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

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

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

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 - 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.

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.

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.

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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