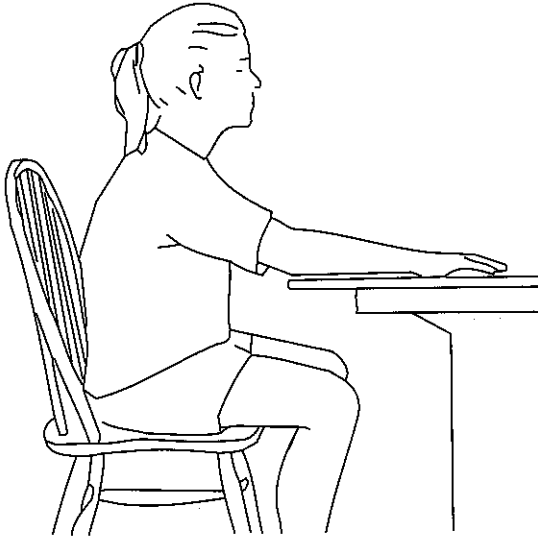


Shoulder—Hints

1. Keep your shoulder joints limber with exercises that are not painful.
2. Avoid chills on your shoulder joints. Keep them covered when you are in drafty places.
3. In bed, support your shoulders by placing pillows under your shoulder joints or arms.
4. Maintain good posture: enhance your shoulder motion by tucking in your chin and pulling your shoulders back. (For further details see the posture exercises.)
5. As a relaxation exercise for your shoulders, swing your arm gently forward, backward, and side to side 3 times a day.
6. Warm up your shoulder joints by doing hint #5 prior to exercise or strenuous activity.
7. Apply an ice pack to your shoulder joint if you feel pain.
8. Avoid lifting heavy objects.
9. Avoid restrictive clothing, especially bras, as they may irritate the shoulder.
10. Do not keep your head in the same position longer than 30 minutes as this may irritate your shoulders.
11. Avoid activities that increase any existing pain in the shoulder joint. This will only make your shoulder worse.

Shoulder—Exercise 1



A



B

Patient Name: _____ **Date:** _____

Starting position: Sitting. Your involved forearm rests on a table in front of you.

Exercise: Slowly slide your arm forward across the table. Return to the starting position.

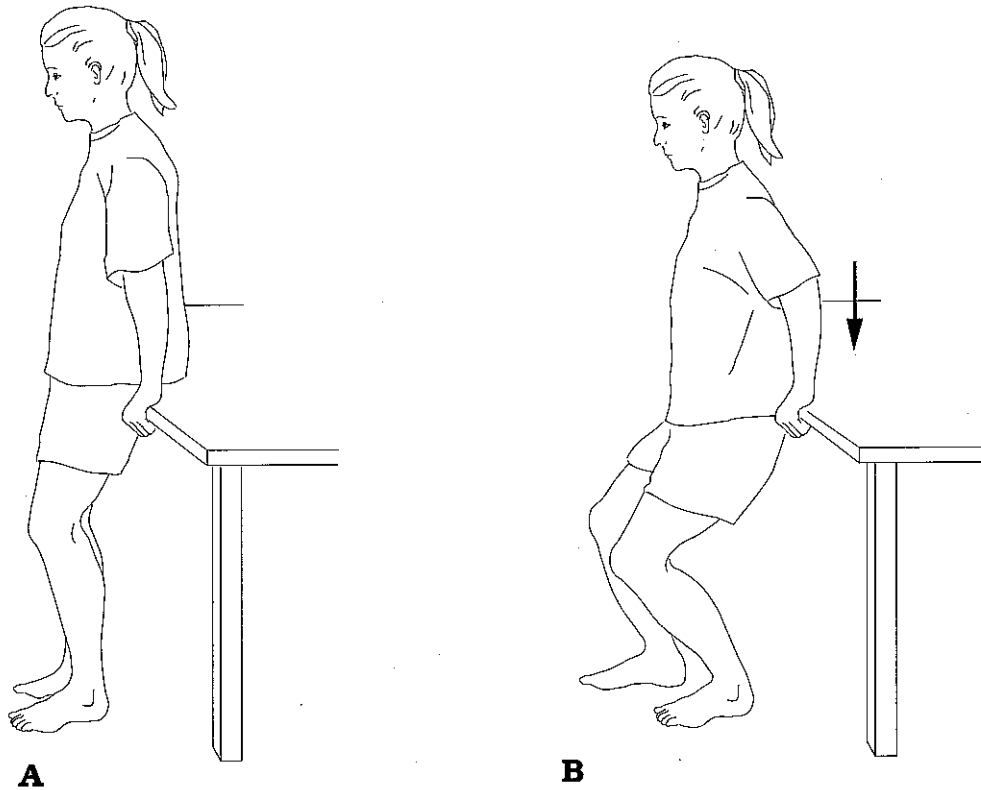
Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Shoulder—Exercise 2



Patient Name: _____ **Date:** _____

Starting position: Standing, leaning slightly against a table behind you. Grasp the edge of the table with both hands.

Exercise: Slowly lower your body toward the floor while maintaining your grasp on the table. Allow your elbows to bend.

