

PHASE 2 Range of Motion (ROM) Exercises

These exercises are intended to increase shoulder range of motion. The shoulder should be moved to a position where slight discomfort is felt not unbearable pain. Over time the shoulder should be able to move further into the range of motion with less pain. Occasionally, the shoulder may need to be pushed into a more painful position but never force the motion. Pain should not last for greater than 1-2 hours after exercising. **Perform 10-20 repetitions with at least a 10-second hold, four to six times per day at home.** Emphasis should be placed on achieving a tolerable, submaximal stretch several times per day. Moist heat may be used for 10-20 minutes before stretching and ice may be used for 10-15 minutes after exercise.

Active Assisted Extension

1. Stand and hold the stick in each hand behind back with your hands hip width apart.
2. Lift the stick away from the body using the non-injured arm to support the injured arm.
3. Push the arm until a tolerable submaximal stretch is felt.
4. Return slowly to the starting position.



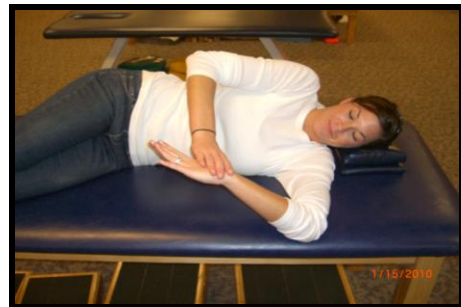
Horizontal Adduction/ Posterior Capsule Stretch

1. Begin by laying on your affected shoulder blade not your shoulder.
2. Bring involved arm across your body as shown.
3. Hold elbow with the other arm.
4. Gently pull the elbow across your chest until a stretch is felt in the back of your shoulder.
5. Pull the arm until a tolerable stretch is felt.
6. Return slowly to the starting position.



Sleeper Stretch

1. Begin by laying on your affected shoulder blade not your shoulder.
2. Move your injured arm 90 degrees away from your body.
3. Bend your elbow to 90 degrees.
4. Use your non-injured arm to push your injured arm straight down toward the table.
5. Be sure to push on your wrist not your hand.
6. Push the arm until a tolerable stretch is felt.
7. Return slowly to the starting position.



Active Assisted Internal Rotation

1. Stand with the stick behind your back
2. Use your good arm to assist in pulling your affected arm up your back with the stick.
3. Pull up until you feel a tolerable stretch.
4. Return slowly to the starting position.



Rope Internal Rotation Stretch

1. Place injured arm behind your back.
2. Grab a rope or belt in your injured hand.
3. Place the other end of the rope over your opposite shoulder.
4. Use your non-injured arm to pull the injured arm up your back.
5. Pull the arm up until you feel a tolerable stretch.
6. Return slowly to the starting position.



Standing Internal Rotation Stretch

1. Stand with your back to a table.
2. Place your injured arm behind your back on a table.
3. Slowly bend your knees keeping elbow bent until a stretch is felt.
4. Return slowly to the starting position.

