

Shoulder Exercises

Range of Motion and Stretching Exercises

These are some of the **initial** exercises to start your rehabilitation program after Dr. Weber states that you may begin moving your shoulder. Continue these until you see Dr. Weber, your physical therapist or athletic trainer or until your symptoms are resolved. Please remember:

- Flexible tissue is more tolerant of the stresses placed on it during activities
- Each stretch should be held for 20 to 30 seconds
- A **gentle** stretching sensation should be felt



Shoulder – Pendulum

1. Lean forward at the waist, letting your _____ arm hang freely. Support yourself by placing the opposite hand on a chair, table or counter as shown
2. Sway your **whole body** slowly forward and back. This will cause your arm to move. Let your arm hang freely. Do not tense it up.
3. Repeat the above swaying side to side and moving in circular patterns, clockwise and counterclockwise
4. Do 35 to 50 repetitions in each direction
5. Repeat exercise two times, three times per day



Shoulder – Flexion

1. While standing near a wall as shown, slowly “walk” your fingers up the wall until you feel a **gentle** stretch.
2. Repeat exercise four to eight times, six times per day. Hold each repetition for 5 to 10 seconds.



Shoulder – Flexion

1. Sit in a chair with your _____ arm on a table as shown.
2. Lean forward, sliding your arm forward on the table until you feel a **gentle** stretch.
3. Return to the starting position.
4. Repeat exercise 10 to 20 times, six times per day. Hold each repetition for 5 to 10 seconds.