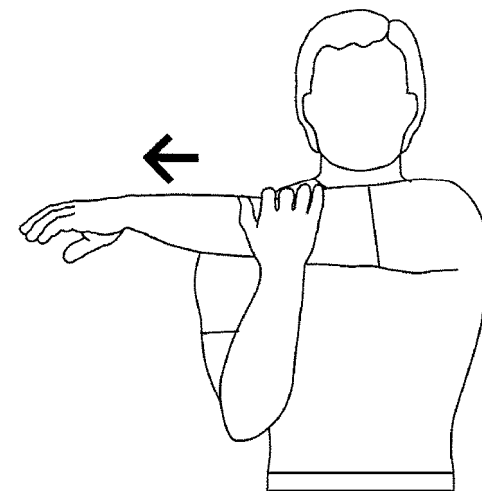
Perform 1 repetition every 5 Seconds.

Stretch shld capsule posterior w/arm

- Bring involved arm across in front of body as shown.
- Hold elbow with other arm.
- Gently pull across chest until a stretch is felt in the back of shoulder.

Perform 1 set of 10 Repetitions,  
once a day.

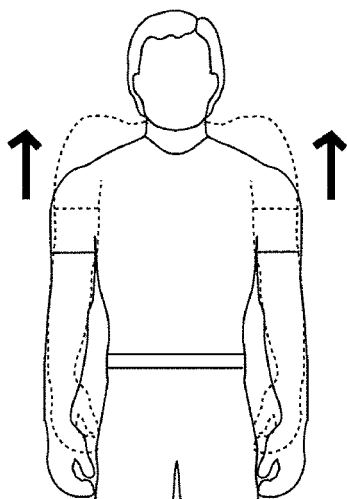
Hold exercise for 10 Seconds.



AROM shld elev bil (shld shrugs)

- Stand or sit, raise shoulders upward towards ears.
- Return to start position.

Perform 3 sets of 10 Repetitions,  
once a day.



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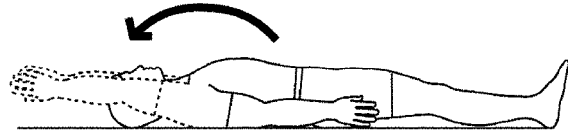
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AROM shld flx bil supine

- Lie on back.
- Begin with arms at side, palms facing in.
- Raise arms together, upward in front, overhead, as shown.
- Return to start position.

Perform 1 set of 10 Repetitions,  
once a day.

Hold exercise for 10 Seconds.

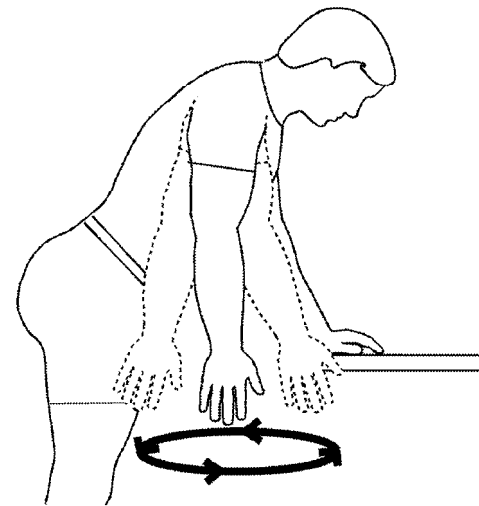


AROM shld pendulum

- Lean over table as shown, supported by uninvolved arm.
- Allow involved arm to hang freely.
- Use trunk movement to swing arm in circles, side to side, and front to back, as shown.

Perform 3 sets of 10 Repetitions,  
once a day.

Rest 1 Minute between sets.