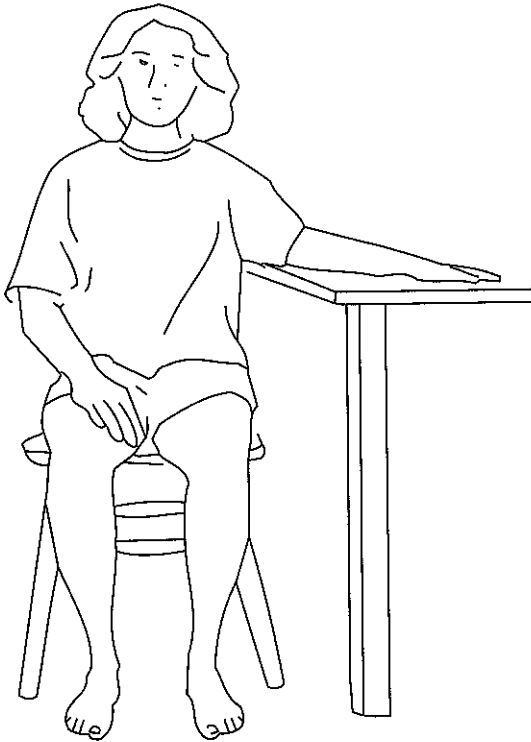
Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Shoulder—Exercise 3



A



B

Patient Name: _____ **Date:** _____

Starting position: Sitting. Your involved forearm rests on a table and is extended out to the side.

Exercise: Slowly slide your arm sideways across the table. Return to the starting position.

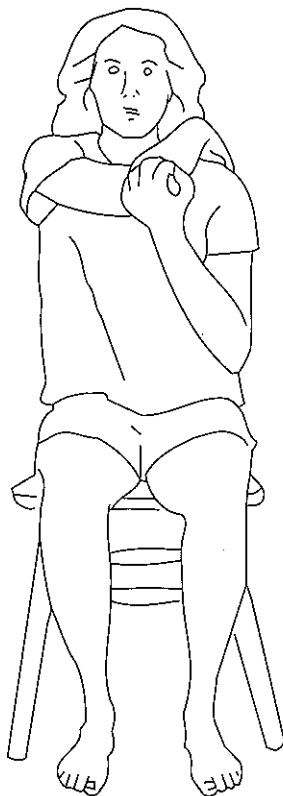
Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Shoulder—Exercise 4



Patient Name: _____ **Date:** _____

Starting position: Sitting or standing. Place your involved arm across your chest. Opposite hand grasps involved elbow.

Exercise: Apply gentle pressure to your elbow until you feel a stretch. Return to the starting position.

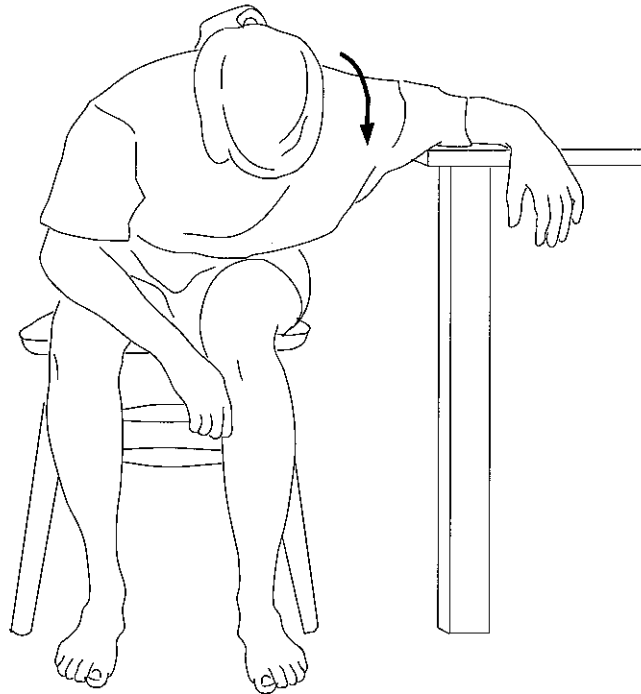
Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Shoulder—Exercise 5



Patient Name: _____ **Date:** _____

Starting position: Sitting with involved shoulder and elbow at 90° and your forearm resting on a table.

Exercise: Slowly move your body toward the floor until a stretch is felt in your shoulder.

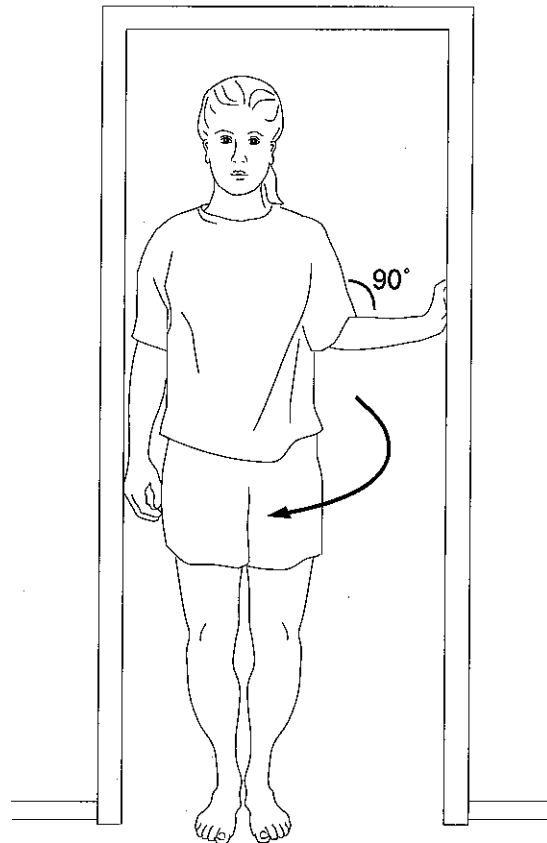
Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Shoulder—Exercise 6



Patient Name: _____ **Date:** _____

Starting position: Standing in a doorway. Grasp the door frame with involved hand. Your elbow should be at 90°.

Exercise: Slowly turn your body away from your hand until a stretch is felt in your shoulder.

