

## SHOULDER RANGE OF MOTION PROGRAM

### Standing Shoulder Scaption AAROM with Dowel

Reps: 10 Sets: 2 Hold (sec): 5 Weekly: 5x Daily: 2x



Step 1



Step 2

#### Setup

Begin in a standing upright position, holding a dowel with your involved arm in an under-hand grip at the end.

#### Movement

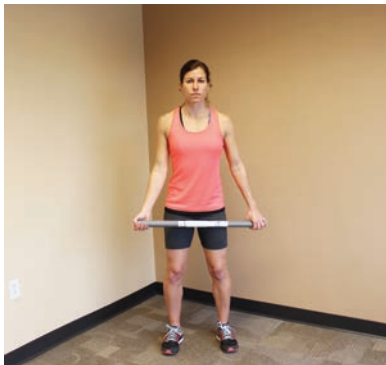
Using your uninvolved arm to guide the movement, slowly raise your involved arm at about a 30 degree angle in front of your body.

#### Tip

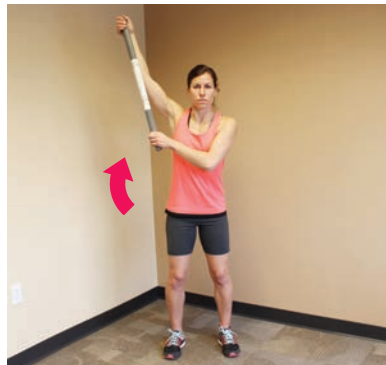
Make sure to keep your elbows straight and avoid shrugging your shoulders. If you do not have a dowel, you may use a golf club, cane or something of similar size.

### Standing Shoulder Abduction AAROM with Dowel

Reps: 10 Sets: 2 Hold (sec): 5 Weekly: 5x Daily: 2x



Step 1



Step 2

#### Setup

Begin in a standing upright position holding a dowel in both hands, with your elbows straight.

#### Movement

Using your uninvolved arm to guide the dowel, move your other arm directly out to the side of your body. Pause briefly, then return to the starting position and repeat.

#### Tip

Avoid shrugging your shoulders as you move the dowel, and allow your uninvolved arm to direct the movement. If you do not have a dowel, you may use a golf club, cane or something of similar size.

## Standing Shoulder External Rotation AAROM with Dowel

Reps: 10 Sets: 2 Hold (sec): 5 Weekly: 5x Daily: 2x



Step 1



Step 2

### Setup

Begin in a standing upright position with a towel roll under one arm, elbow bent 90 degrees, holding a dowel in both hands. Your involved arm should have the palm facing up.

### Movement

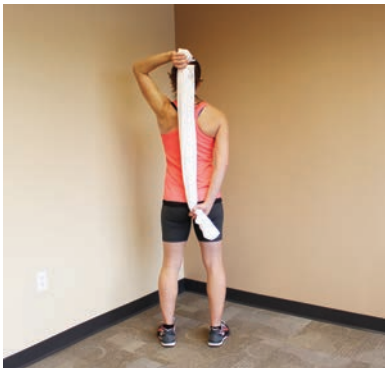
Using the dowel to guide the motion, slowly rotate your arm away from your body. Return to the starting position and repeat.

### Tip

Make sure to keep your elbow bent throughout the movement and let the movement come from your uninvolved arm. If you do not have a dowel, you may use a golf club, cane or something of similar size.

## Standing Shoulder Internal Rotation Stretch with Towel

Reps: 10 Sets: 1 Hold (sec): 15 Weekly: 5x Daily: 2x



Step 1



Step 2

### Setup

Begin in a standing position, holding both ends of a towel in each hand, with one arm behind your head and the other behind your mid to low back.

### Movement

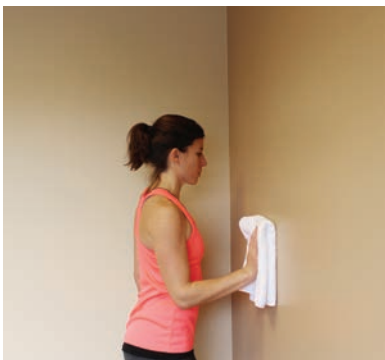
Slowly straighten your upper arm, gently pulling upward on the towel, and hold when you feel a stretch.

### Tip

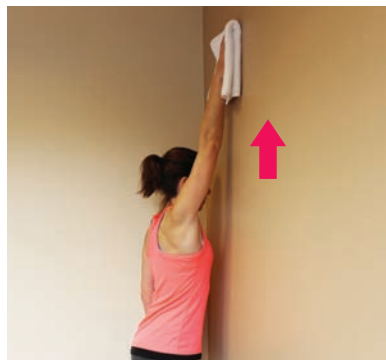
Make sure to keep your back straight during the exercise.

## Standing Single Shoulder Flexion Wall Slide

Reps: 10 Sets: 2 Hold (sec): 5 Weekly: 5x Daily: 2x



Step 1



Step 2

### Setup

Begin in a standing upright position.

### Movement

Slide your hand up the wall as far as you can. Hold briefly, then slowly lower it back down and repeat.

### Tip

Make sure to keep your torso facing the wall and only slide your arm up as far as you can without feeling pain. Do not shrug your shoulder during the exercise.