

Shoulder Active Assistive Range of Motion

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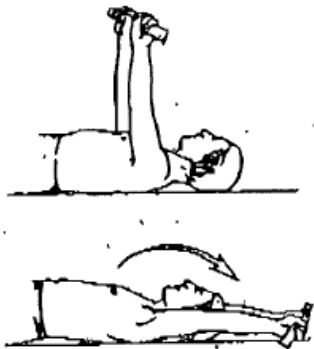
SHOULDER FLEXION:

- Lie on back as shown, holding stick with both hands.
- Raise both hands overhead, so that you feel a stretch.

Hold _____ seconds

Repeat _____ times

Do _____ session(s)/day



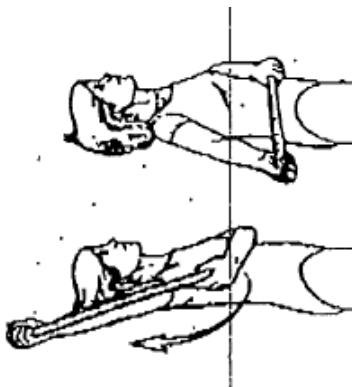
SHOULDER ABDUCTION:

- Lie on back holding stick as shown, with involved hand out to side.
- Using the stick for assistance, stretch your arm out to side and overhead.

Hold _____ seconds

Repeat _____ times

Do _____ session(s)/day



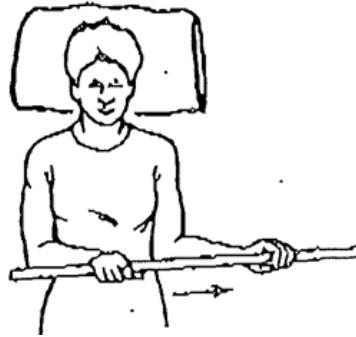
SHOULDER EXTERNAL ROTATION:

- Lie on your back with elbows bent to 90 degrees, holding stick in front of you.
- Using stick for assistance, rotate your involved hand and forearm out away from your body.

Hold _____ seconds

Repeat _____ times

Do _____ session(s) /day



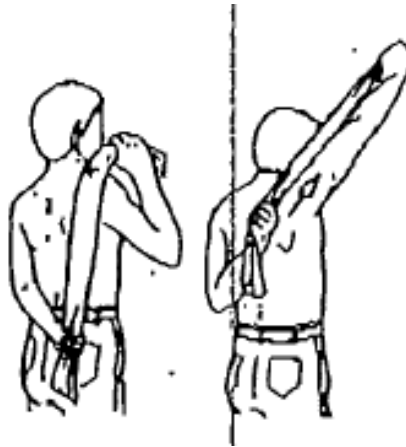
SHOULDER INTERNAL ROTATION:

- Stand with towel as shown, involved arm behind your back.
- Stretch the arm up behind your back by pulling upward on the towel with other hand for assistance.

Hold _____ seconds

Repeat _____ times

Do _____ session(s)/day



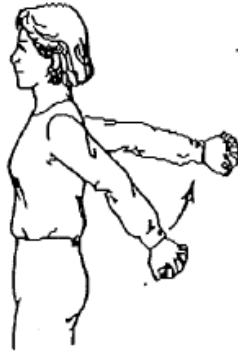
SHOULDER HYPEREXTENSION:

- Stand with hands clasped together behind your back as shown.
- Press hands backward so that you feel a stretch.

Hold _____ seconds

Repeat _____ times

Do _____ session(s)/day



CEILING REACH:

- Reach involved arm up to ceiling keeping elbow bent/straight.

Hold _____ seconds

Repeat _____ times

Do _____ session(s)/day

