

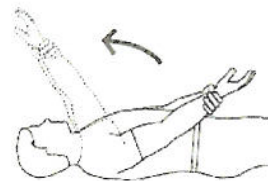


AAROM shld fix supine w/cane

- Lie on back with arms at side, holding cane.
- Lift arms up using uninvolved arm to help involved arm.
- Keep elbows straight.
- Lower and repeat.

Perform 1 set of 10 Repetitions,
twice a day.

Perform 1 repetition every 4 Seconds.
Use Cane.
Hold exercise for 5 Seconds.

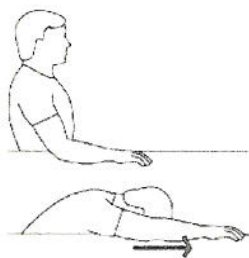


PROM shld fix supine self

- Lie on back.
- Grasp wrist of involved arm with uninvolved hand.
- Gently raise arm upward and in front, through available range.
- Return to start position and repeat.

Perform 1 set of 10 Repetitions,
twice a day.

Perform 1 repetition every 4 Seconds.
Hold exercise for 5 Seconds.



Stretch shld fix uni sit slide

- Sit with side next to table.
- Place forearm on table, elbow slightly bent, as shown.
- Gently lean forward bending at waist.

Special Instructions:

Do not force past comfort range. Do not bounce at end.

Perform 1 set of 10 Repetitions,
twice a day.

Hold exercise for 5 Seconds.

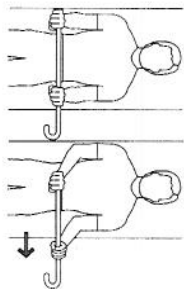


Stretch shld fix uni sit trunk bending

- Sit at table.
- Place arm on table, elbow straight.
- Slowly bend trunk downward.
- You should feel a stretch at the shoulder.

Perform 1 set of 10 Repetitions,
twice a day.

Hold exercise for 5 Seconds.



AAROM shld ER bil supine w/cane neutral

- 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:

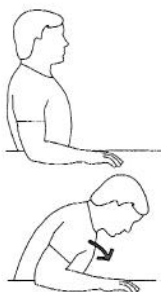
Keep arms at side.

Perform 1 set of 10 Repetitions,
twice a day.

Perform 1 repetition every 4 Seconds.

Use Cane.

Hold exercise for 10 Seconds.

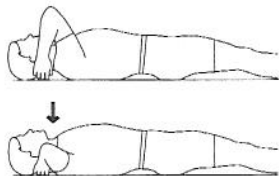


Stretch shld ER sit

- 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.

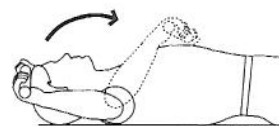
Perform 1 set of 10 Repetitions,
twice a day.

Hold exercise for 10 Seconds.

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AAROM shld ER bil supine w/cane abd

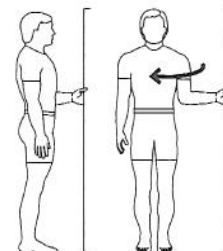
- Lie on back.
- Position arms at 90 degrees out from side, elbows bent, holding cane in hands as shown.
- Rotate arms up over head, helping the involved arm with the uninvolved arm as needed.
- Return to start position and repeat.

Perform 1 set of 10 Repetitions,
twice a day.

Perform 1 repetition every 4 Seconds.

Use Cane.

Hold exercise for 10 Seconds.



Stretch shld ER stand at doorway

- Stand at edge of doorway.
- Begin with arm at side, elbow bent to 90 degrees.
- Place hand of involved arm on door frame.
- Slowly turn away from doorway until a gentle stretch is felt.
- Hold and repeat.

Perform 1 set of 10 Repetitions,
twice a day.

Hold exercise for 10 Seconds.



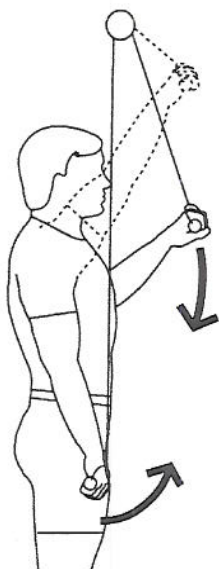
Stretch shld ER w/wt supine static

- 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.



PROM shld flx w/pulley

- Attach pulley to secure object.
- Hold handles in each hand.
- Pull down with uninvolved arm, raising involved arm through a painfree range.
- Lower and repeat.

Perform 1 set of 10 Repetitions,
twice a day.