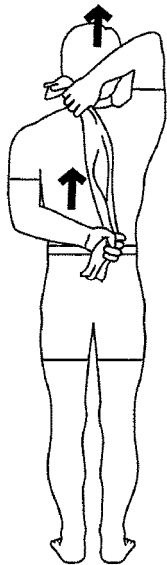


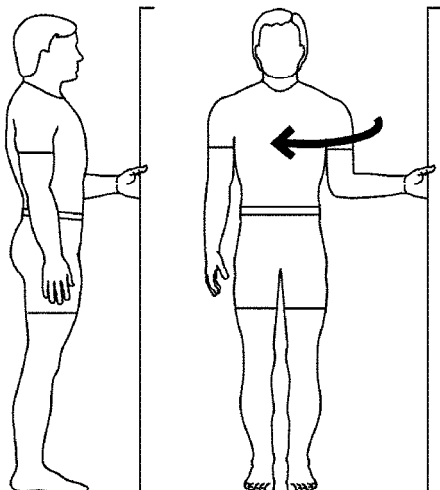
Stretch shld IR w/towel

- Place involved arm behind back as far as possible.
- Hold other arm over shoulder with towel as shown.
- Grasp towel with involved arm.
- Slowly pull upward with uninvolved arm until a gentle stretch is felt.
- Hold, relax and repeat.

Perform 1 set of 10 Repetitions,  
once a day.

Hold exercise for 10 Seconds.





Stretch shld ER stand at doorway

- Stand at edge of doorway.
- Begin with arm at side, elbow bent to 90 degrees.
- Place hand of involved arm on door frame.
- Slowly turn away from doorway until a gentle stretch is felt.
- Hold and repeat.

Perform 1 set of 10 Repetitions,  
once a day.

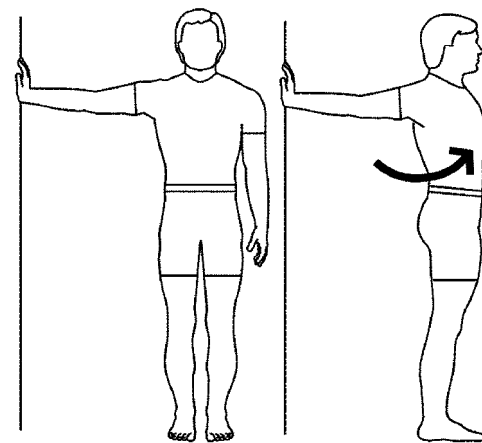
Hold exercise for 10 Seconds.

Stretch Pectoral standing uni

- Stand with arm on doorway as shown.
- Gently turn away, keeping back straight.
- Return to start position and repeat.
- Repeat with other arm.

Perform 1 set of 10 Repetitions,  
twice a day.

Hold exercise for 10 Seconds.



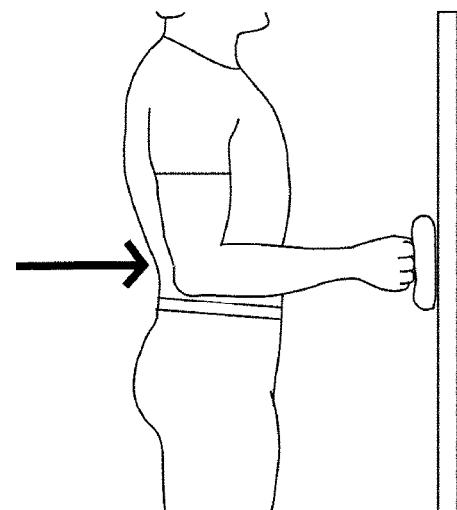
Iso shld flx bent elbow at wall

- Stand facing wall as shown with elbow bent.
- Make a fist, with a pillow or towel between hand and wall.
- Push against wall.

Special Instructions:  
Do not hold breath.

Perform 1 set of 10 Repetitions,  
once a day.

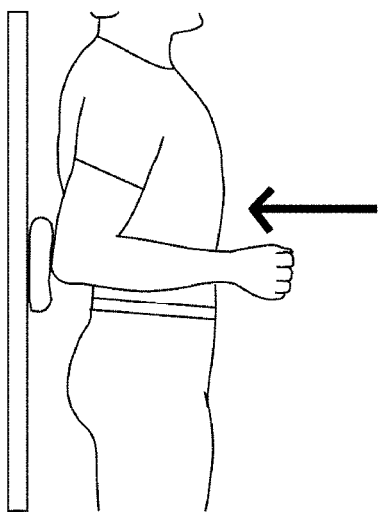
Hold exercise for 10 Seconds.



