

Notes: Range of Motion exercises will help to maintain your shoulder mobility and decrease joint stiffness.
Do 5 repetitions of each exercise.
Ideally do these 5 times per day.

1- Shoulder Pendulum - Sets:1 / Repetition:5 / Frequency:5 x per day



Stand and bend at the waist, holding a table with the unaffected arm, leaving the affected arm hanging. Initiate the movement with the body and slowly rotate your arm in a circular motion, progressively getting bigger, as comfort allows. Repeat in the other direction.

2- Shoulder blade squeeze - Sets:1 / Repetition:5 / Frequency:5 x per day / Hold:5 sec



Tuck your chin slightly and keep your spine tall. With your arms relaxed on your side squeeze your shoulder blade together with shrugging them. Gently relax the position and repeat.

3- Passive shoulder flexion - Sets:1 / Repetition:5 / Frequency:5 x per day / Hold:5 sec



Stand or sit under a pulley system. Hold each end of the pulley cord with each hand. Pull the tip of your shoulder backward and pull down on the cord with the good arm moving the affected arm up and forward. As the affected arm goes higher, slowly straighten the arm until it reaches the maximum height. Maintain the position, return to the starting position and repeat. The affected arm should not be doing any of the movement.

4- Passive shoulder scaption - Sets:1 / Repetition:5 / Frequency:5 x per day / Hold:5 sec



Stand or sit under a pulley system. Hold each end of the pulley cord with each hand. Pull the tip of your shoulder backward and pull down on the cord with your uninjured arm to lift the injured arm sideways (about 45 degrees away from the midline). Keep the injured arm straight and lift to maximum height. Maintain the position, return to the starting position and repeat. The injured arm should not be doing any of the movement.

5- Passive internal rotation - Sets:1 / Repetition:5 / Frequency:5 x per day / Hold:5 sec



Stand or sit under a pulley system. Hold each end of the pulley cord with each hand. Place the injured arm behind your back. Pull the tip of your shoulder backwards and pull down the cord with the uninjured arm to lift the injured arm up in the back as high as you can. Maintain the position, return to the initial position and repeat. The injured arm should not be doing any of the movement.

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6- Assisted shoulder abduction - Sets:1 / Repetition:5 / Frequency:5 x per day / Hold:5 sec



Stand and hold a stick with both of your hands, keeping your arms at your sides. Pull the tip of your shoulders backwards and raise your arm to the side by using the unaffected arm to swing the stick upwards and sideways away from your body. Slowly return to the starting position and repeat.

7- Assisted shoulder extension - Sets:1 / Repetition:5 / Frequency:5 x per day / Hold:5 sec



Stand and hold a stick in both hands behind your back. Pull the tip of your shoulders backwards and slowly move the affected arm up and away from your back as high as possible by pulling on the stick with the good arm. Maintain the position, lower your arm and repeat. Keep your elbows straight.

8- Assisted shoulder flexion - Sets:1 / Repetition:5 / Frequency:5 x per day / Hold:5 sec



Sit up straight in a chair and look directly ahead of you. Hold each end of a stick in each hand. Lift the injured arm as high as you can above your head and increase the movement with the stick. Lower the arms slowly and repeat. When you lift the stick up, both arms should move equally. Do not allow one arm to drag behind.

9- Assisted external rot. - Sets:1 / Repetition:5 / Frequency:5 x per day / Hold:5 sec



Lie on your back with your knees bent and place each hand at either end of the stick. Keeping the affected elbow against the body at all times, move your hand away from the body and increase the mobility by pushing the hand with the stick. Maintain the position, return to the initial position and repeat.

10- Shoulder extension with wand - Sets:1 / Repetition:5 / Frequency:5 x per day / Hold:5 sec



Hold a stick in a doorway behind you at hip level and with palms up. Slowly come-until the stick gets stuck in the door frame-to stretch the shoulders and hold the position. Stay tall and walk forward until you feel a stretch. Hold for 5 seconds and repeat.

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