## SHOULDER RANGE OF MOTION EXERCISES

John Haskoor MD 781-337-5555 p 781-335.6047 f

## 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

ARM ELEVATION	Start
YES	Surgery
NO	Finish  O SHI SHI DAM
TABLE SLIDE	
	Start
YES	
NO	
	The analysis of the state of th





WALL CLIMB	
YES	Start Start
INTERNAL ROTATION UP BACK WITH TOWEL	
WIII TOWEE	Normal
YES	Surgery
NO	Surgery side  Side
INTERNAL ROTATION UP BACK WITH ARM	
YES	
NO	J.H.J. SoltriAAM

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You can use any stick (cane, broomstick or golf club) to do these exercises		
ARM ELEVATION	Start	
YES		
NO	Finish SARU SOL TRAMS	
ARM ELEVATION ELBOWS BENT		
•	Start	
YES		
NO	Finish S. BHI 2017/AAM	
INTERNAL AND EXTERNAL		
YES	Start	
NO	Start Maga- o pres delt passes	

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INTERNAL AND EXTERNAL	
ROTATION ARMS UP	
YES	Start O Start
ARM ELEVATION ON BACK	
YES	Surgery side Normal side /
NO	
	Start C. AN 2017AM
ARM ELEVATION STANDING	
YES	
	Surgery
NO	Normal side
	Start Mills