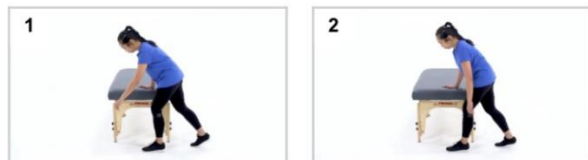




### Flexion-Extension Shoulder Pendulum with Table Support

REPS: 10	SETS: 1	DAILY: 1	WEEKLY: 7
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**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.

### Horizontal Shoulder Pendulum with Table Support

REPS: 10	SETS: 1	DAILY: 1	WEEKLY: 7
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**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.

### Circular Shoulder Pendulum with Table Support

REPS: 10	SETS: 1	DAILY: 1	WEEKLY: 7
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**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.

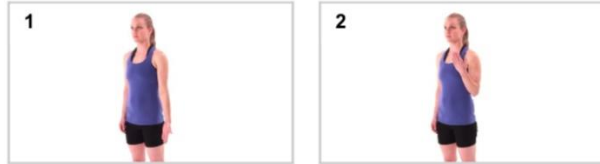
**Tip**

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



### Standing Elbow Flexion Extension AROM

<b>REPS: 10</b>	<b>SETS: 1</b>	<b>DAILY: 1</b>	<b>WEEKLY: 7</b>
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**Setup**

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

**Movement**

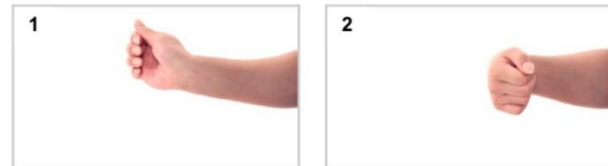
Gently bend your elbow, bringing your hand toward your shoulder, then return to the starting position and repeat.

**Tip**

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

### Wrist AROM Flexion Extension

<b>REPS: 10</b>	<b>SETS: 1</b>	<b>DAILY: 1</b>	<b>WEEKLY: 7</b>
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**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.

### Seated Scapular Retraction

<b>REPS: 10</b>	<b>SETS: 1</b>	<b>HOLD: 5</b>	<b>DAILY: 1</b>
<b>WEEKLY: 7</b>			



**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.



### Gripping in Sitting Supported with other Arm

<b>REPS: 10</b>	<b>SETS: 1</b>	<b>DAILY: 1</b>	<b>WEEKLY: 7</b>
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**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.

### Standing Horizontal Shoulder Pendulum Supported with Arm Bent

<b>REPS: 10</b>	<b>SETS: 1</b>	<b>DAILY: 1</b>	<b>WEEKLY: 7</b>
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**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.

### Standing Circular Shoulder Pendulum Supported with Arm Bent

<b>REPS: 10</b>	<b>SETS: 1</b>	<b>DAILY: 1</b>	<b>WEEKLY: 7</b>
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**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.

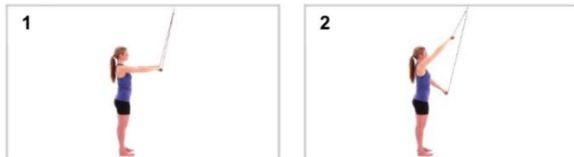
**Tip**

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



### Standing Shoulder Flexion AAROM with Pulley in Front

REPS: 10	SETS: 1	DAILY: 1	WEEKLY: 7
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**Setup**

Begin standing upright with a pulley anchored at the top of a doorway in front of you, holding a handle in each hand.

**Movement**

Pull down with your uninvolved arm, allowing your involved arm to be lifted straight in front of you. Hold, then slowly return to the starting position and repeat.

**Tip**

Make sure to keep your arms and back straight and do not shrug your shoulders during the exercise.

### Seated Shoulder Flexion Towel Slide at Table Top

REPS: 10	SETS: 1	DAILY: 1	WEEKLY: 7
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**Setup**

Begin sitting facing a table or counter top with your hand resting flat on a towel.

**Movement**

Slowly lean forward to slide your hand and towel across the table. Return to the starting position and repeat.

**Tip**

Try to avoid shrugging your shoulder during the exercise and make sure your hand stays on the table.

### Shoulder External Rotation ROM to 30 degrees with Dowel

REPS: 10	SETS: 1	DAILY: 1	WEEKLY: 7
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**Setup**

Begin in a standing upright position with a towel roll under one arm, elbow bent 90 degrees, holding a dowel in both hands. Your involved arm should have the palm facing up.

**Movement**

Using the dowel to guide the motion, slowly rotate your arm away from your body to 30 degrees (small rotation). Return to the starting position and repeat.

**Tip**

Make sure to keep your elbow bent throughout the movement and let the movement come from your uninvolved arm.





### Shoulder Internal Rotation ROM with Dowel

<b>REPS: 10</b>	<b>SETS: 1</b>	<b>DAILY: 1</b>	<b>WEEKLY: 7</b>
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**Setup**

Begin in a standing upright position with a towel roll under one arm, elbow bent 90 degrees, holding a dowel in both hands. Your involved arm should have the palm facing down.