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Iso shld ext at wall

- Stand facing away from wall as shown with elbow bent.
- Place a pillow or towel between elbow and wall.
- Push against wall.

Special Instructions:  
Do not hold breath.

Perform 1 set of 10 Repetitions,  
once a day.

Hold exercise for 10 Seconds.

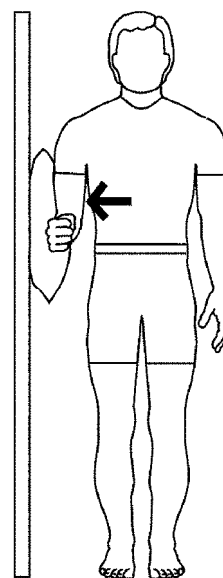
Iso shld abd w/bent elbow

- Stand with involved side to wall, arm at side.
- Bend elbow to 90 degrees.
- Position pillow between arm and wall.
- Push upper arm against wall.

Special Instructions:  
Do not hold breath.

Perform 1 set of 10 Repetitions,  
once a day.

Hold exercise for 10 Seconds.



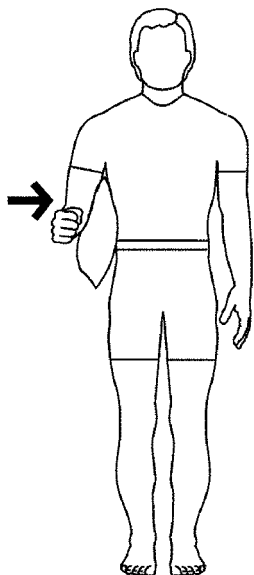
Iso shld add

- Place pillow or towel roll between arm and body as shown.
- Push arm against side of body.

Special Instructions:  
Do not hold breath.

Perform 1 set of 10 Repetitions,  
once a day.

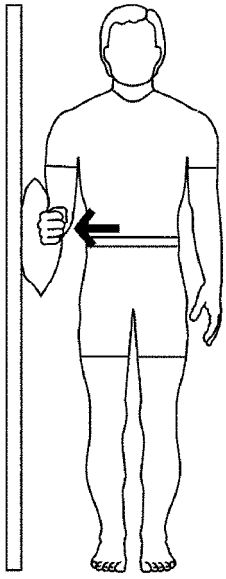
Hold exercise for 10 Seconds.



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Iso shld ER

- Stand with involved arm at side against wall or door frame as shown.
- Push hand outward.

Special Instructions:  
Do not hold breath.

Perform 1 set of 10 Repetitions,  
once a day.

Hold exercise for 10 Seconds.

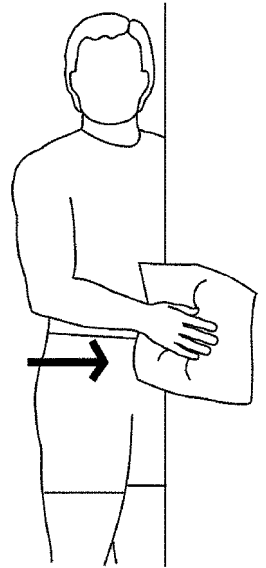
Iso shld IR

- Stand with involved arm at side against wall or door frame as shown.
- Push hand inward.

Special Instructions:  
Do not hold breath.

Perform 1 set of 10 Repetitions,  
once a day.

Hold exercise for 10 Seconds.