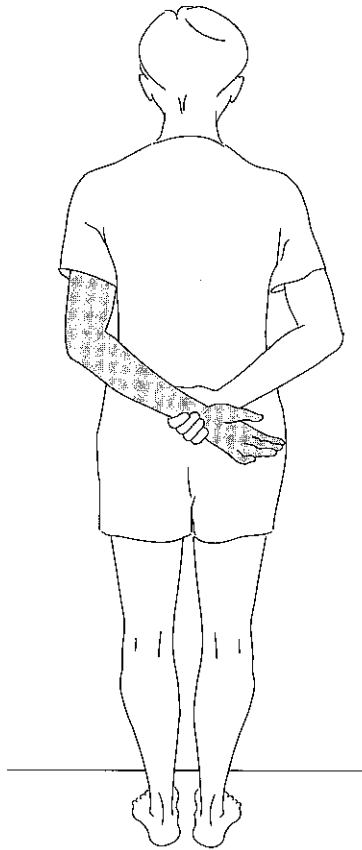
Hold _____ seconds.

Repeat _____ times.

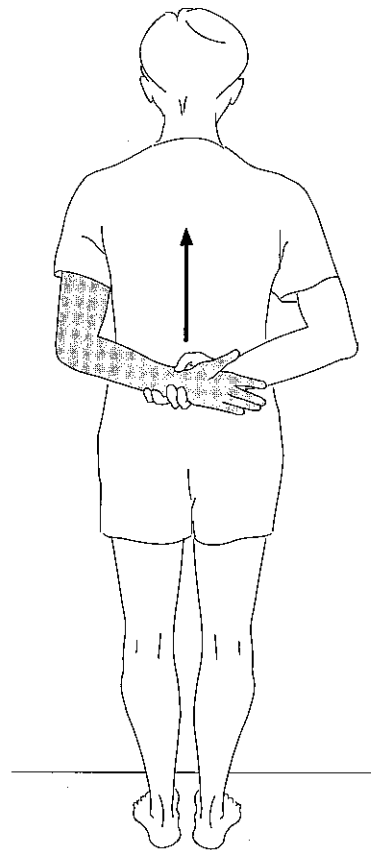
Do _____ sessions per day.

Special Precautions/Comments: _____

Shoulder—Exercise 7



A



B

Patient Name: _____ **Date:** _____

Starting position: Standing with both arms behind your back and uninjured hand grasping injured wrist.

Exercise: Use uninjured hand to gently pull injured wrist up the middle of your back.

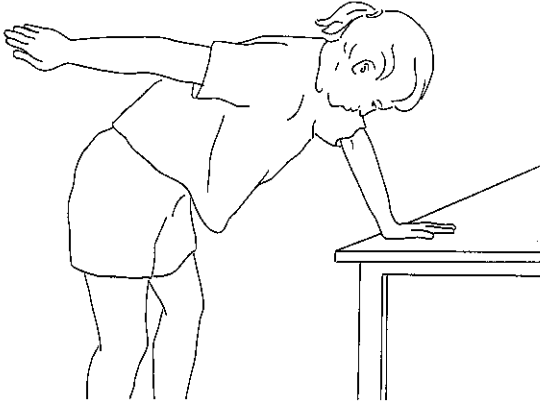
Hold _____ seconds.

Repeat _____ times.

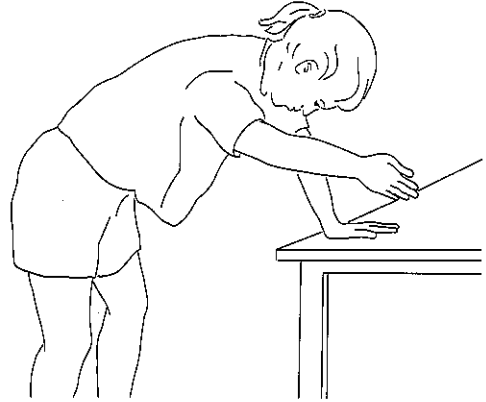
Do _____ sessions per day.

Special Precautions/Comments: _____

Shoulder—Exercise 8



A



B

Patient Name: _____ **Date:** _____

Starting position: Leaning over a table, supporting your body with your uninvolved arm.

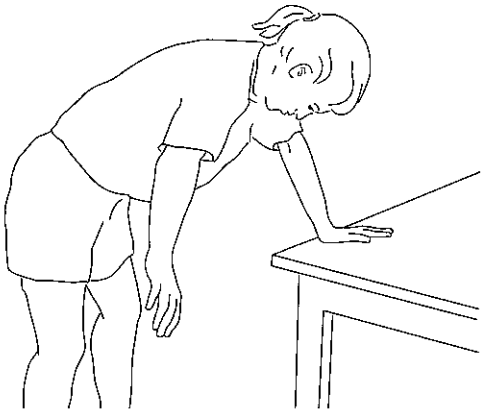
Exercise: Using momentum, swing your involved arm forward and backward along the side of your body. Start with small swings and increase to larger swings.

Repeat _____ times.

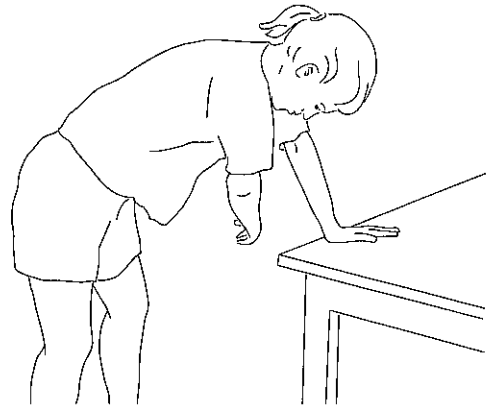
Do _____ sessions per day.

Special Precautions/Comments: _____

Shoulder—Exercise 9



A



B

Patient Name: _____ **Date:** _____

Starting position: Leaning over a table, supporting your body with your uninvolved arm.

