

SHOULDER

Stretching Therapeutic Exercises Home Instruction Sheet

Name _____ Date _____

GENERAL INSTRUCTIONS:

Do only those exercises taught to you by your therapist.
Exercise twice daily, 10 of each.

Flexion: Sitting upright, slide forearm along table as you bend from the waist until a stretch is felt. Hold 5 seconds.



1

Flexion: Slide arm up wall with palm toward you by moving closer to wall. Hold 5 seconds.



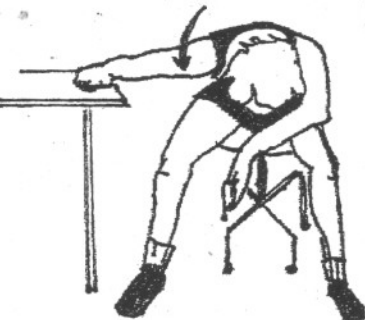
2

Abduction: With arm resting on table, palm up, bring head down toward arm as you simultaneously move trunk away from table. Hold 5 seconds.



3

External Rotation: Bend forward at waist keeping forearm on table palm down until a stretch is felt. Hold 5 seconds.



4

External Rotation: Keep palm of hand against door frame and elbow bent at 90 degrees. Turn body from fixed hand until a stretch is felt. Hold 5 seconds.



5

Extension: Reach up and behind back with one arm while at the same time reaching down and behind the back with the other arm. Try to clasp hands together so that you feel a stretch in both arms. A towel may be held between both hands for assistance.



6

EXERCISE GUIDELINES:

Exhale on exertion. Hold position for 5 seconds and then relax.

Pulling sensations may occur while exercising. Stop exercising if you experience pain, nausea or dizziness.