

Shoulder Regain ROM

Home Exercise Program

Total 7



PENDULUM CIRCLES - CODMAN

Shift your body weight in circles to allow your injured arm to swing in circles freely. Your injured arm should be fully relaxed.

Video # VV8HY5VPJ

Repeat	1 Time
Complete	2 Sets
Perform	3 Times a Day



PENDULUM FORWARD BACK - CODMAN

Shift your body weight forward then back to allow your injured arm to swing forward and back freely. Your injured arm should be fully relaxed.

Video # VVSE7SQSH

Repeat	1 Time
Complete	2 Sets
Perform	3 Times a Day

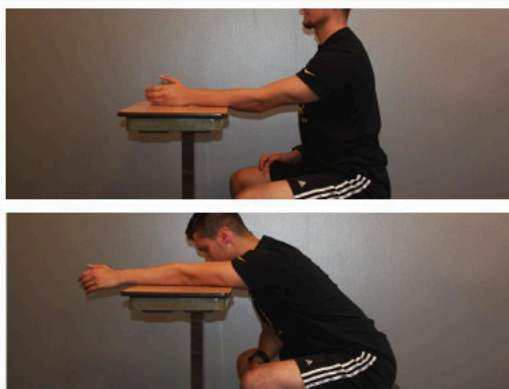


PENDULUM LATERAL - CODMAN

Shift your body weight side to side to allow your injured arm to swing side to side freely. Your injured arm should be fully relaxed.

Video # VVE53J9CG

Repeat	1 Time
Complete	2 Sets
Perform	3 Times a Day



PROM shoulder flexion

Sit in a chair with your arm resting on a table as shown in the top picture. Lean your trunk forward and allow your arm to slide forward on the table. Keep your thumb pointed toward the ceiling and try to allow your arm to be completely relaxed.

Repeat 5 Times
Hold 15 Seconds
Complete 1 Set
Perform 2 Times a Day



SHOULDER ABDUCTION - WAND / CANE

While holding a wand/cane palm face up on the injured side and palm face down on the uninjured side, slowly raise up your injured arm to the side. Lower back down and repeat.

Video # VVYJ32LP2

Repeat 10 Times
Hold 3 Seconds
Complete 1 Set
Perform 1 Times a Day

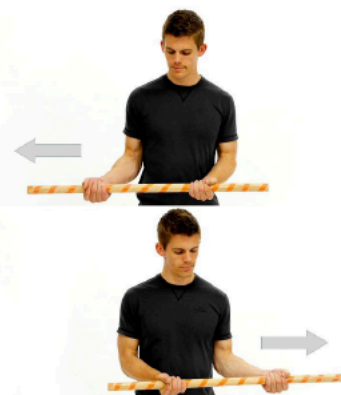


SHOULDER FLEXION AAROM - UNILATERAL - WAND / CANE

In the standing position hold a wand / cane with both arms as shown. Lift the affected arm using the unaffected arm to assist with pushing it up.

Video # VVZFWA94Z

Repeat 10 Times
Hold 3 Seconds
Complete 1 Set
Perform 1 Times a Day



WAND ROTATION - STANDING IR ER

In the standing position, hold a wand/cane with both hands keeping your elbows bent. Move your arms and wand/cane side-to-side. Your affected arm should be partially relaxed while your unaffected arm performs most of the effort.

Video # VV8RU2YV7

Repeat 10 Times
Hold 3 Seconds
Complete 1 Set
Perform 1 Times a Day