

1



Complete 1 Set

Circular Motion Shoulder Pendulum Exercise

Start by resting your non-injured hand on a stable object for balance. Slightly bend forward so that your body is at a 90 degree angle, with your affected arm hanging in front of body towards the floor. Place foot of affected side one step forward compared to foot of non-affected side. While upper body is still bent at a 90 degree angle and affected arm is hanging freely in front of you, slowly start to shift your body weight in small circles going clockwise to allow your injured arm to swing in small circles freely. Your injured arm should be fully relaxed when doing this exercise, remembering not to move arm with shoulder muscles to create the circular movement. Complete 30 clockwise repetitions and 30 counter clockwise repetitions.

3



Repeat 3 Times
Hold 20 Seconds
Complete 1 Set

Video # VVYJ32LP2

AAROM SHOULDER ABDUCTION

While holding a stick/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. Hold stretch.

4



Repeat 3 Times
Hold 20 Seconds
Complete 1 Set

Video # VVNFCPQE2

SUPINE EXTERNAL ROTATION

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.

2



Repeat 3 Times
Hold 20 Seconds
Complete 1 Set

AAROM SHOULDER FLEXION

In the standing position and holding stick/cane with both arms as shown, raise it up allowing your unaffected arm to push up your affected arm. Hold stretch.

5



Repeat 3 Times
Hold 20 Seconds
Complete 1 Set

Internal Rotation Stretch

Put the stick behind your back, with the uninvolved arm holding the top of the stick and thumb facing the ground. Bend involved arm behind your back and grab the bottom of the stick (thumb facing the ceiling). Using uninvolved arm, pull the stick towards the ceiling, pulling the involved arm up into a stretch.

6



Repeat 12 Times
Hold 1 Second
Complete 3 Sets

Video # VVPRTPU7

FREE WEIGHT FLEXION

Start with your arms down by your side. While holding a free weight (or soda/soup can) with your palm facing your side and your elbows straight raise up your arm forward as shown then return to starting position. Avoid arching your low back.

7



Repeat 3 Times
Hold 1 Second
Complete 3 Sets

Video # VVT4VBNMM

FREE WEIGHT - ABDUCTION

While holding a weight and elbow straight, bring up your arm to the side. Avoid leaning away from the weight.

8



Repeat 12 Times
Hold 1 Second
Complete 3 Sets

Video # VVRBALUQE

SIDELYING EXTERNAL ROTATION WITH TOWEL

Lie on your side with your elbow bent to 90 degrees. Place a rolled up towel between your arm and the side of your body as shown.

Squeeze your shoulder blade back and down and hold that position.

Next, roll your arm upwards from your stomach area towards the ceiling while maintaining your arm against the towel and with your shoulder blade held down and back the entire time. Lower your arm and repeat.

9



Repeat 12 Times
Hold 1 Second
Complete 3 Sets

Video # VVRE3JZE3

FREE WEIGHT INTERNAL ROTATION

Lie on your affected side and hold a weight with your elbow bent and rested near your side. Next, draw up the your arm from the ground towards the ceiling.

TIP: Try to lie on your affected side but more towards your back with and off your shoulder. This may feel better and take pressure off your shoulder.