

Introduction:

These exercises are recommended by us for you to perform on your own to regain your shoulder range of motion. These should be done at least once per day but not more than twice in one day. It is best to take some sort of medicine prior to the exercises (Tylenol, Ibuprofen/Advil, Naproxen/Aleve, pain medication) to make them more tolerable; take only medication recommended by your doctor. You should consider icing the shoulder after the exercises.

Perform only the exercises which are checked "YES" below

<p><u>ARM ELEVATION</u></p> <p>YES</p> <p>NO</p>	
<p><u>TABLE SLIDE</u></p> <p>YES</p> <p>NO</p>	

<p><u>WALL CLIMB</u></p> <p>YES</p> <p>NO</p>	
<p><u>INTERNAL ROTATION UP BACK WITH TOWEL</u></p> <p>YES</p> <p>NO</p>	
<p><u>INTERNAL ROTATION UP BACK WITH ARM</u></p> <p>YES</p> <p>NO</p>	

<p>You can use any stick (cane, broomstick or golf club) to do these exercises</p>	
<p><u>ARM ELEVATION</u></p> <p>YES</p> <p>NO</p>	
<p><u>ARM ELEVATION ELBOWS BENT</u></p> <p>YES</p> <p>NO</p>	
<p><u>INTERNAL AND EXTERNAL ROTATION ARMS DOWN</u></p> <p>YES</p> <p>NO</p>	

<p><u>INTERNAL AND EXTERNAL ROTATION ARMS UP</u></p> <p>YES</p> <p>NO</p>	
<p><u>ARM ELEVATION ON BACK</u></p> <p>YES</p> <p>NO</p>	
<p><u>ARM ELEVATION STANDING</u></p> <p>YES</p> <p>NO</p>	