

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.

Special Instructions:

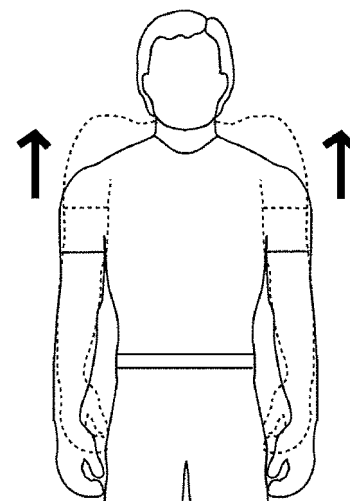
Counter clockwise, Clockwise and across the body.

Perform 3 sets of 10 Repetitions,  
once a day.

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.



AROM shld ER uni sit

- Sit with forearm supported on table.
- Arm at side, elbow bent.
- Rotate arm outward as shown.
- Return to starting position.

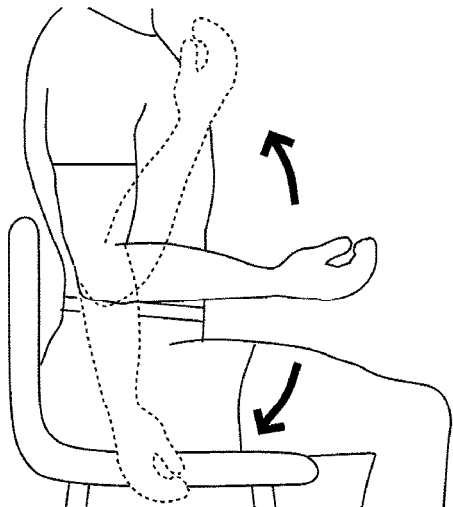
Special Instructions:

Keep upper arm at side.

Perform 1 set of 10 Repetitions,  
once a day.

Hold exercise for 5 Seconds.





AROM elbow flx/ext

- Begin with arm at side, elbow straight, palm up.
- Bend elbow upward.
- Return to starting position.

Perform 1 set of 10 Repetitions,  
once a day.

Hold exercise for 5 Seconds.

Stretch shld flx uni sit slide

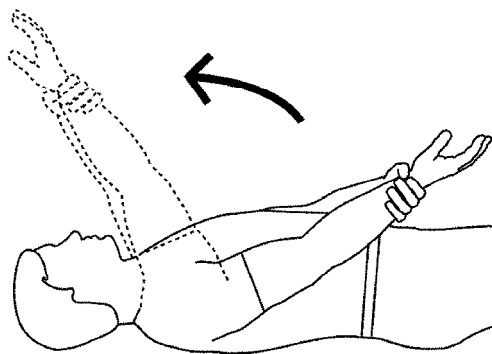
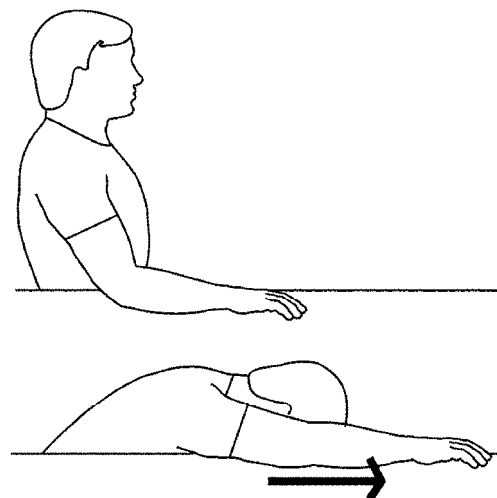
- Sit with side next to table.
- Place forearm on table, elbow slightly bent, as shown.
- Gently lean forward bending at waist.

Special Instructions:

Do not force past comfort range. Do not bounce at end.

Perform 1 set of 5 Repetitions,  
twice a day.

Hold exercise for 10 Seconds.

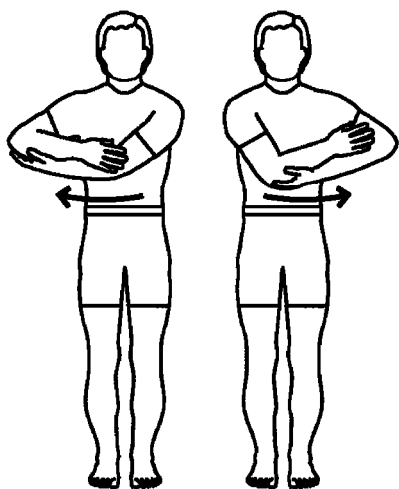


PROM shld flx supine self

- 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 5 Seconds.



AROM shld abd/add (cradle rock)

- Hold arms in front of body, cradling involved arm with the other arm.
- Gently rock arms back and forth.

Perform 1 set of 10 Repetitions,  
once a day.