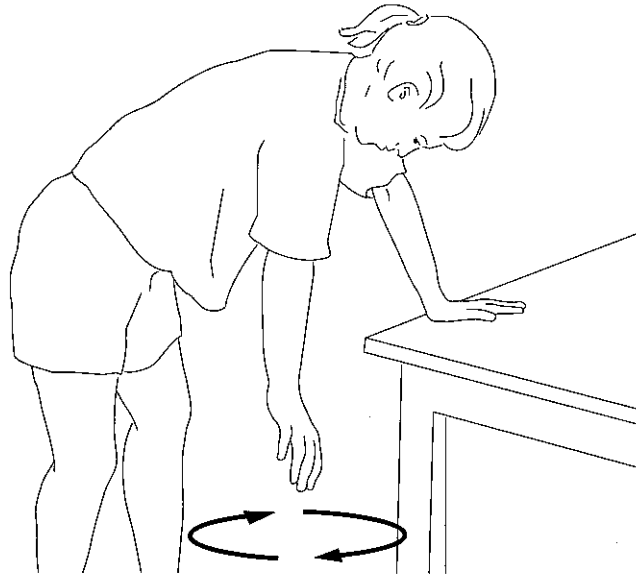
Exercise: Using momentum, swing your involved arm back and forth across your body. Start with small swings and increase to larger swings.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Shoulder—Exercise 10



Patient Name: _____ **Date:** _____

Starting position: Leaning over a table, supporting your body with your uninvolved arm.

Exercise: Using momentum, swing your arm in circles. Start with small circles and increase to larger circles.

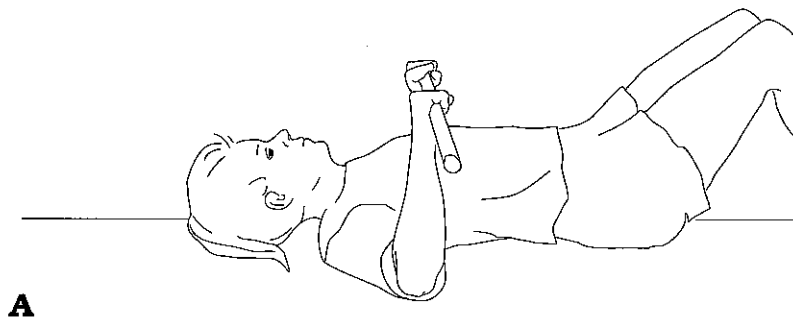
Repeat in clockwise direction _____ times.

Repeat in counterclockwise direction _____ times.

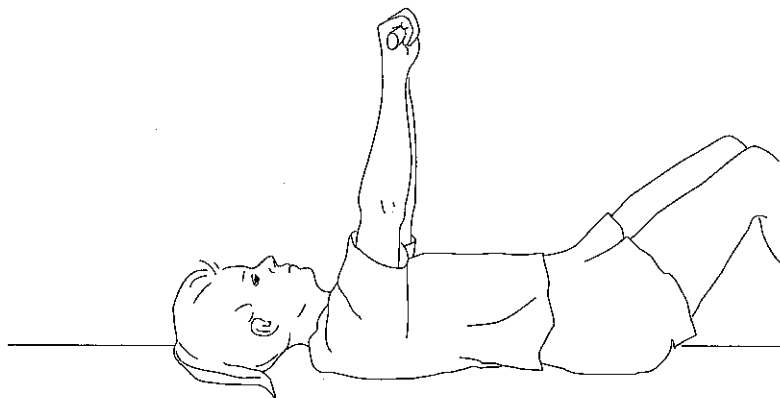
Do _____ sessions per day.

Special Precautions/Comments: _____

Shoulder—Exercise 11



A



B

Patient Name: _____ **Date:** _____

Starting position: Lying on your back holding a cane with both hands across your chest.

Exercise: Slowly push the cane toward the ceiling. Return to the starting position.

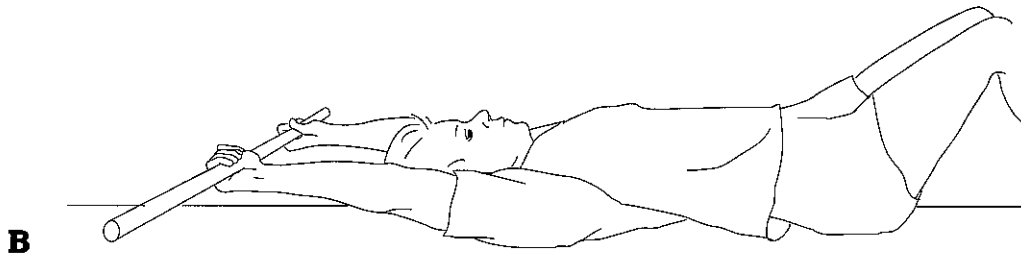
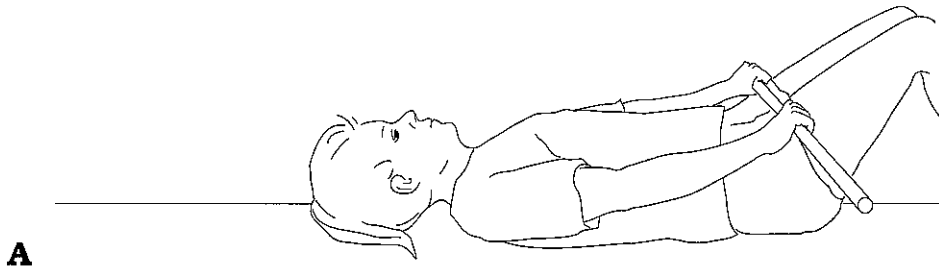
Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Shoulder—Exercise 12



Patient Name: _____ **Date:** _____

Starting position: Lying on your back holding a cane with both hands across your hips.

Exercise: Slowly raise the cane toward the ceiling and then up and over your head. Keep your elbows straight. Use your uninvolved arm to help your involved arm. Return to the starting position.

