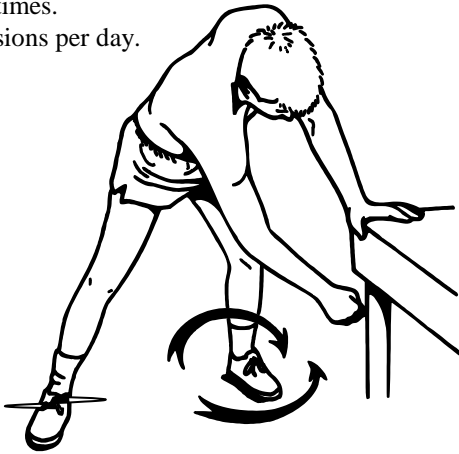


SHOULDER - 26
Range of Motion Exercises:
Pendulum (Circular)

Let arm move in a circle
clockwise, then counter-
clockwise, by rocking body
weight in a circular pattern.

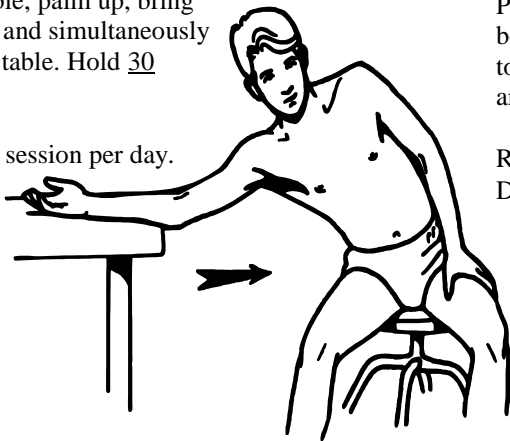
Repeat 10 times.
Do 3-5 sessions per day.



SHOULDER - 9
Range of Motion Exercises (Self-
Stretching Activities): Abduction

With arm resting on table, palm up, bring
head down toward arm and simultaneously
move trunk away from table. Hold 30
seconds.

Repeat 1-4 times Do 1 session per day.



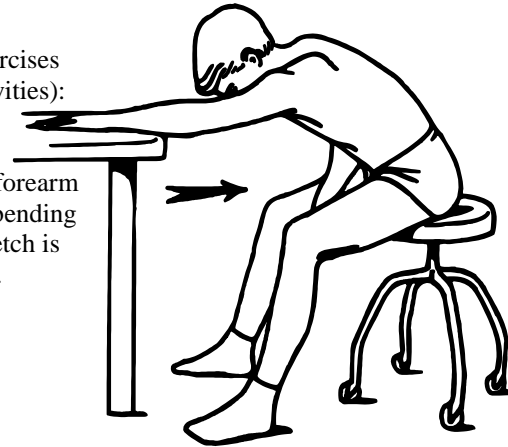
Reliant Medical Group

Rehabilitation & Sports Medicine Frozen Shoulder

SHOULDER - 7
Range of Motion Exercises
(Self-Stretching Activities):
Flexion

Sitting upright, slide forearm
forward along table, bending
from waist until a stretch is
felt. Hold 30 seconds.

Repeat 1-4 times
Do 1 session per day.



SHOULDER - 73
Towel Stretch for Internal
Rotation

Pull involved arm up
behind back by pulling
towel upward with other
arm. Hold 30 seconds.

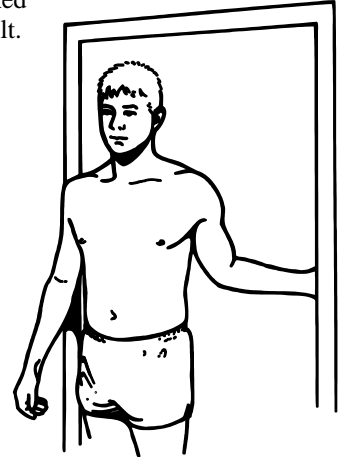
Repeat 1-4 times
Do 1 session per day.



SHOULDER - 11
Range of Motion Exercises
(Self-Stretching Activities):
External Rotation (alternate)

Keep palm of hand against
door frame, and elbow bent at
90°. Turn body from fixed
hand until a stretch is felt.
Hold 30 seconds.

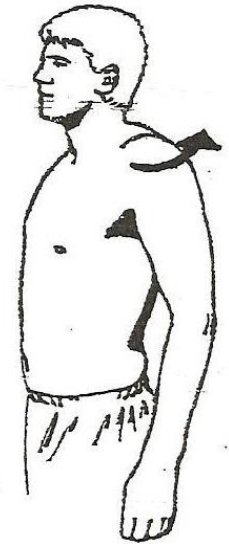
Repeat 1-4 times
Do 1 session per day.



SCAP SETS

Pull your shoulders back,
pinching the shoulder
blades together. Do not let
the shoulders come
forward. Hold 5-10
seconds.

Repeat 10 times
Do 1 session per day.



Locations: Worcester – Gold Start Blv. 508-856-9510, 640 Lincoln St. 508-854-2426, Worcester Medical Center 508- 368-3143

■ Westboro 508-871-0789 ■ Leominster 978-840-1900 ■ Auburn 508-721-1101

Disclaimer: If you experience pain or worsening of symptoms call doctors office and stop doing your exercises.

Internet Access: www.reliantmedicalgroup.org Click on Medical Services, Specialty Care, Rehabilitation, Informative Exercise Sheets