

Shoulder Flexion AAROM - Mid Range 0-135° (Stick)

Reps: 10 | Hold: 5 sec | Frequency: 3 times per day

Preparation:

- Stand with good posture holding the stick / cane in front of your hips as shown



Hold stick



Use strong arm to raise affected arm above shoulder height

Execution:

- Use your strong arm to help raise your affected arm up to shoulder height
- Return in a controlled manner to the original position

Shoulder Abduction AAROM (Mid Range 0-135° - Stick)

Reps: 10 | Hold: 5 sec | Frequency: 3 times per day

Preparation

- Stand with good posture.
- Hold the stick / cane in front of your hips as shown.



Hold cane



Use strong arm to raise affected arm above shoulder

Execution

- Use your strong arm to help raise your affected arm out to the side.
- Raise above shoulder height- NOT all the way up.
- Raise to _____°
- Return in a controlled manner to the original position.

Shoulder External Rotation AAROM (Stick)

Reps: 10 | Hold: 5 sec | Frequency: 3 times per day

Preparation:

- Lie on your back, sit, or stand
- Hold a stick / cane as shown with elbows bent at 90 degrees



Start Position



Rotate arm - keep elbow tucked

Execution:

- Use your strong arm to help rotate your weak arm away from your body
- Keep your elbows bent and close against your sides at all times
- Return to the start position in a controlled manner

Shoulder Internal Rotation AAROM - Behind Back (Stick)

Reps: 10 | Hold: 5 sec | Frequency: 3 times per day

Preparation:

- Stand with good posture.
- Hold a stick / cane behind back as shown.



Hold stick behind back



Use strong arm to pull affected arm across back

Execution:

- Use strong arm to draw affected arm across back.
- Return in a controlled fashion to the start position.

Important:

- Do not lift stick off low back.

Shoulder Flexion Isometric - Elbow Bent

Reps: 10 | Hold: 5 sec | Frequency: 3 times/day

Preparation:

- Stand in front of a wall or doorframe, elbow bent as shown

Execution:

- Push your fist against the wall

Tip:

- Use a pillow to avoid hurting your hand



Push fist against wall

Shoulder Extension Isometric - Elbow Bent

Reps: 10 | Hold: 5 sec | Frequency: 3 times/day

Preparation:

- Stand in front of a wall or doorframe, elbow bent as shown

Execution:

- Push elbow backward, against the wall

Tip:

- Use a pillow to avoid hurting your elbow



Push elbow backward against wall

Shoulder Adduction Isometric

Reps: 10 | Hold: 5 sec | Frequency: 3 times/day

Preparation:

- Stand with good posture, holding a towel under your elbow

Execution:

- Squeeze your arm against your side



Squeeze arm against side

Shoulder Abduction Isometric - Elbow Bent

Reps: 10 | Hold: 5 sec | Frequency: 3 times/day

Preparation:

- Stand beside a wall or doorframe, elbow bent as shown

Execution:

- Push elbow outward against the wall

Tip:

- Use a pillow to avoid hurting your elbow



Push elbow outward, against wall

Shoulder Internal Rotation Isometric

Reps: 10 | Hold: 5 sec | Frequency: 3 times/day

Preparation:

- ffffff

Execution:

- Rotate your hand inwards into the wall or doorframe
- Keep your elbow at your side



Rotate hand into doorframe

Shoulder External Rotation Isometric

Reps: 10 | Hold: 5 sec | Frequency: 3 times/day

Preparation:

- Stand with good posture facing a wall or doorframe
- Hold your arm by your side, elbow at 90 degrees, palm facing away from wall or doorframe

Execution:

- Rotate your hand outwards into the wall or doorframe
- Keep your elbow at your side



Rotate hand outward into doorframe