

## SHOULDER ROM HOME PROGRAM

### 1. Active assisted shoulder flexion



- Begin lying on your back with both knees bent and your feet on the bed; lift your affected arm either by using your unaffected arm or by holding a small dowel/cane
- Use your unaffected arm to move your affected arm overhead, then bring it back and repeat. Remember to keep breathing.
- Hold 10 seconds at the end of your available range, then relax. Repeat 10 times

### 2. Cross body stretch



- Begin lying on your back or in a seated/standing position
- Grab under your injured elbow with your unaffected hand and gently pull your arm across your body
- Do not push aggressively and keep breathing slowly
- Hold 10 seconds and repeat 10 times

### 3. Active assisted external rotation



- Lie on your back with the elbow of your affected side bent to 90°, arm just slightly away from your side and support by a towel roll/pillow; hold a cane/dowel with your unaffected arm with the end of the dowel in the palm of your affected hand
- Relax the affected arm and push your hand out to the side and back using the unaffected
- Make sure your elbow remains flexed 90° during the entire exercise – do not allow it to straighten out as you push your arm back
- Do not allow your elbow to lift off of the surface
- Hold at end range for 10 seconds and repeat 10 times.

### 4. Shoulder pinches



- Sit with your arm supported at the elbow and pull your shoulder blades together trying to get them to touch each other
- Hold for 10 seconds and repeat 10 times