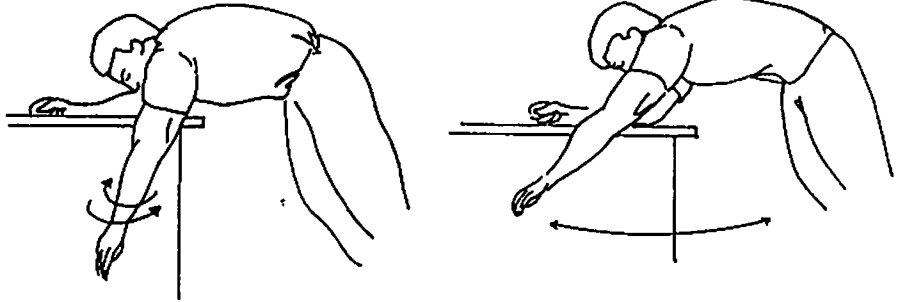


Shoulder Rehabilitation Program

Range of Motion Exercises

1. Pendulum

Lean over table, supporting body with uninvolved arm. Let involved arm hang straight down in a relaxed position. Move your hips to cause the shoulder to move first side-to-side and then in circles, forward, and backward. Begin with small movements and gradually increase. Shoulder should move passively. Repeat _____ sets of _____ daily, _____ weekly.



2. Rope and Pulley

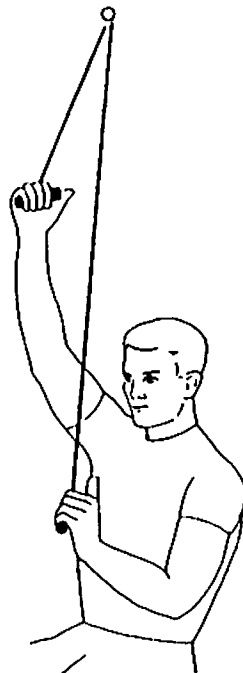
The overhead rope and pulley should be positioned in doorway. Sit in chair with back against door, directly underneath pulley.

A. Shoulder Flexion:

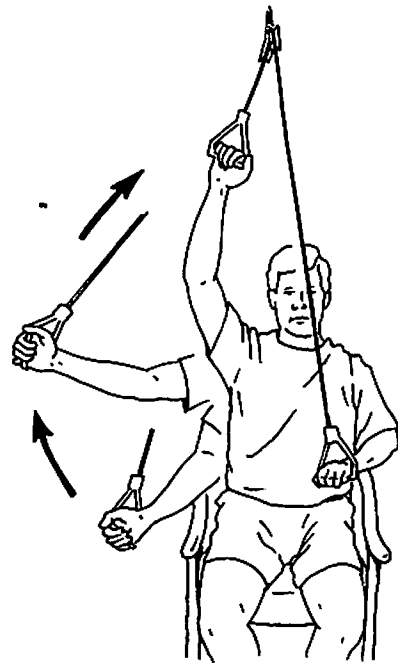
With elbow straight and thumb facing upward, raise involved arm out to the front of body as high as possible. Assist as needed by pulling down with uninvolved arm. Hold overhead 5 seconds and repeat.

B. Shoulder Abduction:

With elbow straight and palm against side, raise involved arm to the side of body as high as possible, turning the palm up as you approach 90°. Assist as needed by pulling down with the uninvolved arm to control lowering and repeat.



A

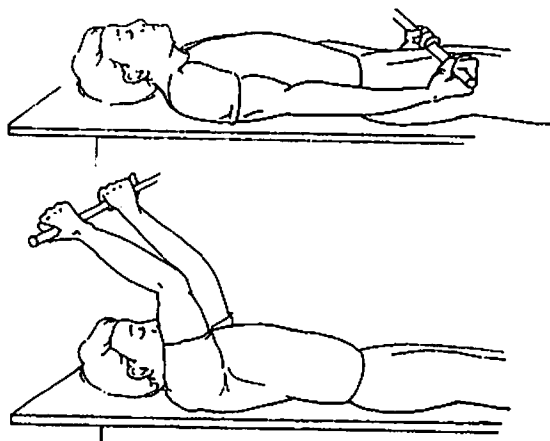


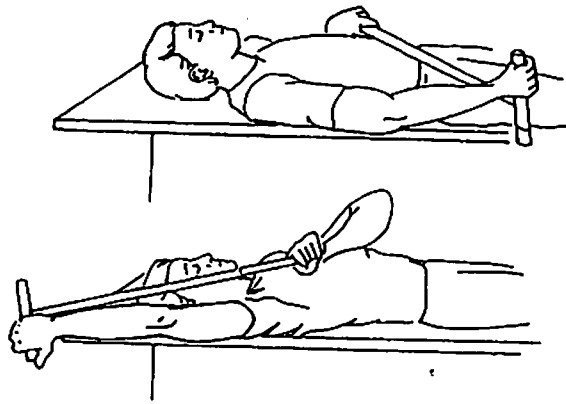
B

3. T-Bar Exercises

A. Shoulder Flexion:

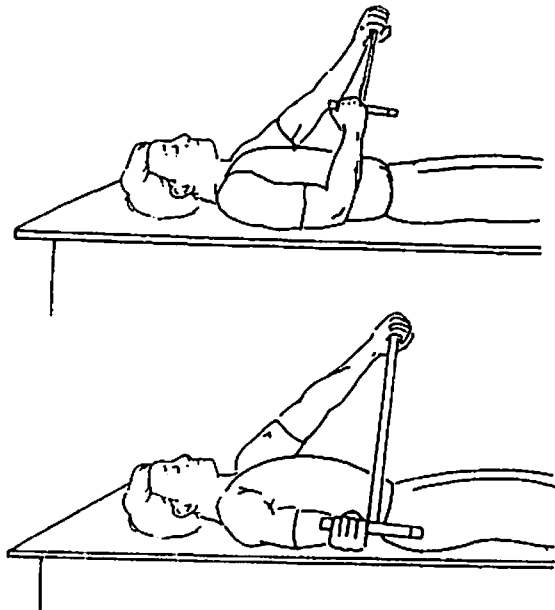
Lie on back and grip T-bar between index finger and thumb, elbow straight. Raise both arms overhead as far as possible keeping thumbs up. Hold for 5 seconds and repeat.





