

# Shoulder Active Range of Motion

Your physical therapist or doctor recommends the following personalized exercise program for you to help with your recovery. Please follow these instructions on how often to hold or repeat each one. If your symptoms feel worse with any exercise, stop doing it until you check with your physical therapist or doctor.

## Shoulder blade setting

1. Sit or stand up tall with good posture and your arms relaxed at your side.
2. Reach both hands down toward the floor and squeeze your shoulder blades together.
3. Slowly return to the start position.

FREQUENCY \_\_\_\_\_



## Outward rotation

1. Sit or stand with your elbows bent and at your sides, thumbs pointing up.
2. Squeeze your shoulder blades together.
3. Move your hands as far apart as you can without causing shoulder pain, keeping your elbows at your sides.
4. Relax back to the start position.

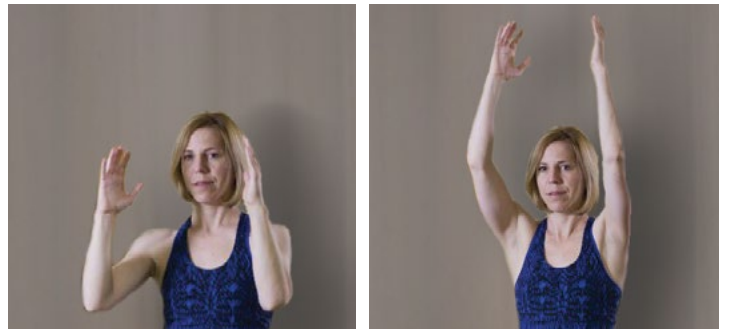
FREQUENCY \_\_\_\_\_



## Bent arm raises

1. Stand with both arms by your side, elbows bent, and your palms facing each other.
2. Lift your arms straight up and as far as you can without causing shoulder pain.
3. Lower your arms slowly to return to the start position.

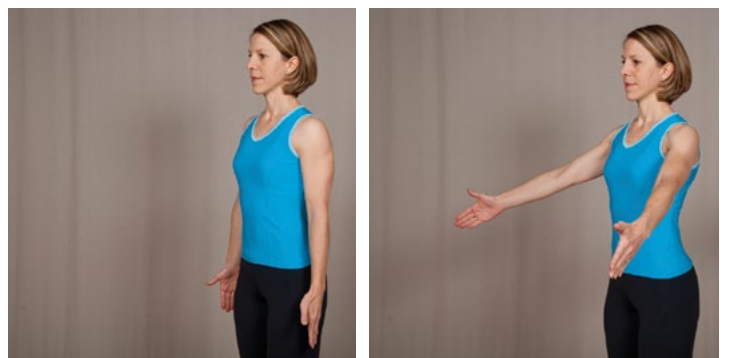
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## Arm raises with shoulder blade squeeze

1. Stand with your arms at your side and thumbs facing upward. Squeeze your shoulder blades together.
2. Raise your arms up and slightly to the side. Stop the movement when your arms reach shoulder level or when you are about to feel pain.
3. Lower your arms slowly to return to the start position.

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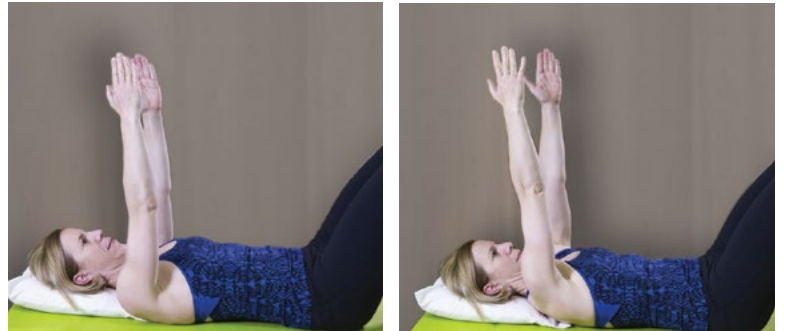


# Shoulder Active Range of Motion

## Shoulder press up

1. Lie down on your back on a mat.
2. Reach toward the ceiling keeping your arms and elbows straight and palms facing each other.
3. Feel your shoulder blades moving apart.
4. Relax back to the start position.

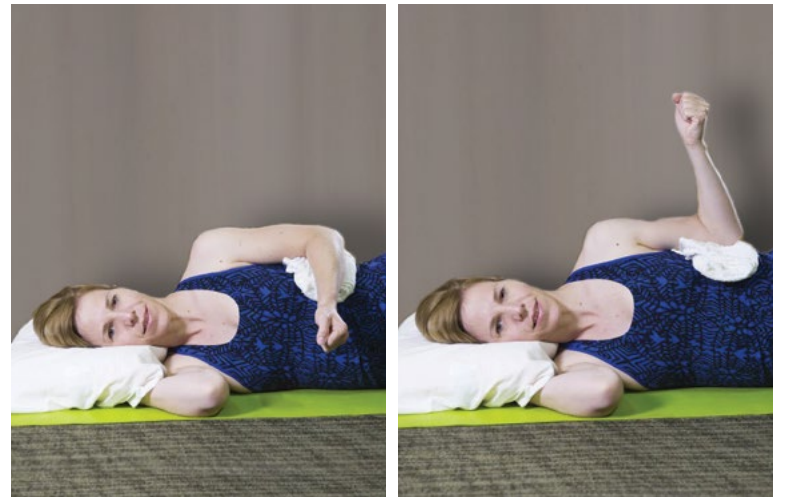
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## Outward rotation

1. Lie on your unaffected side with your upper arm at your side.
2. Place a small rolled towel between your elbow and your side. Bring your forearm across your body and your thumb pointed toward the ceiling.
3. Raise your hand toward the ceiling while keeping your elbow pressed into the towel. Keep your elbow bent to 90 degrees.
4. Slowly return to the start position.

FREQUENCY \_\_\_\_\_



## Side arm raise on your stomach

1. Lie face down on a bench or bed with a small towel roll placed under your forehead.
2. Let your arm hang down toward the floor.
3. Point your thumb up and squeeze your shoulder blade while raising your arm up to the side. The goal is to raise your hand to the level of your shoulder. Hold for 2 seconds.
4. Slowly return to the start position.

FREQUENCY \_\_\_\_\_



Consult with your physical therapist or doctor if you experience an increase in your symptoms with recommended exercises. This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor. If you have questions or need more information about your medication, please speak to your pharmacist. Some photos may include models and not actual patients.