The following is your personalized exercise program prescribed by your physical therapist. Please review the instructions and perform the exercises as prescribed (frequency, number of repetitions). If your symptoms feel worse with any exercise, stop doing the exercise until you check with your physical therapist or your doctor.

The following are passive exercises for your affected shoulder. This means all of the effort should come from your unaffected arm, bringing the affected arm “along for the ride.” Equipment Needed: Shoulder Pulleys

**Forward Raise – Low – Stand Facing Door**

Attach the pulley to the middle of the door. Stand facing the door. Hold pulley handles in both hands, with your elbows straight and thumbs up. Pull down with your unaffected arm. This will bring your affected arm forward and up. Hold the position for 2 seconds, then allow the affected arm to relax back to your side. Repeat movements in a comfortable rhythm.

**Frequency**

**Forward Raise – High – Sit Facing Door**

Attach the pulley to the top of the door. Sit facing the door. Hold pulley handles in both hands, with your elbows straight and thumbs up. Pull down with your unaffected arm to bring affected arm forward and up. Hold the position for 5-10 seconds, then allow the affected arm to relax back to your side.

**Frequency**

**Forward Raise – High – Sit Facing Away**

Attach the pulley to the top of the door. Sit with your back to the door. Hold pulley handles in both hands, with your thumbs up. Pull down with your unaffected arm to bring your affected arm forward and up. Hold the position for 5-10 seconds, then allow the affected arm to relax back to your side.

**Frequency**

**Additional Instructions:**

PHYSICAL THERAPY
Hand Behind Back

Attach pulley to the top of the door. Stand with your unaffected side towards the door. Holding onto each pulley handle, place the hand of your affected arm behind your body and the other hand in front of your body. Pull down with the unaffected hand in front to elevate the hand of the affected arm behind your back. Hold the position for 5-10 seconds, then allow the affected arm to relax back to your side.

Frequency________________

Outward Rotation

Attach pulley to the door at elbow level. Stand with your affected side towards the door. Keep your affected arm by your side with a rolled towel between your bent elbow and your body. Using your unaffected arm, gently pull handle out to the side causing the hand of your affected arm to move away from your body. Do not allow it to move too far away from your side. Hold the position for 5-10 seconds, then allow the affected arm to relax back to your side.

Frequency________________

Additional Instructions: