

Seated Shoulder Pendulum Exercise



Setup

Begin sitting bent over in a chair with your affected arm hanging toward the floor, propping your unaffected arm on your leg.

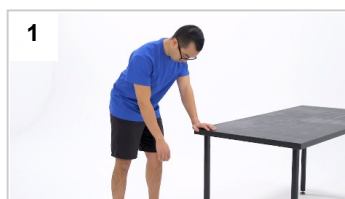
Movement

Shift your torso 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 shoulder to create the movement.

Circular Shoulder Pendulum with Table Support



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.

Flexion-Extension Shoulder Pendulum with Table Support



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



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.

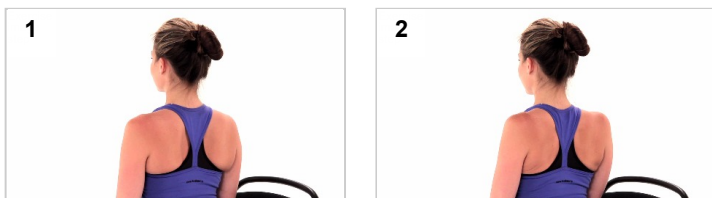
Movement

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.

Seated Scapular Retraction



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.

Shoulder Flexion Wall Walk



Setup

Begin in a standing upright position with your arms straight and your hands resting on a wall at shoulder height.

Movement

Slowly walk your hands up the wall one at a time.

Tip

Make sure to keep your body straight during the exercise. Only walk your hands as far as you can without feeling any pain.

Standing Shoulder Abduction Finger Walk at Wall



Setup

Begin in a standing upright position with a wall at your side.

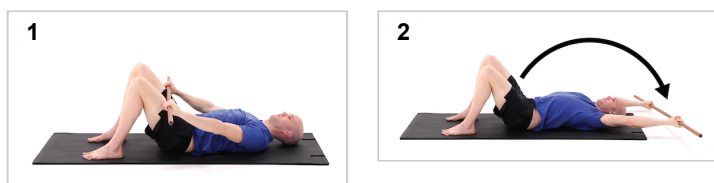
Movement

Place the hand of your involved arm on the wall and walk your fingers up the wall as far as you can, then gently lean toward the wall to slide it further. Slide your hand back down, and repeat.

Tip

Make sure not to shrug your shoulder. Only raise your arm as far as you can without causing pain.

Supine Shoulder Flexion with Dowel



Setup

Begin lying on your back with your knees bent and both hands holding a dowel rod.

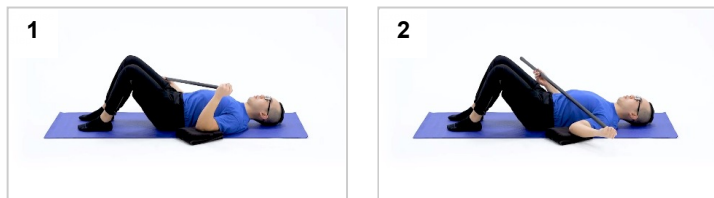
Movement

Keeping your elbows straight, lift your arms straight up overhead as far as is comfortably possible.

Tip

Make sure to keep your shoulders in contact with the floor and do not let your back arch during the exercise.

Supine Shoulder External Rotation with Dowel



Setup

Begin lying on your back holding a dowel in both hands with your affected arm bent at 90 degrees and elbow tucked by your side.

Movement

Using your other arm and dowel to guide the movement, slowly rotate your forearm outward, keeping your elbow tucked. Bring it back to the starting position and repeat.

Tip

Make sure to keep your elbow bent and resting on the floor throughout the movement. Try not arch your back as you move your arm.

Supine Shoulder External Rotation AAROM with Dowel



Setup

Begin lying on your back, holding a dowel in both hands with your elbows bent at 90 degree angles. One elbow should be resting on a towel roll with your palm facing backward.

Movement

Slowly rotate your arm outward, using the cane to guide the movement. Return to the starting position and repeat.

Tip

Make sure to keep your elbow bent and your back flat on the bed during the exercise.

Supine Shoulder External Rotation in 45 Degrees Abduction AAROM with Dowel



Setup

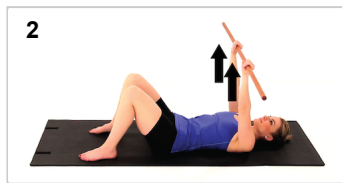
Begin lying on your back holding a dowel in both hands, with your involved arm out to your side at 45 degree angle and your elbow bent at 90 degrees, holding the end of the dowel.

Movement

Rotate your involved arm down toward the floor then bring it back to the starting position and repeat. You should be using your uninvolved arm to create the movement with the dowel.

Tip
Make sure to keep your elbow bent throughout the movement, and keep your back flat on the floor.

Supine Shoulder Press with Dowel



Setup

Begin lying on your back with your elbows tucked to your sides and bent at 90 degree angles holding a dowel with both hands.

Movement

Slowly push your arms upward, straightening your elbows. Then lower them back to the starting position and repeat.

Tip
Make sure that you do not bring your arms overhead and try not to arch your back during the exercise.