



### PECTORALIS DOORWAY STRETCH - SINGLE ARM

While standing in a doorway, place your arm up on the door jam and take a step forward through the doorway. Next, bend your front knee until a stretch is felt along the front of your chest and/or shoulder. Your upper arm should be horizontal to the ground and your forearm should lie up along the door frame.

NOTE: Your legs should control how much you stretch by bending or straightening your knee through the doorway.

Repeat 3 Times  
Complete 3 Sets

Hold 12 Seconds  
Perform 2 Times a Day



### WALL ANGELS

Stand with your back against a wall with arms raise to 90 degrees.

While making contact with your head, wrists, elbows and shoulders, slide your arms up and down the wall as shown.

Repeat 15 Times  
Complete 3 Sets

Hold 1 Second



### PENDULUM CIRCLES WITH WEIGHT

Place one hand on a stable surface like a table or counter top and bend forward at the waist. Hold a small hand-weight or a can of soup with your affected arm and dangle it down towards the floor. Completely relax the affected arm. The only active muscle should be for gripping the weight.

Shift your body weight in a circular motion to allow your injured arm to swing freely in a clockwise pattern. Perform this for several revolutions and then change directions and perform in a counter-clockwise direction.

Your injured arm should be fully relaxed the entire time.

Duration 30 Seconds  
Complete 3 Sets

Perform 2 Times a Day



### SUPINE SHOULDER ABCs

Lie on your back and extend your arm up towards the ceiling. With your elbow straight, move your arm at the shoulder as if writing the alphabet in the air with your hand/arm.

Repeat 3 Times

Perform 2 Times a Day



### AROM SHOULDER - 45 ABDUCTION - INTERNAL EXTERNAL ROTATION

Lie on your back with a folder towel or pillow under your elbow with elbow resting approximately 45 degrees away from your side.

Next, with a 90 degree bend in your elbow, rotate your shoulder so that your hand moves inward toward your stomach and then outward away from your stomach.

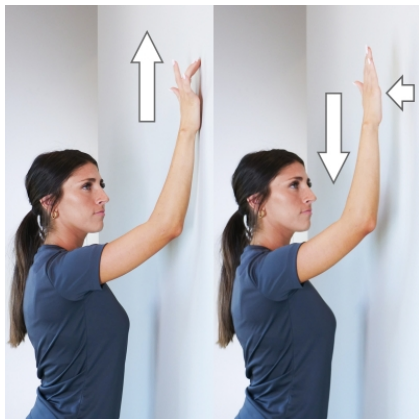


Repeat 15 Times

Hold 1 Second

Complete 3 Sets

Perform 2 Times a Day



### WALL WALK LIFT OFF

Place your affected hand on the wall with the palm facing the wall. Next, walk your fingers up the wall towards overhead. Then, lift your hand off the wall and lower back down while not touching the wall.

Repeat 15 Times

Hold 1 Second

Complete 3 Sets

Perform 2 Times a Day



### AROM SHOULDER - NEUTRAL TO INTERNAL ROTATION

Lie on your back with a folded towel or pillow under your elbow with elbow resting by your side.

Next, with a 90 degree bend in your elbow, rotate your shoulder so that your forearm starts in the straight up position and then moves inward toward your stomach as shown. Then return to starting (neutral) position and repeat.

Repeat 15 Times  
Complete 3 Sets

Hold 1 Second  
Perform 2 Times a Day



### SHOULDER - ISOMETRIC EXTERNAL ROTATION

Gently press your hand into a wall using the back side of your hand. Maintain a bent elbow the entire time. Hold, relax and repeat.

Repeat 15 Times  
Complete 3 Sets

Hold 5 Seconds  
Perform 2 Times a Day



### SHOULDER - ISOMETRIC INTERNAL ROTATION

Place a small folded towel between your hand and a wall. Gently press the palm side of your hand towards a wall. Maintain a bent elbow the entire time. Hold, relax and repeat.

Repeat 15 Times  
Complete 3 Sets

Hold 5 Seconds  
Perform 2 Times a Day

## PRONE SHOULDER W



Lie face down with your arm dangling over the side of the table/bed.

Next, squeeze your shoulder blades inward and downwards towards your spine.



Start by bending at the elbow and then raise your arm upwards towards the ceiling while maintaining your elbow in a bent position.

Return to starting position and repeat.

Repeat 15 Times

Complete 3 Sets

Hold 3 Seconds

Perform 2 Times a Day