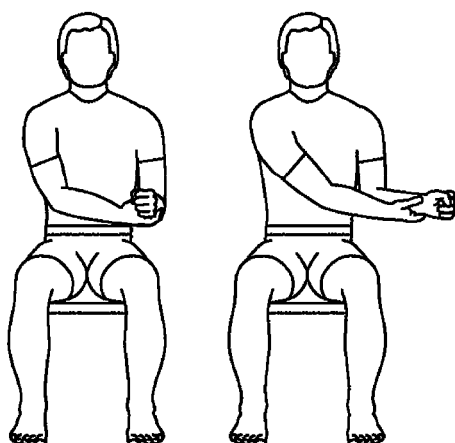
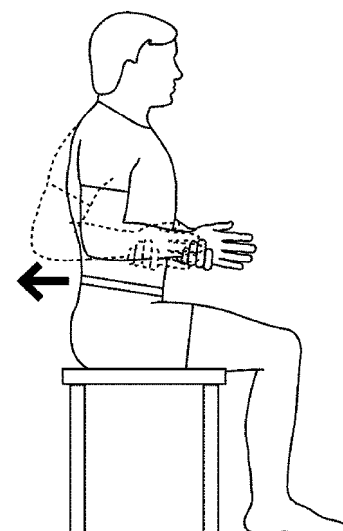
Hold exercise for 5 Seconds.

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 5 Seconds.



PROM shld ER w/self

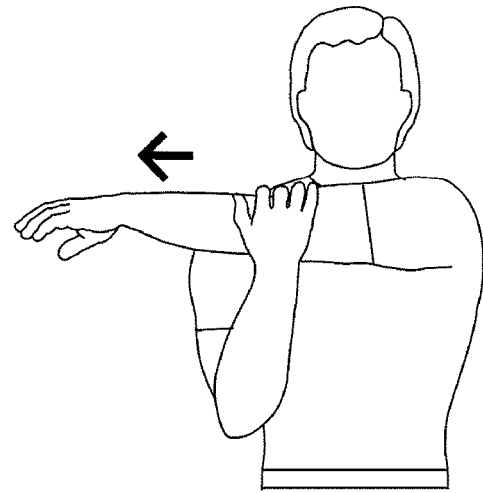
- Hold wrist of involved arm with your other hand.
- Keep elbow of involved arm bent.
- Move forearm outward and away from body.
- Return to start and repeat

Special Instructions:

Keep elbow of involved arm next to side.

Perform 1 set of 10 Repetitions,  
once a day.

Hold exercise for 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.

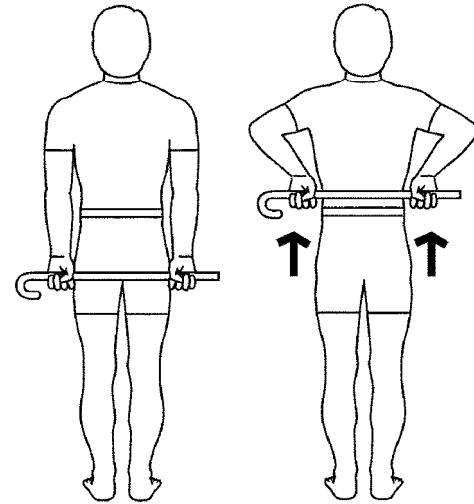
Hold exercise for 5 Seconds.

AROM shld IR w/cane

- Hold cane in both hands behind back.
- Lift cane up your back by bending elbows.

Perform 1 set of 10 Repetitions,  
once a day.

Use Cane.  
Hold exercise for 5 Seconds.

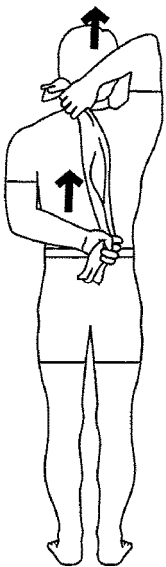


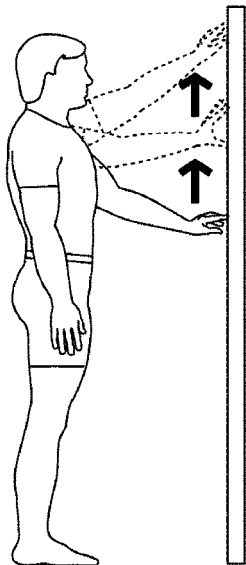
Stretch shld IR w/towel

- 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 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.

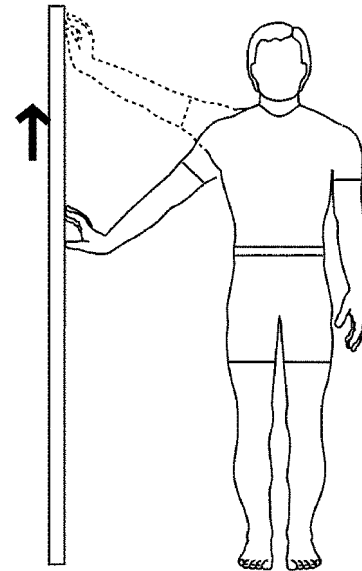
Hold exercise for 5 Seconds.

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.



Issued By: Gary W. Scott MS, ATC    Signature: \_\_\_\_\_

These exercises are to be used only under the direction of a licensed, qualified professional.

Athens Orthopedic Clinic

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