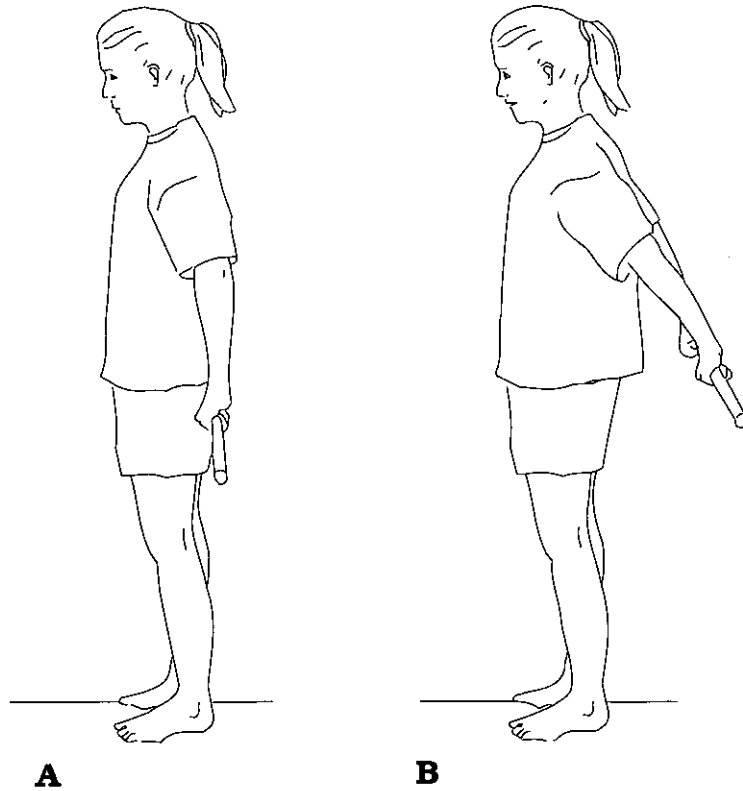
Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Shoulder—Exercise 13



Patient Name: _____ **Date:** _____

Starting position: Standing while holding a cane with both hands behind your back.

Exercise: Slowly raise the cane away from your body. Keep your elbows straight. Use your uninvolved arm to help your involved arm. Return to the starting position.

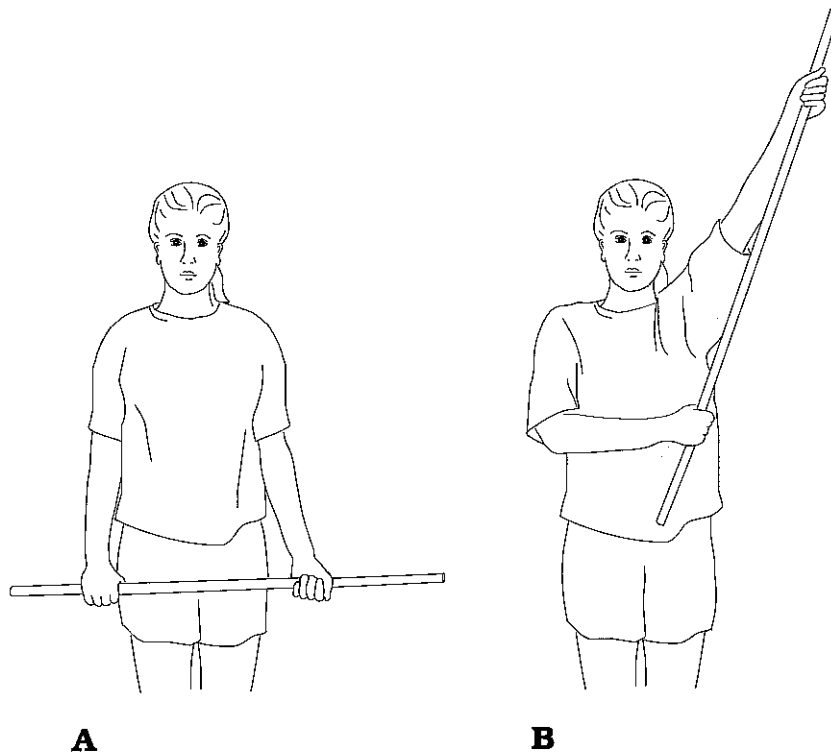
Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Shoulder—Exercise 14



A

B

Patient Name: _____ **Date:** _____

Starting position: Standing while holding a cane with both hands. (The involved hand should be palm up, the uninvolved hand should be palm down.)

Exercise: Slowly lift the cane directly out from your side toward the ceiling. Your uninvolved arm should help guide the motion. Return to the starting position.

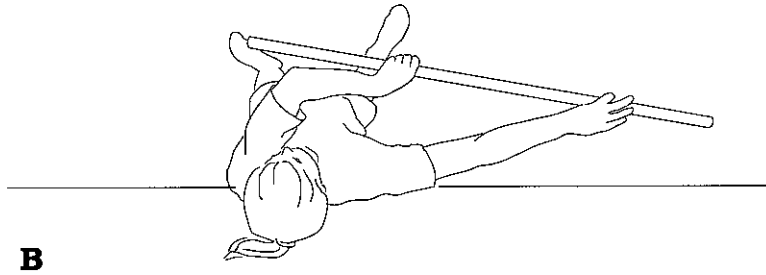
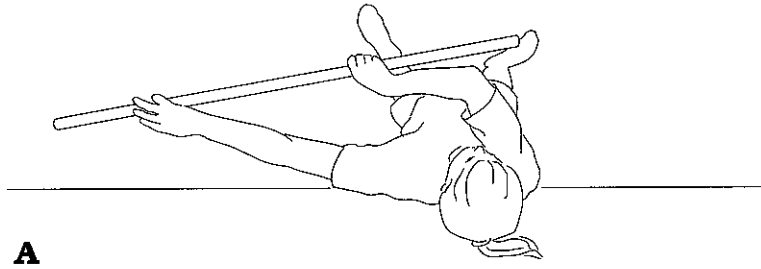
Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Shoulder—Exercise 15



Patient Name: _____ **Date:** _____

Starting position: Lying on your back holding a cane with both hands palm down. Keep the cane at shoulder height.

