



Things to keep in mind while performing exercises:

- Keep shoulder blade set (down and back) before starting each exercise
- An airsplint may be used to keep the elbow straight
- Try not to shrug the shoulder during the exercise
- Hold each exercise for at least 1 second before returning slowly to the start position
- Begin by performing 3 sets of 10 repetitions
- Adding a weight will increase the difficulty of any exercise
- If exercise is difficult, caregiver assistance is recommended

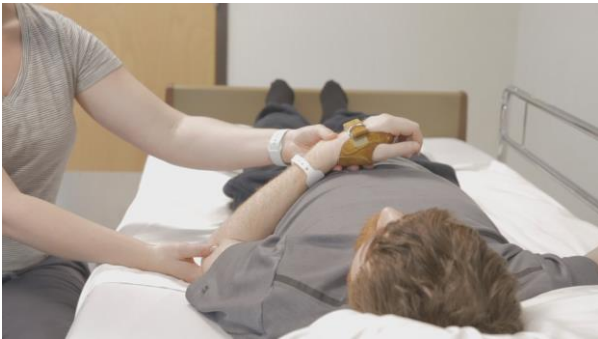
Shoulder Abduction

Begin with palm facing up and arm down at side. Keeping elbow straight, move arm out to side away from the body.



External & Internal Rotation

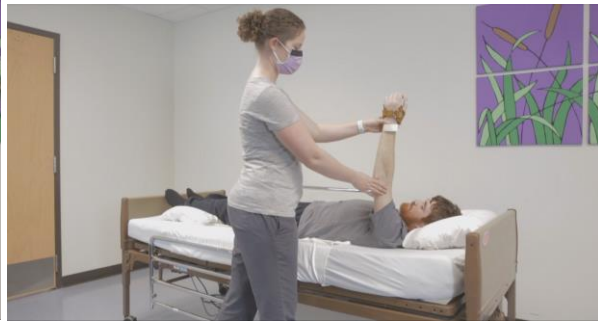
Begin with elbow bent and hand on stomach. Keeping elbow bent and tucked at side, rotate arm out toward edge of bed.



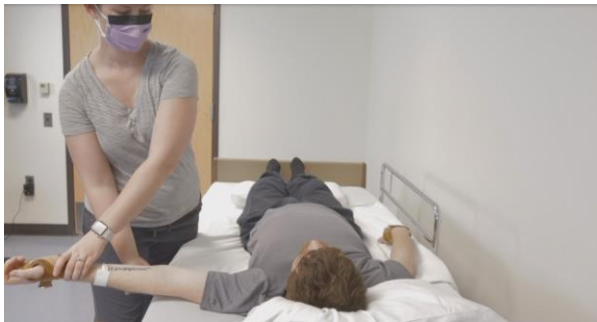


Horizontal Abduction & Adduction

Begin with arm at side and palm facing towards body. Keeping elbow straight, raise arm to 90 degrees.



Keeping arm straight, squeeze shoulder blades together and bring arm out to side until back of hand touches bed. Then, bring straight arm across the body to complete exercise.



Scapular Protraction & Retraction

Lie on back with arm straight in front at 90 degrees. Bring shoulder forward towards the ceiling, lifting shoulder off the surface.





Shoulder Flexion

Lie on side with top arm resting on hip and palm facing down. Keeping elbow straight and the arm in thumbs up position, bring the arm forward and up towards head.

