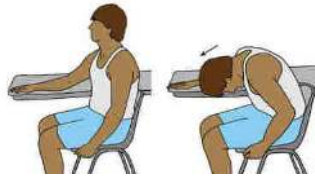




Shoulder Flexion ROM- Table Top

Rest your affected shoulder's hand on a counter or table as pictured. Lean forward, allowing your hand to slide forward increasing the range of motion at your shoulder. Hold the stretch, then lean back and repeat.
 Hold 30 second 5 reps At least 3 times a day



Shoulder External Rotation ROM- Table Top

Place affected arm on the table as pictured. Gently lean forward while keeping hand still create an L shape of your arm. You should feel the stretch in your shoulder. Hold the stretch, lean back, and repeat.
 Hold 30 seconds 5 reps At least 3 times a day



Supine shoulder flexion ROM with cane

While lying on your back, hold a cane or umbrella with hands shoulder width apart. Gently reach overhead until you feel a stretch.
 Hold 30 seconds 5 reps At least 3 times a day



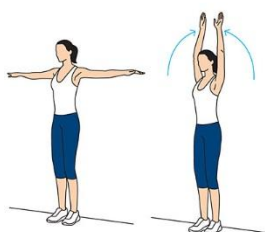
Supine ER with cane

While lying on your back, make an L with the affected arm. Use the cane to gently push arm back towards the table (as if reaching back to throw a ball). Be sure that the motion happens at the shoulder and not the elbow.
 Hold 30 seconds 5 reps At least 3 times a day



Internal rotation stretch

Holding on to a belt or towel with your affected arm behind your back, pull the opposite end up as pictured moving your arm into more internal rotation behind your back. Do this exercise in a relatively pain-free range of motion.
 Hold 30 seconds 5 reps At least 3 times a day



Snow angels

On the wall or lying flat, stretch arms out and up while keeping contact with surface to stretch in to abduction. Hold the stretch then return to starting position, and repeat.
 Hold 30 seconds 5 reps At least 3 times a day