Exercise: Slowly move the cane back and forth across your body.

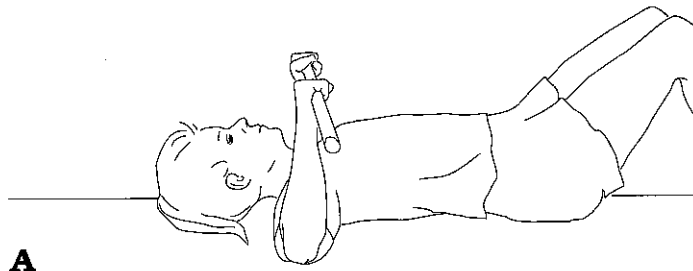
Hold _____ seconds.

Repeat _____ times.

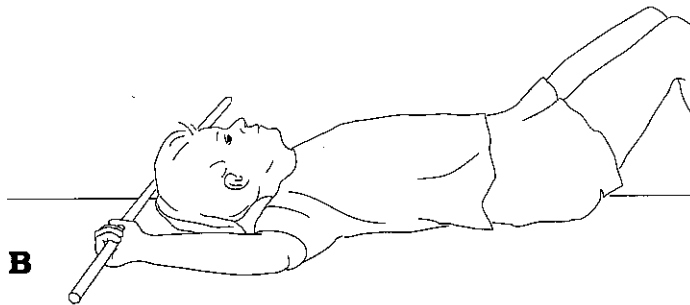
Do _____ sessions per day.

Special Precautions/Comments: _____

Shoulder—Exercise 16



A



B

Patient Name: _____ **Date:** _____

Starting position: Lying on your back while holding a cane with both hands across your chest. Your shoulders and elbows should be at right angles.

Exercise: Slowly raise the cane over your head by rotating your shoulders backward. Return to the starting position.

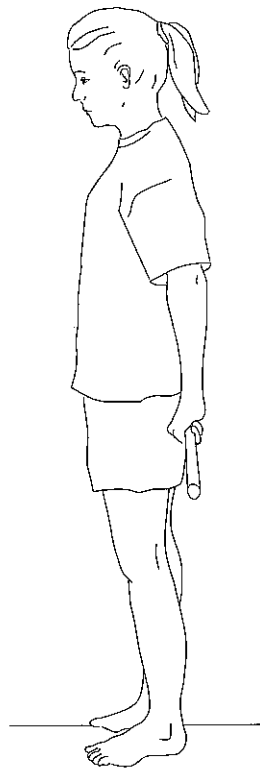
Hold _____ seconds.

Repeat _____ times.

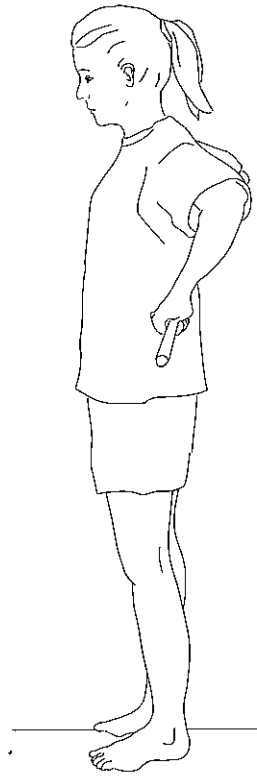
Do _____ sessions per day.

Special Precautions/Comments: _____

Shoulder—Exercise 17



A



B

Patient Name: _____ **Date:** _____

Starting position: Standing while holding a cane with both hands behind your back.

Exercise: Slowly pull the cane up your back by bending your elbows. Return to the starting position.

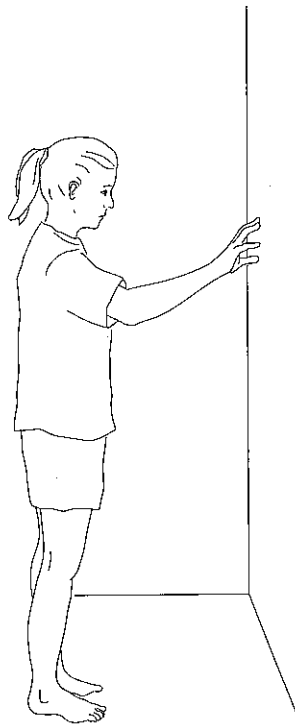
Hold _____ seconds.

Repeat _____ times.

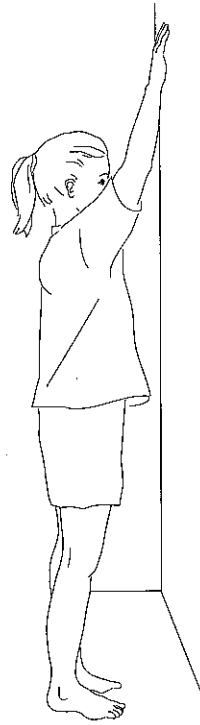
Do _____ sessions per day.

Special Precautions/Comments: _____

Shoulder—Exercise 18



A



B

Patient Name: _____ **Date:** _____

Starting position: Standing, facing a wall, with involved arm out in front of you and your fingers on the wall.

Exercise: Slowly walk your fingers up the wall toward the ceiling. Attempt to keep your shoulder level and do not arch your back. Return to the starting position.

