

## SHOULDER RANGE OF MOTION EXERCISES

### 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

YES

NO



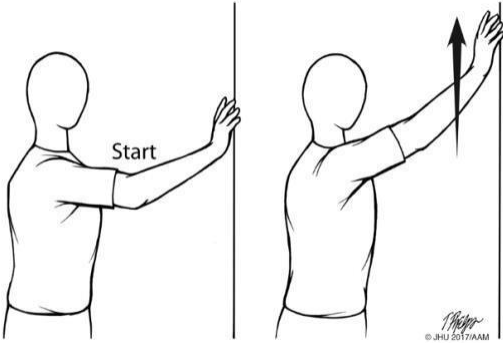
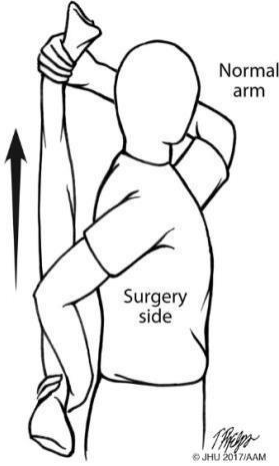
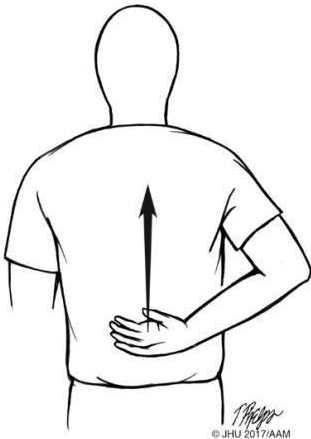
### TABLE SLIDE

YES

NO



## SHOULDER RANGE OF MOTION EXERCISES

<p><u>WALL CLIMB</u></p> <p>YES</p> <p>NO</p>	 <p>Start</p> <p>© JHU 2017/AAM</p>
<p><u>INTERNAL ROTATION UP BACK WITH TOWEL</u></p> <p>YES</p> <p>NO</p>	 <p>Normal arm</p> <p>Surgery side</p> <p>© JHU 2017/AAM</p>
<p><u>INTERNAL ROTATION UP BACK WITH ARM</u></p> <p>YES</p> <p>NO</p>	 <p>© JHU 2017/AAM</p>

## SHOULDER RANGE OF MOTION EXERCISES

You can use any stick (cane, broomstick or golf club) to do these exercises

### ARM ELEVATION

YES

NO



### ARM ELEVATION ELBOWS BENT

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YES

NO



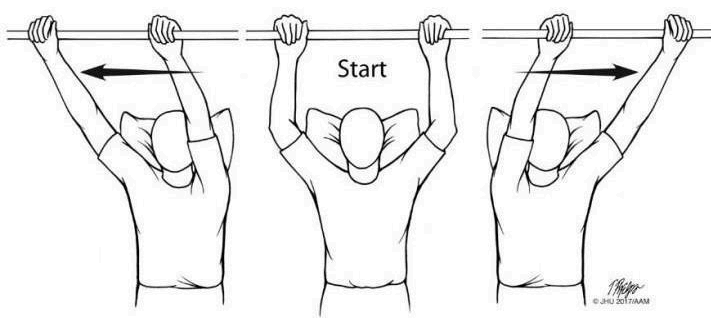
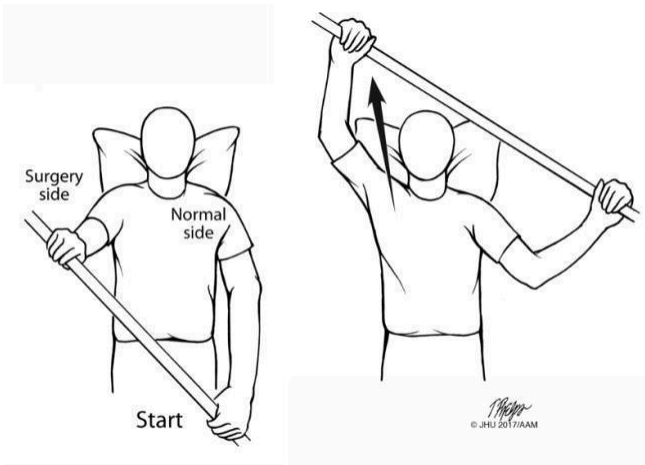
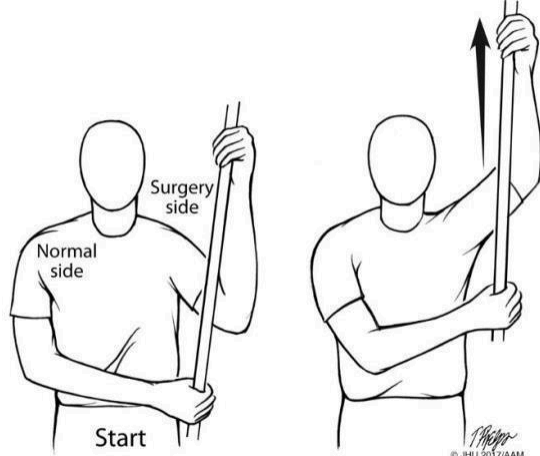
### INTERNAL AND EXTERNAL ROTATION ARMS DOWN

YES

NO



## SHOULDER RANGE OF MOTION EXERCISES

<p><u>INTERNAL AND EXTERNAL ROTATION ARMS UP</u></p> <p>YES</p> <p>NO</p>	 <p>Start</p> <p>© JHU 2017/AAM</p>
<p><u>ARM ELEVATION ON BACK</u></p> <p>YES</p> <p>NO</p>	 <p>Surgery side</p> <p>Normal side</p> <p>Start</p> <p>© JHU 2017/AAM</p>
<p><u>ARM ELEVATION STANDING</u></p> <p>YES</p> <p>NO</p>	 <p>Surgery side</p> <p>Normal side</p> <p>Start</p> <p>© JHU 2017/AAM</p>