Your physical therapist recommends the following personalized exercise program for you. Please follow your therapist’s instructions for how often to hold or repeat each one. If your symptoms feel worse with any exercise, stop doing the exercise until you check with your physical therapist or your doctor. It is important to perform these exercises several times each day to maintain the normal range of motion in your shoulder.

**Equipment needed:** chair, towel, table, and either a cane, a dowel, or a short broomstick

### Pendulum
Bend forward at the hips so that your arm hangs down freely. Rock from your back to your front foot. Let your arm move in a circle, first clockwise then counter-clockwise.

Frequency________

### 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 the edge of table. Lean forward at your waist to increase the range of shoulder movement.

Hold ___ seconds. Slowly return to start.

Frequency________

### Overhead Raise
Grasp the wrist of your affected arm with your unaffected hand, thumbs of both hands facing up. Lift the affected arm up with the unaffected hand until both hands point toward the ceiling. If this feels comfortable, bring your arms further back over your head.

Hold ___ seconds.

Frequency________

You can do this exercise with the help of a stick or a cane. You can also do this while sitting or standing.

**Additional Instructions:**
SHOULDER RANGE OF MOTION – PHASE 1

- **Outward Rotation (neutral) – Stick/Cane**
  Place a folded towel under the elbow of the affected arm. Hold the cane in both hands; use your other hand to push the affected hand and forearm away from your body. Make sure to keep the upper part of your arm at your side with your elbow bent.
  Hold ____ seconds.
  Frequency________________

- **Outward Rotation (neutral)**
  Bend the elbow of your affected arm. Place a folded towel between that elbow and your side. Hold the cane in both hands. Use your other hand to push the affected hand and forearm away from your body. Make sure to keep the upper part of your arm at your side with your elbow bent.
  Hold ____ seconds. Slowly return to start.
  Frequency________________

- **Shoulder Extension**
  Stand up tall and place a stick in both hands behind you. Gently raise the stick away from your buttocks until you feel a gentle stretch in your shoulder.
  Hold ____ seconds.
  Frequency________

- **Inward Rotation – Hand Behind Back with 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.
  Frequency________

**Additional Instructions:**

Consult with your physical therapist or doctor if you experience an increase in your symptoms with recommended exercises, or if you develop new symptoms of numbness, tingling, or a spread of the pain. 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. Kaiser Permanente does not endorse the medications or products mentioned. Any trade names listed are for easy identification only.

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010526-015 (Revised 5-12) R.L. 4.8