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). It is important to perform these exercises several times per day to maintain the range of motion in your shoulder.

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.”

You should move your arm until you feel a mild stretch in the shoulder. If your symptoms feel worse with any exercise, stop doing the exercise until you check with your physical therapist or your doctor.

- **Forward Slide**
  Sit with your affected arm next to a table. Place your arm on the table with little finger side down and your elbow straight.
  Reach forward, sliding your arm along edge of table. Lean forward at your waist to increase the range of shoulder movement.
  Hold _____ seconds. Slowly return to start.
  Frequency________________

- **Outward Rotation – Cane**
  Place a rolled towel (not shown) between the elbow of your affected arm and your side. Stand with your elbows bent and hold a stick or a cane in both hands.
  Push gently on the cane with your opposite hand to move your affected hand and forearm out to the side. Make sure to keep your elbow bent and your upper arm at your side during the exercise.
  Hold _____ seconds. Slowly return to start.
  Frequency________________

- **Side Raise Lean Over Chair**
  Sit with your affected arm hanging straight down at your side.
  Lean your upper body towards affected side, allowing your hand and arm to move toward the floor.
  Hold _____ seconds. Slowly return to start.
  Frequency________________

**Additional Instructions:**
SHOULDER PASSIVE RANGE OF MOTION
SEATED OR STANDING – PHASE 1

- **Side Raise with Cane**
  Sit or stand with the cane in both hands, place the hand of the affected arm over one end of the cane (circled hand in figure). Push the cane with your opposite hand, bringing affected arm out to side and upwards. Keep the elbow of your affected arm straight during the exercise.
  Hold ____ seconds. Slowly return to start.
  Frequency__________

- **Inward Rotation – Hand Behind Back with Towel**
  Low towel
  Place the hand of your affected arm behind your hip. Grasp a towel with both hands. Use your opposite hand to pull the towel, bringing the affected arm toward the opposite hip.
  Hold ____ seconds. Slowly return to start.
  Frequency__________

- **Inward Rotation – Hand Behind Back with Towel**
  High towel
  Place the hand of your affected arm behind your hip. Loop a towel over your unaffected shoulder and grasp with both hands. Pull the towel, bringing the affected arm toward the opposite hip and up your back.
  Hold ____ seconds. Slowly return to start.
  Frequency__________

- **Arm Across Chest – Adduction**
  Stand with your back against a wall. Reach hand (affected arm) across your chest towards your other shoulder. Place opposite hand on elbow; press gently until you feel a mild stretch in the back of your shoulder (figure 1). If comfort level permits, progress to figure 2. Raise your affected arm as high as you can.
  Hold ____ seconds. Slowly return to start.
  Frequency__________

**Additional Instructions:**

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010526-015 (Revised 6-08) R.L. 4.8