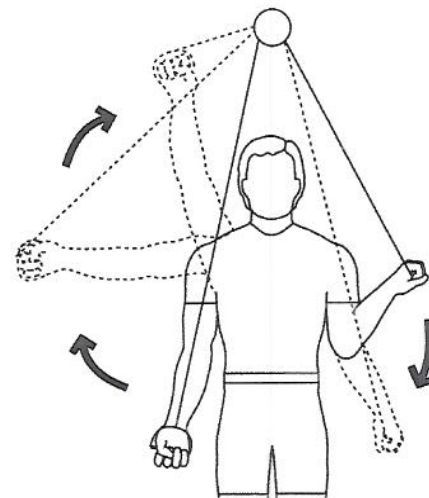
Perform 1 repetition every 4 Seconds.
Hold exercise for 10 Seconds.

AAROM shld abd uni w/pulley self

- Attach pulley to secure object.
- Face away from the pulley.
- Begin with involved arm at side, elbow straight, holding handle, palm forward.
- Grasp other handle with uninvolved arm.
- Raise involved arm out to side, over head pulling on other handle as needed.
- Return to starting position.

Perform 1 set of 10 Repetitions,
twice a day.

Perform 1 repetition every 4 Seconds.
Use Pulley.
Hold exercise for 10 Seconds.

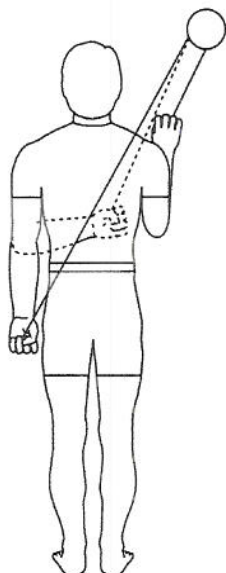


AAROM shld IR w/pulley self

- Attach pulley to secure object overhead.
- Stand with back to door.
- Grasp handles in both hands.
- Gently pull down with the uninvolved arm and allow involved arm to rise up behind back.
- Relax and repeat.

Perform 1 set of 10 Repetitions,
twice a day.

Perform 1 repetition every 4 Seconds.
Use Pulley.
Hold exercise for 10 Seconds.



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SHOULDER - 26 ROM: Pendulum (Circular)

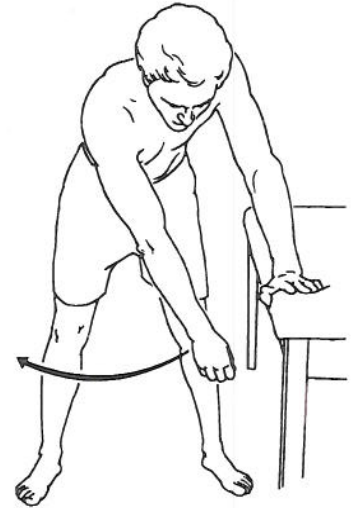
Let right arm move in circle clockwise, then counterclockwise, by rocking body weight in circular pattern.



Circle 20 times each direction per set.
Do 1-2 sets per session.
Do 1-2 sessions per day.

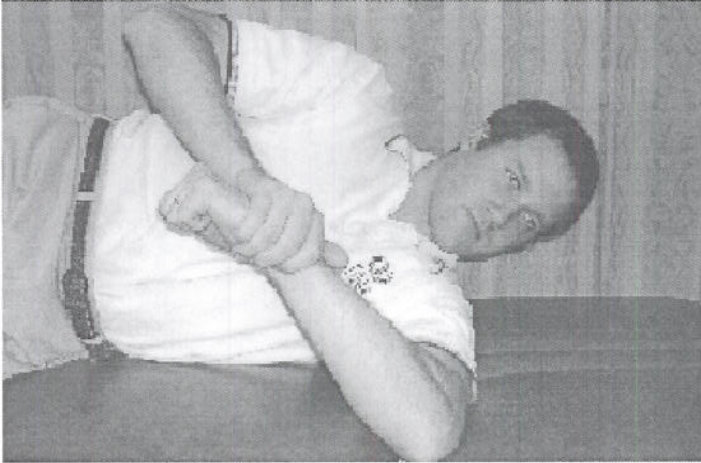
SHOULDER - 25 ROM: Pendulum (Side-to-Side)

Let right arm swing freely from side to side by rocking body weight from side to side.

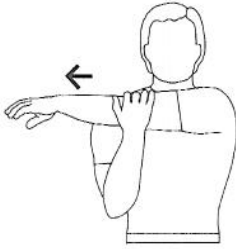


Repeat 20 times per set.
Do 1-2 sets per session.
Do 1-2 sessions per day.

SLEEPER STRETCH



Maintain elbow flexion at 90 degrees ("L" shape)
Push arm down and hold for 10-20 seconds. Repeat
2-3 times 1-2 times per day.

