



## SHOULDER FLEXION AAROM - SUPINE - CANE

Lying on your back and holding a wand or cane, slowly raise the wand towards overhead. Use your unaffected arm to assist with the movement.

**Repeat** 10 Times  
**Hold** 10 Seconds  
**Complete** 1 Set  
**Perform** 1 Times a Day



## WAND EXTERNAL ROTATION - SUPINE ER

Lie on your back holding a cane or wand with both hands.

On the affected side, place a small rolled up towel or pillow under your elbow. Maintain approx. 90 degree bend at the elbow with your arm approximately 30-45 degrees away from your side.

Use your other arm to pull the wand/cane to rotate the affected arm back into a stretch. Hold and then return to starting position and then repeat.

**Repeat** 10 Times  
**Hold** 10 Seconds  
**Complete** 1 Set  
**Perform** 1 Times a Day

Video # XVWKLS9NE



## SIDE LYING INTERNAL ROTATION STRETCH - IR SLEEPER STRETCH

Start by lying on your side with the affected arm on the bottom. Your affected arm should be bent at the elbow and forearm pointed upwards towards the ceiling as shown. Next, use your unaffected arm to gently draw your affected forearm towards the table or bed for an inward stretch.

Hold, relax and repeat.

Video # XV7C4QNXN

**Repeat** 10 Times  
**Hold** 10 Seconds  
**Complete** 1 Set  
**Perform** 1 Times a Day



### PECTORALIS DOORWAY STRETCH - HIGH

While standing in a doorway, place your arms up on the door frame and lean in until a stretch is felt along the front of your chest and/or shoulders. Your upper arms should be placed upward along the door frame.

NOTE: Your legs should control how much you stretch by bending or straightening your knee through the doorway.

**Repeat** 10 Times  
**Hold** 9 Seconds  
**Complete** 1 Set  
**Perform** 1 Times a Day



### DOORWAY STRETCH

While standing in a doorway, place your arms up on the door jam and place one foot forward through the doorway as shown. Next, bend the front knee until a stretch is felt along the front of your chest and/or shoulders. Your upper arms should be horizontal to the ground and forearms should lie up along the door frame.

NOTE: Your legs should control how much you stretch by bending or straightening your knee through the doorway.

Video # XVWJ4JCFU

**Repeat** 10 Times  
**Hold** 10 Seconds  
**Complete** 1 Set  
**Perform** 1 Times a Day



### Posterior Capsule Stretch

Gently Pull on left forward elbow with the other hand until a stretch is felt in the shoulder.

**Repeat** 10 Times  
**Hold** 10 Seconds  
**Complete** 1 Set  
**Perform** 1 Times a Day