

Notes :

Shoulder Range of Motion

1 Shoulder Pendulum

Sets: 1 Reps: 10 Hold: 20 seconds Tempo: SLOW
Rest: 30 Seconds per set

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 Table slide flexion

Sets: 1 Reps: 10 Hold: 20 seconds Tempo: SLOW
Rest: 30 Seconds per set



Start sitting or standing with the arm/hand supported on the counter top or table. Slowly slide your arm in front until you feel a stretch.

Hold at a light stretch for 20 seconds. Progress into the stretch slightly and hold for 20 seconds and then progress slightly again and hold for 20 seconds.

After 3 sets of 20 second stretches, relax from the stretch.



3 Assisted shoulder flexion

Sets: 1 Reps: 10 Hold: 20 seconds Tempo: SLOW
Rest: 30 Seconds per set



Lay down on a bed or couch facing the ceiling.
Do not use a pillow.

Grasp the wrist of your operative shoulder with your normal hand, pulling toward the ceiling, then gently overhead.

Hold at a light stretch for 20 seconds. Progress into the stretch slightly and hold for 20 seconds and then progress slightly again and hold for 20 seconds.

After 3 sets of 20 second stretches, relax from the stretch.



4 Table slide flexion palm up



Sets: 1 Reps: 10 Hold: 20 seconds Tempo: SLOW
Rest: 30 Seconds per set

Sit next to a table with your forearm on the table, palm up, with your elbow straight. Bend your trunk forward from the waist as you slide the arm forward. Keep the back straight during the exercise. Hold at a light stretch for 20 seconds. Progress into the stretch slightly and hold for 20 seconds and then progress slightly again and hold for 20 seconds. After 3 sets of 20 second stretches, relax from the stretch.

5 Assisted shoulder flexion

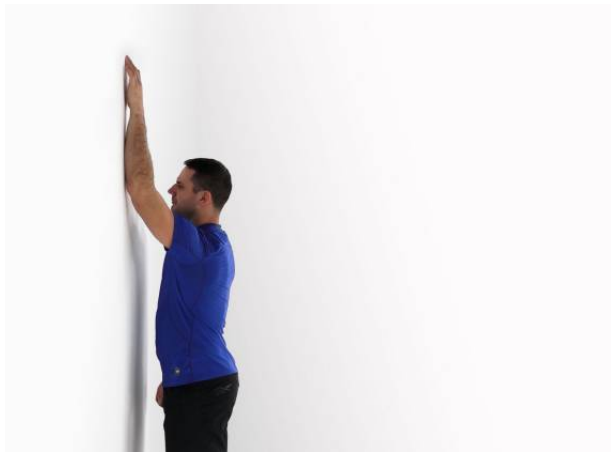
Sets: 1 Reps: 10 Hold: 20 seconds Tempo: SLOW
Rest: 30 Seconds per set

Stand in front of a wall and place the hand of the affected arm on the wall in front of you. With your fingers, climb up the wall as high as you can and come back to the starting position.

Repeat.

Hold at a light stretch for 20 seconds. Progress into the stretch slightly and hold for 20 seconds and then progress slightly again and hold for 20 seconds.

After 3 sets of 20 second stretches, relax from the stretch.



6 Assisted external rot.

Sets: 1 Reps: 10 Hold: 20 seconds Tempo: SLOW
Rest: 30 Seconds per set



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.

Hold at a light stretch for 20 seconds. Progress into the stretch slightly and hold for 20 seconds and then progress slightly again and hold for 20 seconds.

After 3 sets of 20 second stretches, relax from the stretch.



7 Thoracic extension mobility

Sets: 1 Reps: 10 Hold: 20 seconds Tempo: SLOW
Rest: 30 Seconds per set



Place your foam roller on the floor and lie on your back with your knees bent and the foam roller at the level of your shoulder blades. With your arms behind your head, lower your head as close as you can to the floor until you feel a stretch behind your back. Maintain your abs tight and proper low back posture during the exercise.



8 Passive shoulder internal rot.

Sets: 2 Reps: 5 Hold: 20 seconds Tempo: slow



Stand with the affected arm behind your back and each hand grabbing either end of the towel.

Pull the tip of your shoulder backwards and lift your arm behind your back as high as you can by pulling the towel over your shoulder with the unaffected arm.

Slowly return to the initial position and repeat. The affected arm should not be doing any of the movement.

Hold at a light stretch for 20 seconds. Progress into the stretch slightly and hold for 20 seconds and then progress slightly again and hold for 20 seconds.

After 3 sets of 20 second stretches, relax from the stretch.

9 Shoulder extension, pec stretch



Sets: 1 Reps: 10 Hold: 20 seconds Tempo: SLOW
Rest: 30 Seconds per set

Stand up straight with your shoulders back and your back straight.

Place both hands behind your back and cross your fingers.

Turn your palms around to face the floor and raise your hands away from your back until you feel a gentle stretch across your chest and in front of your shoulders.

Maintain the position and relax.

Do not lean your body forward. Keep your back straight.

10 Passive shoulder ext. rot.



Sets: 1 Reps: 10 Hold: 20 seconds Tempo: SLOW
 Rest: 30 Seconds per set

Stand in a doorway with your elbow against your body and your hand against the edge of the wall.

Pull the tip of your shoulder backwards and turn your body the opposite way until you feel a stretch in your shoulder.

Maintain the position, keeping your elbow against your body and relax.

Hold at a light stretch for 20 seconds. Progress into the stretch slightly and hold for 20 seconds and then progress slightly again and hold for 20 seconds.

After 3 sets of 20 second stretches, relax from the stretch.