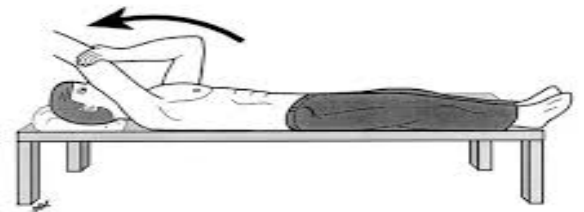


Shoulder Range of Motion Exercises

- Perform **PASSIVE**, well-arm (nonoperative) assisted **forward flexion** and **external rotation** (outward turning) exercises with the operative arm.
 - Both exercises should be done with the non-operative arm used as the "therapist arm" while the operative arm remains completely relaxed.
- 10 of each exercise should be done **5 times daily**, working up to the maximum degrees indicated

Forward Flexion Maximum: ____ degrees (140° if not specified)

Lay flat on your back, *completely relax your operative arm like a wet noodle*, and grasp the wrist of the operative shoulder with your opposite hand. Using the power in your opposite arm, bring the stiff arm up only to the maximum degrees (90° indicates your arm pointed straight ahead). Start holding it for 10 seconds and then work up to where you can hold it for a count of 30. Breathe slowly and deeply while the arm is moved. *Repeat this stretch 10 times. Repeat the entire cycle 5 times per day.*



****You can also use a pole/stick/cane to perform this exercise. Hold the stick vertical, with the operative arm at the top and the nonoperative arm at the bottom. Keep the operative arm RELAXED (muscles not activated) and push up with your nonoperative arm to reach the maximum degrees.**

External Rotation Maximum: ____ degrees (40° if not specified)

External rotation is turning the arm out to the side *while your elbow stays close to your body*. It is best stretched while you are lying on your back. Hold a cane, yardstick, broom handle, or golf club with both hands. Bend both elbows to a right angle. *With your operative arm completely relaxed*, use steady, gentle force from your nonoperative arm to rotate the hand of the stiff shoulder out away from your body. Continue the rotation only to the maximum degrees (90° indicates your arm pointed straight ahead). Holding it there for a count of 10. *Repeat this exercise 10 times. Repeat the entire cycle 5 times per day.*