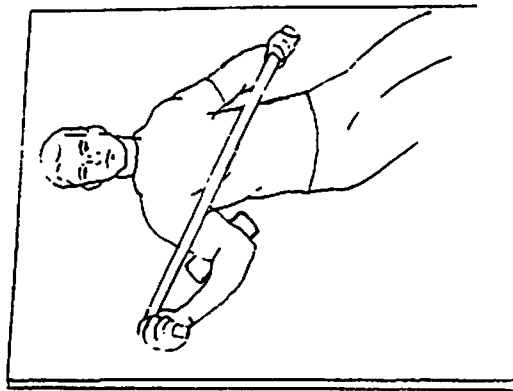
B. Shoulder Abduction:

Lie on back with involved arm at side of body, elbow straight and palm against leg. With other hand, push arm overhead, keeping the arm parallel to your side. As the arm reaches 90°, turn palm upwards. Twisting the unininvolved hand up can help. Continue overhead with palm up. Hold at end position 5 seconds and repeat.

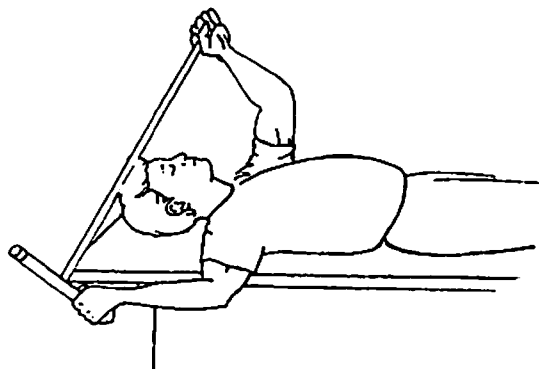


4. External Rotation

A. Lie on back with involved arm against body and elbow bent at 90°. Grip T-bar handle and with unininvolved arm, push involved shoulder into external rotation. Hold for 5 seconds. Return to starting position and repeat.

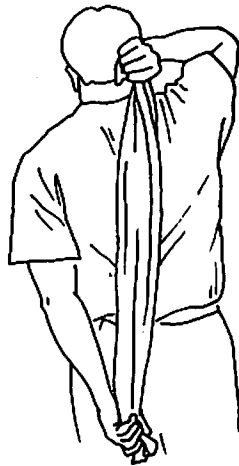


B. Lie on back with involved arm 45° from body and elbow bent at 90°. Grip T-bar in hand of involved arm and keep elbow in flexed position. Using opposite arm, push involved arm into external rotation. Hold for 5 seconds, return to starting position and repeat.



C. Lie on back with involved arm 90° from body and elbow bent at 90°. Grip T-bar in hand of involved arm and keep elbow in a fixed position. Using opposite arm, push involved arm into external rotation. Hold for 5 seconds, return to starting position and repeat.

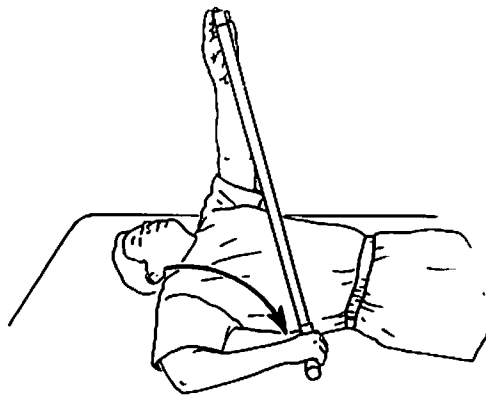
D. Involved arm overhead, standing. Hold towel behind neck and with involved arm, hold the other end of towel and pull down. Left pulls down; right arm externally rotates (ER). Hold for 15 seconds.



5. Internal Rotation

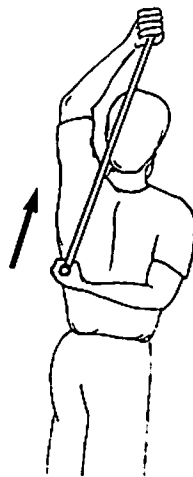
A. Supine:

Lie on back with involved arm out to side of body at 90° and elbow bent to 90°. Gripping T-bar in hand of involved arm and keeping elbow in a fixed position, use involved arm to push involved shoulder into internal rotation. Hold for 5 seconds and repeat.



B. Standing:

Involved arm behind back holding T-bar. Uninvolved arm overhead and pulling bar upwards, further rotating the shoulder inwards. Involved arm internally rotates (IR). Hold for 5 seconds and repeat.



C. Involved arm behind back holding towel. Uninvolved arm overhead and pulling towel upwards, further rotating the shoulder inwards. Involved arm internally rotates (IR). Hold for 5 seconds and repeat.

