

Clinician Notes

Shoulder Phase 1 (week 1-3)

STEP 1



STEP 2



Flexion-Extension Shoulder Pendulum with Table Support

REPS: 10 | SETS: 1 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing position with your trunk bent forward, one arm resting on a table for support and your other arm hanging toward the ground.

Movement

Slowly shift your body weight forward and backward, letting your hanging arm swing in those directions.

Tip

Make sure the movement comes from your body shifting and do not use your arm muscles to create the back and forth motions.

STEP 1



STEP 2



Horizontal Shoulder Pendulum with Table Support

REPS: 10 | SETS: 1 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing position with your trunk bent forward, one arm resting on a table for support and your other arm hanging toward the ground.

Movement

Slowly shift your body weight side to side, letting your hanging arm move in those directions at the same time.

Tip

Make sure the movement comes from your body shifting and do not use your arm muscles to create the side to side motions.

STEP 1



Circular Shoulder Pendulum with Table Support

REPS: 10 | SETS: 1 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing position with your trunk bent forward, one arm resting on a table for support and your other arm hanging toward the ground.

Movement

Slowly shift your body weight in a circular motion, letting your hanging arm swing in a circle at the same time.

Tip

Make sure the movement comes from your body shifting and do not use your arm muscles to create the circular motion.

STEP 1



STEP 2



Standing Elbow Flexion Extension AROM

REPS: 10 | SETS: 1 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with one palm facing forward.

Movement

Gently bend your elbow, bringing your hand toward your shoulder, then return to the starting position and repeat.

Tip

Make sure to only move through a pain-free range of motion.

STEP 1



STEP 2



Wrist AROM Flexion Extension

REPS: 10 | SETS: 1 | DAILY: 1 | WEEKLY: 7

Setup

Begin this exercise with your wrist straight.

Movement

Slowly bend your wrist back and forth.

Tip

Make sure to only move through a pain-free range of motion. Try not to let your forearm rotate as you move your wrist.

STEP 1



STEP 2



Seated Scapular Retraction

REPS: 10 | SETS: 1 | HOLD: 5 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting in an upright position.

Movement

Gently squeeze your shoulder blades together, relax, and then repeat.

Tip

Make sure to maintain good posture during the exercise.

STEP 1



Gripping in Sitting Supported with other Arm

REPS: 10 | SETS: 1 | DAILY: 1 | WEEKLY: 7

Setup

Begin seated holding a small ball.

Movement

Bring your arm up and out in front of you. Use your other hand to provide support under your raised arm. With your palm facing up, squeeze and relax the ball.

Tip

Make sure to keep your arm bent slightly with your hand above your heart.

STEP 1



STEP 2



Standing Horizontal Shoulder Pendulum Supported with Arm Bent

REPS: 10 | SETS: 1 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position.

Movement

Using your uninvolved arm, bend your elbow and support your involved arm, resting your forearm on top of the other, as you lower into a slightly bent-over position. Gently move your involved arm side to side, guiding the movement with your uninvolved arm.

Tip

Make sure to keep your involved arm relaxed. Do not shrug your shoulder or arch your back during the exercise.

STEP 1



STEP 2



Standing Circular Shoulder Pendulum Supported with Arm Bent

REPS: 10 | SETS: 1 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position.

Movement

Using your uninvolved arm, bend your elbow and support your involved arm, resting your forearm on top of the other, as you lower into a slightly bent-over position. Gently move your involved arm in both clockwise and counterclockwise circles, guiding the movement with your uninvolved arm.

Tip

Make sure to keep your involved arm relaxed. Do not shrug your shoulder or arch your back during the exercise.