

*All exercises should be performed in a slow and controlled manner. Ensure to not hold your breath during exercise.

*Stretches are meant to feel like a gentle pull. Stretch in tolerable ranges.

1



Upper Trap Stretch (Time Based)

THIS IS A STRETCH with hold TIME: Sit in a chair. Hold onto the chair with the arm of the side of your neck you will stretch. Use the other arm (if the affected arm cannot lift to that height you do not need to apply overpressure with the hand) to come up top and pull the head to the same side of that arm and hold. Repeat on other side.

Repeats: 1 set of 5 reps

Hold: Please hold for the allotted time 10 for each rep performed before returning to neutral.

Perform: 2x a day



2



Elbow Flexion AROM Seated (Time Based)

Start with your arm at your side. Bend your elbow keeping your palm facing forward throughout. Then return to starting position and repeat.

Repeats: 2 sets of 5 reps

Perform: 2x a day



3



Shoulder Flexion AAROM Table Slide Palm Down Seated (Time Based)

Sitting in a chair, facing a table, rest affected arm on a table and gently slide your body forward allowing your arm to move and then back up. Sometimes a towel under the hand allows you to move easier.

Repeats: 2 sets of 5 reps

Perform: 2x a day



4



Scapular Backward Rolls AROM in Standing (Time Based)

Stand straight. Relax your arms. Easily roll your shoulders in a circular motion backwards. Take your time and control your motion.

Repeats: 2 sets of 5 reps

Hold: Please hold for the allotted time 5 for each rep performed before returning to neutral.

Perform: 2x a day

5



Shoulder Flexion AAROM with Wand Palm Down Supine (Time Based)

While lying on your back with your arm at your side, grab the wand palm facing down with good hand and affected side hold onto the end with thumb up -or- interlock your fingers with your arms straight- and use your good arm to slowly raise your affected arm over your head as far as you can comfortably go. Return back to start. Your good arm should be doing most of the work. Repeat

Repeats: 2 sets of 5 reps

Perform: 2x a day

6



Shoulder External Rotation AAROM with Wand Supine (Time Based)

Place a towel roll under your elbow. Rotate shoulder back using a wand and your uninvolved arm. Keep your elbow bent at 90 degrees. Make sure not to go further than the set limit.

Repeats: 2 sets of 5 reps
Perform: 2x a day



7



Shoulder Abduction AAROM with Wand Standing (Time Based)

While holding a cane or wand, place your AFFECTED hand on the end tip and let that arm fully relax with your elbow straight. Use your good arm to push across your body to move the AFFECTED arm up slowly rotating your AFFECTED arm to get your thumb pointing up and palm forward as you go higher. SLOWLY return back to the starting position. Repeat.

Repeats: 2 sets of 5 reps
Perform: 2x a day



8



Shoulder Pendulums Forward Back (Time Based)

Support your body with your unaffected arm at a table. Allow your affected arm to hang loosely. Get your arm to swing gently by rocking your body gently. Do NOT initiate the swing from your shoulder or hand. Your body's rocking will allow the arm to move around freely. Get it to swing in front of you and towards back of you. Your affected arm should be fully relaxed.

Repeats: 2 sets of 5 reps
Perform: 3x a day



9



Ball or Towel Squeeze (Time Based)

Arm can be at your side, on a table, supported, or unsupported. Keep your hand above the height of your elbow. Place a rolled towel or ball in your hand and squeeze. Hold for 5 seconds, relax. Repeat.

Repeats: 1 set of 10 reps
Hold: Please hold for the allotted time 5 for each rep performed before returning to neutral.
Perform: 3x a day



Please contact your provider with questions regarding your specific home exercise program.