

- Lie on back with arms at side, elbows bent.
- Hold cane in hands as shown.
- Rotate involved arm away from body, pushing with the cane as needed with the uninvolved arm.
- Return to start position.

Special Instructions:

Keep arms at side.

Perform 1 set of 10 Repetitions,

twice a day.

Perform 1 repetition every 4 Seconds.

Use Cane.

Hold exercise for 10 Seconds.

AROM shld ER bil supine w/cane neutral

- Lie on back.
- Position arms at 90 degrees out from side, elbows bent, holding cane in hands as shown.
- Rotate arms up over head, helping the involved arm with the uninvolved arm as needed.
- Return to start position and repeat.

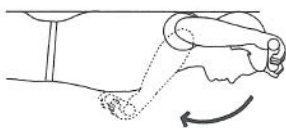
Perform 1 set of 10 Repetitions,

twice a day.

Perform 1 repetition every 4 Seconds.

Use Cane.

Hold exercise for 10 Seconds.



AROM shld ER bil supine w/cane abd



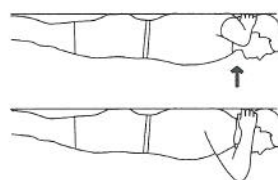
Stretch shld ER sit

- Sit with side to table, arm directly out from side, elbow bent, as shown.
- Gently bend forward.

Perform 1 set of 10 Repetitions,

twice a day.

Hold exercise for 10 Seconds.



Stretch shld ER supine

- Lie on back with hands behind neck, elbows up.
- Gently lower elbows to floor until stretch is felt.
- Hold stretch.
- Return to start position and repeat.

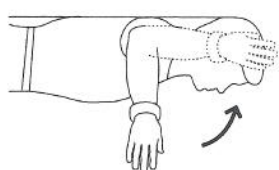
Special Instructions:

If the stretch is too intense, pillows may be placed under the forearms so the arms can relax. Progress by removing pillows.

Perform 1 set of 10 Repetitions,

twice a day.

Hold exercise for 10 Seconds.



Stretch shld ER w/mt supine static

- Wrap weight around wrist.
- Lie on back with arm at 90 degrees, elbow on ground, hand raised.
- Allow hand to move in direction of head, until stretch is felt.
- Keep elbow at 90 degrees.

Perform 1 set of 10 Repetitions,

twice a day.

Use 1 Lbs.

Hold exercise for 10 Seconds.