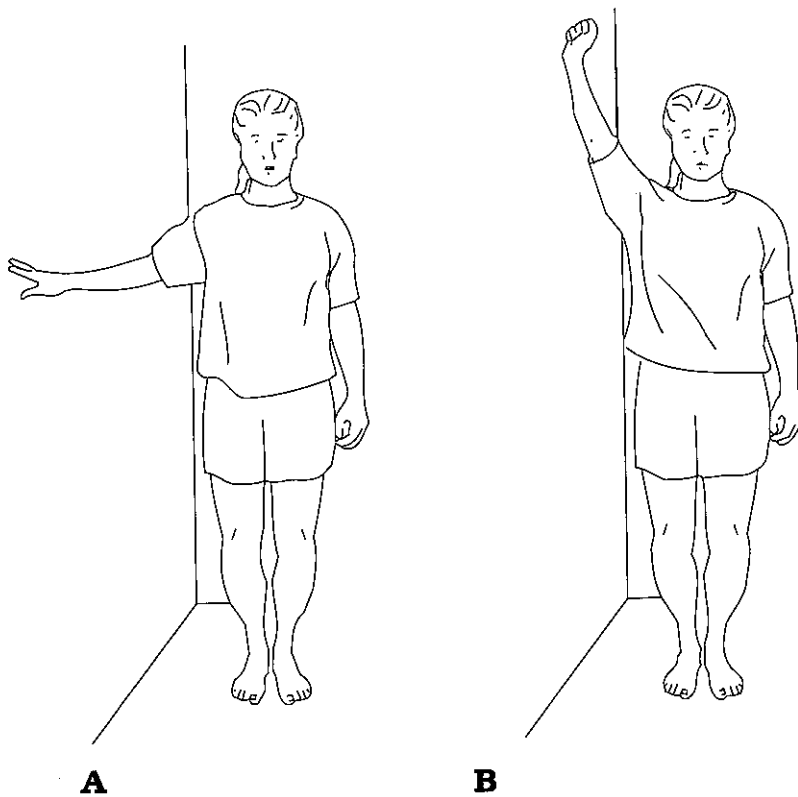
Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Shoulder—Exercise 19



Patient Name: _____ **Date:** _____

Starting position: Standing beside a wall with involved arm out to the side and your fingers on the wall.

Exercise: Slowly walk your fingers up the wall toward the ceiling. Attempt to keep your shoulder level and do not arch your back. Return to the starting position.

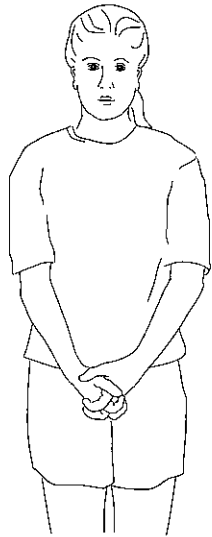
Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Shoulder—Exercise 20



A



B

Patient Name: _____ **Date:** _____

Starting position: Standing with your hands clasped together in front of you.

Exercise: Slowly raise your arms toward the ceiling and attempt to keep your elbows straight. Use your uninvolved arm to help your involved arm. Return to the starting position.

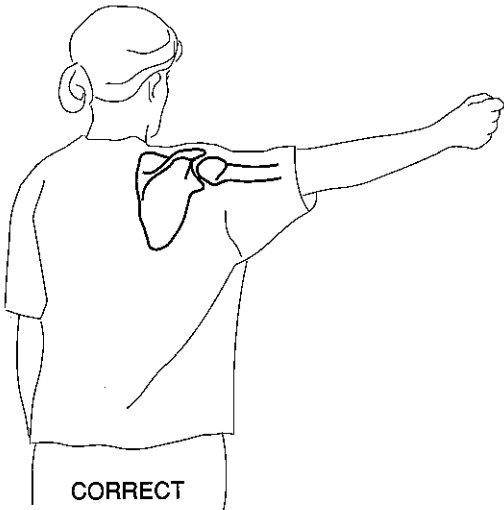
Hold _____ seconds.

Repeat _____ times.

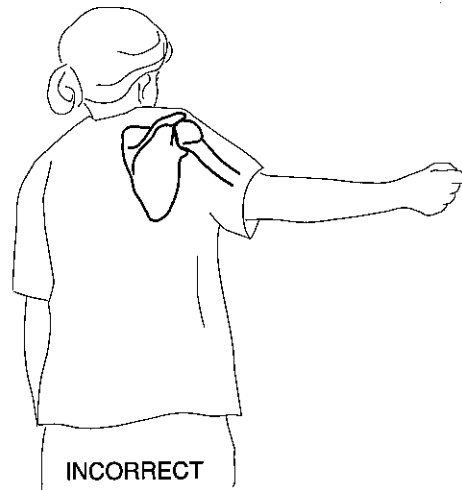
Do _____ sessions per day.

Special Precautions/Comments: _____

Shoulder—Exercise 21



A



B

Patient Name: _____ **Date:** _____

Starting position: Standing with arms at your sides, thumbs pointed toward the ceiling.

Exercise: Slowly lift involved arm out toward the ceiling while keeping your shoulders level.

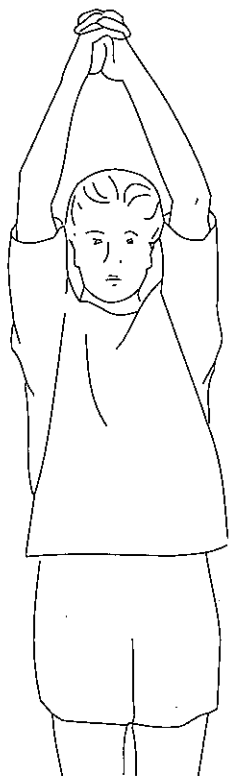
Hold _____ seconds.

Repeat _____ times.

