



### SHRUGS

Raise your shoulders upward towards your ears as shown. Shrug both shoulders at the same time. □

You can stand in front of a mirror to see that the shoulders are moving symmetrically.

Repeat 10 Times

Hold 10 Seconds

Complete 2 Sets

Perform 2 Times a Day



### PENDULUM CIRCLES

Bend forward 90 degrees at the waist (with your chest facing the floor) while using your good arm to support your body weight. With the affected arm relaxed and hanging toward the floor, gently move the arm in small, rhythmical circles. Your injured arm should be fully relaxed. □

Perform the circles clockwise for 30 seconds then counter clockwise for 30 seconds.

Duration 60 Seconds

Complete 1 Set

Perform 2 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 your elbow at a 90 degree angle and your arm approximately 30-45 degrees away from your side. The hand on your good arm should be down by your hip so that the cane is on a slight angle as it goes across the body toward your affected side.

Use your good arm to push the wand/cane to rotate the affected arm back into a stretch. Hold 10 seconds and then return to starting position and then repeat.

Repeat 10 Times

Hold 10 Seconds

Complete 1 Set

Perform 1 Times a Day

### WRIST GRAB FLEXION - SUPINE - AAROM SHOULDER FLEXION



While lying on your back, grasp your affected arm at the wrist and use the good arm to slowly raise the affected arm overhead. Your affected arm should be relaxed and your other arm performing the work.



Repeat 10 Times  
Complete 1 Set

Hold 10 Seconds  
Perform 1 Times a Day

### TABLE SLIDE - SCAPTION



Sitting in a chair, rest your injured arm on a table. Lean forward at the waist and gently slide the arm forward at a slight angle. The weight of your affected arm should be full supported by the table...do not use it to support your body weight as you lean forward. You can use your good arm against your thigh to support your trunk with the forward lean.



Repeat 10 Times  
Complete 1 Set

Hold 10 Seconds  
Perform 1 Times a Day