**Movement**

Using the dowel to guide the motion, slowly rotate your arm toward your body. Return to the starting position and repeat.

**Tip**

Make sure to keep your elbow bent throughout the movement and let the movement come from your uninvolved arm.

### Standing Isometric Shoulder Internal Rotation at Doorway

<b>REPS: 10</b>	<b>SETS: 1</b>	<b>HOLD: 5</b>	<b>DAILY: 1</b>
<b>WEEKLY: 7</b>			



**Setup**

Begin in a standing upright position facing a doorframe with your involved arm bent and a towel between the inside of your hand and the doorframe.

**Movement**

Gently press your hand inward into the towel. Hold, then relax and repeat.

**Tip**

Make sure to maintain good posture and do not shrug your shoulder. There should be little to no movement during the exercise.

### Standing Isometric Shoulder External Rotation with Doorway

<b>REPS: 10</b>	<b>SETS: 1</b>	<b>HOLD: 5</b>	<b>DAILY: 1</b>
<b>WEEKLY: 7</b>			



**Setup**

Begin in a standing upright position to the side of a doorframe with your involved arm bent and a towel between the back of your hand and the doorframe.

**Movement**

Gently press your hand outward into the towel. Hold, then relax and repeat.

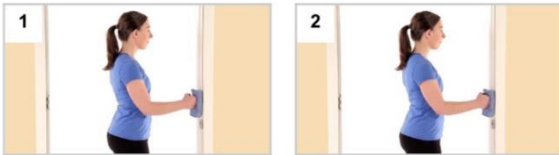
**Tip**

Make sure to maintain good posture and do not shrug your shoulder. There should be little to no movement during the exercise.



### Standing Isometric Shoulder Flexion with Doorway - Arm Bent

<b>REPS: 10</b>	<b>SETS: 1</b>	<b>HOLD: 5</b>	<b>DAILY: 1</b>
<b>WEEKLY: 7</b>			



**Setup**

Begin in a standing upright position facing a doorframe with your involved arm bent and a towel between your hand and the doorframe.

**Movement**

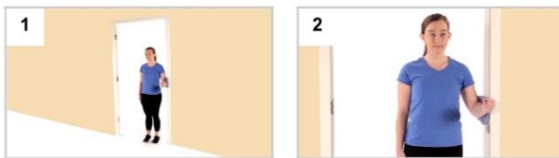
Gently press your hand forward into the towel. Hold, then relax and repeat.

**Tip**

Make sure to maintain good posture and do not shrug your shoulder. There should be little to no movement during the exercise.

### Standing Isometric Shoulder Abduction with Doorway - Arm Bent

<b>REPS: 10</b>	<b>SETS: 1</b>	<b>HOLD: 5</b>	<b>DAILY: 1</b>
<b>WEEKLY: 7</b>			



**Setup**

Begin in a standing upright position in the center of a doorway with your involved arm bent and a towel between your arm and the doorframe.

**Movement**

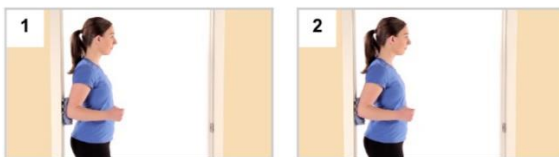
Gently press your arm out to the side into the towel. Hold, then relax and repeat.

**Tip**

Make sure to maintain good posture and do not shrug your shoulder. There should be little to no movement during the exercise.

### Standing Isometric Shoulder Extension with Doorway - Arm Bent

<b>REPS: 10</b>	<b>SETS: 1</b>	<b>HOLD: 5</b>	<b>DAILY: 1</b>
<b>WEEKLY: 7</b>			



**Setup**

Begin in a standing upright position facing away from a doorframe with your involved arm bent and a towel between your elbow and the doorframe.

**Movement**

Gently press your elbow backward into the towel. Hold, then relax and repeat.

**Tip**

Make sure to maintain good posture and do not shrug your shoulder. There should be little to no movement during the exercise.



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### Supine Shoulder Flexion Extension AAROM with Dowel

REPS: 10	SETS: 1	DAILY: 1	WEEKLY: 7
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#### Setup

Begin lying on your back. Use a dowel to assist one arm into a vertical position.

#### Movement

Use the dowel to move your arm up and down in a vertical direction.

#### Tip

Make sure to allow your supportive arm to guide the motion with the dowel. Do not move through pain or arch your back.

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### Supine Shoulder Horizontal Abduction Adduction AAROM with Dowel

REPS: 10	SETS: 1	DAILY: 1	WEEKLY: 7
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#### Setup

Begin lying on your back. Use a dowel to assist one arm to a vertical position.

#### Movement

Use the dowel to move your arm side to side in a horizontal direction.

#### Tip

Make sure to allow your supportive arm to guide the motion with the dowel. Do not move through pain or arch your back.