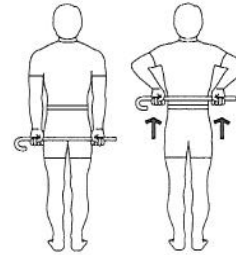


Stretch shld capsule posterior w/arm

- Bring involved arm across in front of body as shown.
- Hold elbow with other arm.
- Gently pull across chest until a stretch is felt in the back of shoulder.

Perform 1 set of 5 Repetitions,
twice a day.

Hold exercise for 10 Seconds.



AAROM shld IR w/cane

- Hold cane in both hands behind back.
- Lift cane up your back by bending elbows.
- Uninvolved arm helps to assist involved arm.

Perform 1 set of 5 Repetitions,
twice a day.

Perform 1 repetition every 4 Seconds.
Use Cane.
Hold exercise for 10 Seconds.

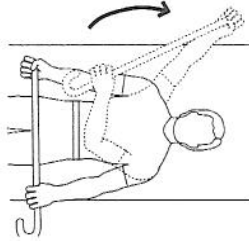


Stretch shld IR w/towel

- Place involved arm behind back as far as possible.
- Hold other arm over shoulder with towel as shown.
- Grasp towel with involved arm.
- Slowly pull upward with uninvolved arm until a gentle stretch is felt.
- Hold, relax and repeat.

Perform 1 set of 5 Repetitions,
twice a day.

Hold exercise for 10 Seconds.



AAROM shld abd supine w/ cane

- Lie on back.
- Hold cane in both hands, palms up, arms at side, elbows straight.
- Use uninvolved arm to help raise involved arm up and away from side through available range as shown.
- Return to starting position.

Perform 1 set of 10 Repetitions,
twice a day.

Perform 1 repetition every 4 Seconds.
Use Cane.
Hold exercise for 5 Seconds.

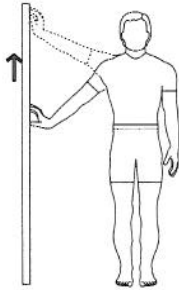


AAROM shld abd sit w/ cane

- Hold cane in both hands, involved palm up, arms at side, elbows straight.
- Use uninvolved arm to help raise involved arm up and away from side through available range as shown.
- Return to starting position.

Perform 1 set of 10 Repetitions,
twice a day.

Perform 1 repetition every 4 Seconds.
Use Cane.
Hold exercise for 5 Seconds.

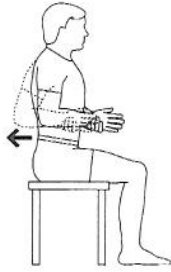


AROM shld abd (finger walking) at wall

- Stand, involved side to wall.
- Place hand on wall at hip level.
- Using your fingers, walk your arm upward through available range, and walk back down.

Perform 1 set of 10 Repetitions,
twice a day.

Perform 1 repetition every 4 Seconds.
Hold exercise for 5 Seconds.

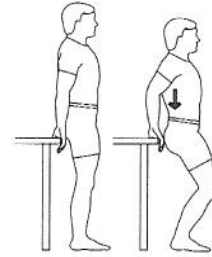


PROM shld ext self

- Sit with involved arm at side, elbow bent to 90 degrees.
- Grasp wrist or forearm of involved arm with hand of other arm.
- Gently move involved arm backward through available range.
- Return to start position and repeat.

Perform 1 set of 10 Repetitions,
twice a day.

Perform 1 repetition every 4 Seconds.
Hold exercise for 10 Seconds.



Stretch shld ext

- Stand with back to table.
- Place both hands on table, fingers forward, as shown.
- Gently bend legs, allowing elbows to bend, until stretch is felt.

Special Instructions:

Do not force past comfort range. Do not bounce at end.

Perform 1 set of 10 Repetitions,
twice a day.

Hold exercise for 10 Seconds.

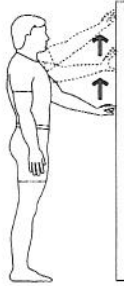


Stretch shld ext bil

- Grasp hands behind back.
- Move arms backward until stretch is felt across front of chest and shoulders.
- Relax and repeat.

Perform 1 set of 10 Repetitions,
twice a day.

Hold exercise for 10 Seconds.



AROM shld flex (finger walking) at wall

- Stand, facing wall.
- Place hand on wall at hip level.
- Using your fingers, walk your arm upward through available range, and walk back down.

Perform 1 set of 10 Repetitions,
twice a day.

Perform 1 repetition every 4 Seconds.
Hold exercise for 10 Seconds.