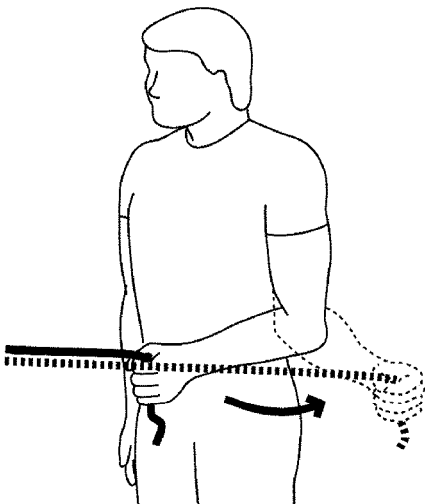


Resist shld ER uni w/elastic

- Attach elastic to secure object at elbow height.
- Sit or stand, uninvolved side toward elastic.
- Arm at side, elbow bent.
- Grasp elastic, move forearm away from elastic.
- Return to starting position.

Perform 3 sets of 10 Repetitions,  
once a day.

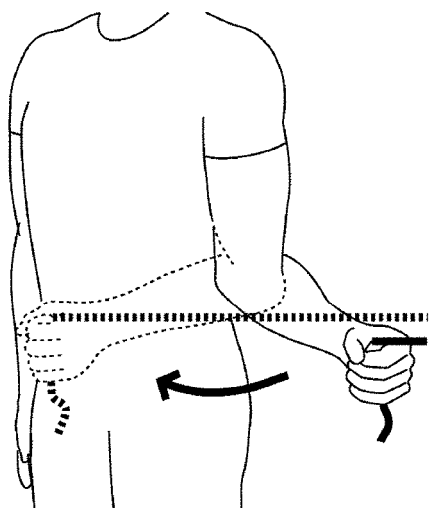
Use black Elastic.



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Resist shld IR uni w/elastic

- Secure elastic at waist level.
- Sit or stand with involved side to elastic, elbow at 90, arm at side.
- Grasp elastic and pull hand inward, across body, as shown.
- Return to start position

Special Instructions:

Keep arm at side.

Perform 3 sets of 10 Repetitions,  
once a day.

Use black Elastic.

Resist shld flx uni w/wt

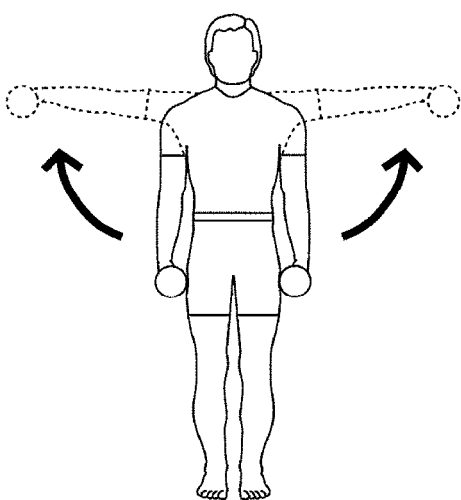
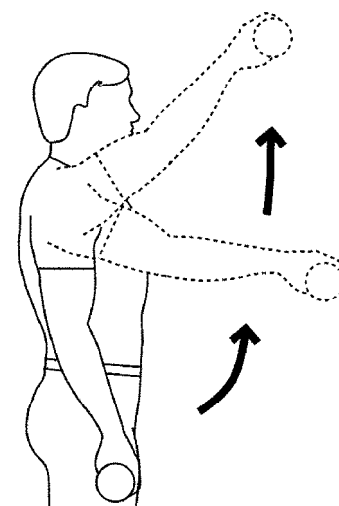
- Begin with arm at side, elbow straight, palm down with weight in hand.
- Raise arm in front over head.
- Return to starting position.

Special Instructions:

DO NOT GO ABOVE THE SHOULDER!!

Perform 3 sets of 10 Repetitions,  
once a day.

Use 2-3 Lbs.



Resist shld abd bil w/wt (lat Deltoid)

- Stand holding weights in hands and palms inward.
- Lift arms up and out to sides to shoulder level.
- Lower and repeat.

Perform 3 sets of 10 Repetitions,  
once a day.

Perform 1 repetition every 4 Seconds.

Use 2-3 Lbs.

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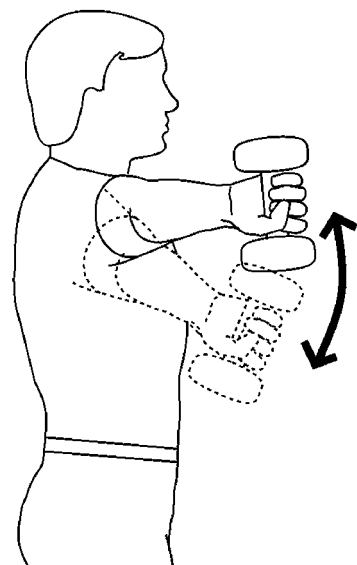
Resist shld Supraspinatus lift uni w/wt

- Hold arm out from sides at 45 degrees as shown.
- Hold weight in hand with thumbs down.
- Lower and raise arm.

Special Instructions:  
Do not raise past shoulder level.

Perform 3 sets of 10 Repetitions,  
once every other day.

Use 2-3 Lbs.

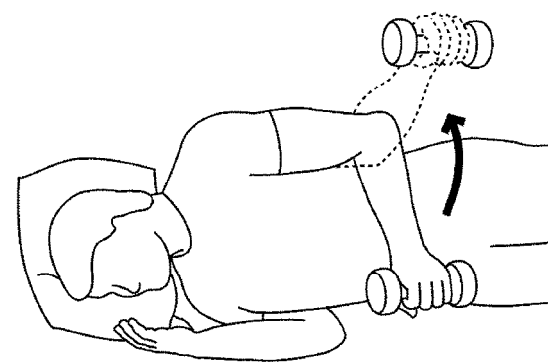


Resist shld ER sidelying w/wt

- Lie on side, involved side up.
- Arm at side, elbow bent, with weight in hand.
- Move hand up as shown.
- Return to starting position.

Perform 3 sets of 10 Repetitions,  
once every other day.

Use 2-3 Lbs.



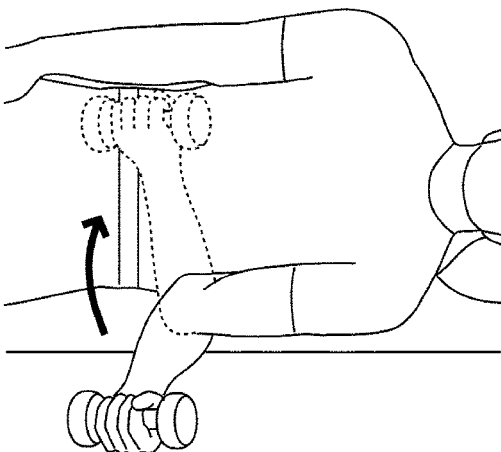
Resist shld IR uni sidelying w/wt

- Lie on involved side, elbow at 90 degrees, arm at side.
- Hold weight and pull hand inward across body, as shown.
- Return to start position.

Special Instructions:  
Keep arm at side.

Perform 3 sets of 10 Repetitions,  
once a day.

Use 2-3 Lbs.

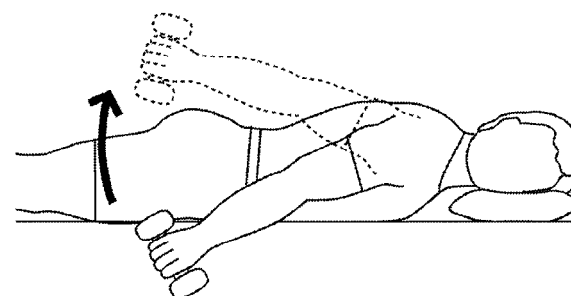


Resist shld ext uni prone w/wt

- Lie face down, arm at side, elbow straight.
- Raise arm up, past back.
- Lower and repeat.

Perform 3 sets of 10 Repetitions,  
once a day.

Use 2-3 Lbs.



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