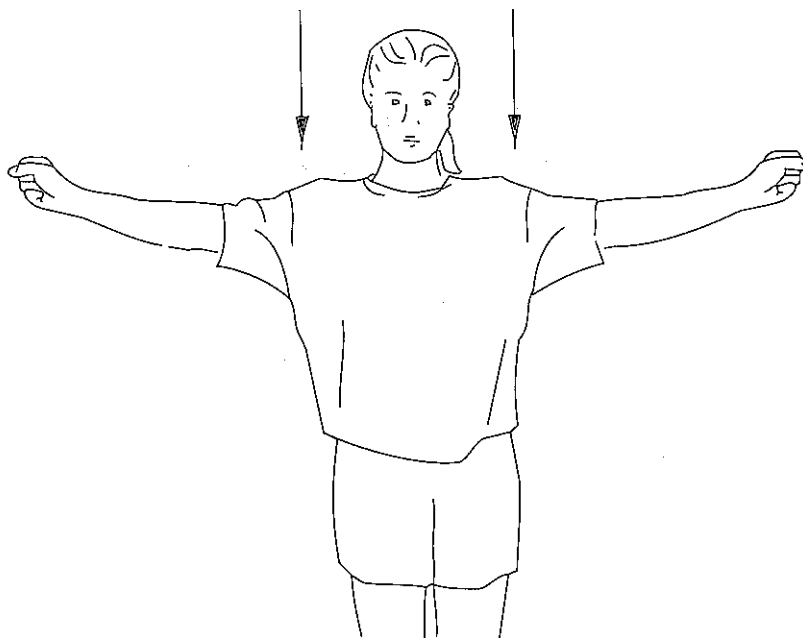
Do _____ sessions per day.

Special Precautions/Comments: _____

Shoulder—Exercise 22



A



B

Patient Name: _____ **Date:** _____

Starting position: Standing, arms raised and hands clasped over your head.

Exercise: Release your hands and slowly lower your arms. Attempt to keep your shoulders down.

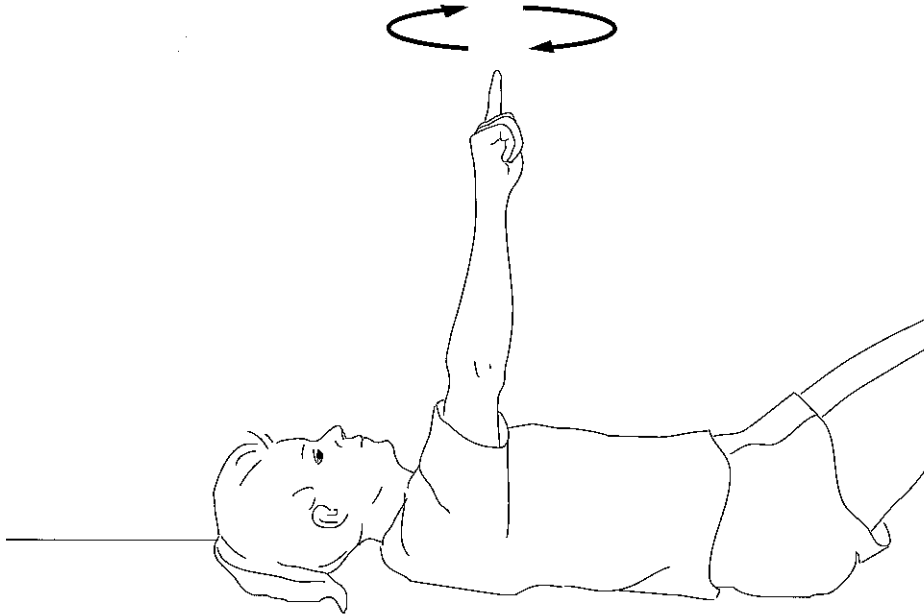
Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Shoulder—Exercise 23



Patient Name: _____ **Date:** _____

Starting position: Lying on your back with finger of involved side pointed toward the ceiling.

Exercise: Move your arm in circles. Start with small circles and then increase to larger circles.

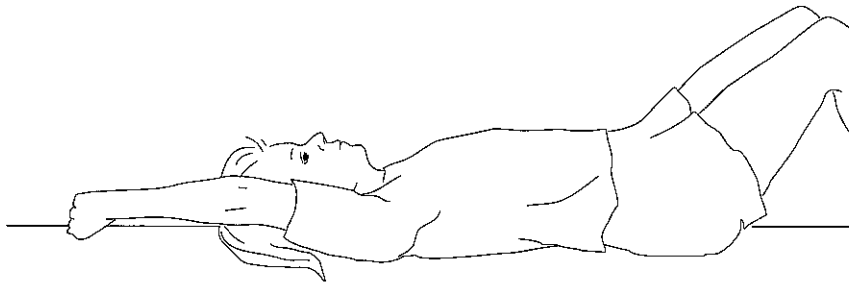
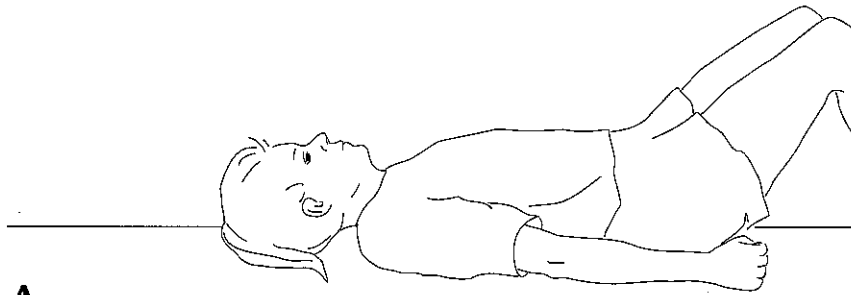
Repeat in clockwise direction _____ times.

Repeat in counterclockwise direction _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Shoulder—Exercise 24



Patient Name: _____ **Date:** _____

Starting position: Lying on your back, involved arm at your side and thumb pointing toward the ceiling.

Exercise: Slowly lift involved arm toward the ceiling and then up and over your head. Keep your elbow straight. Return to the starting position.

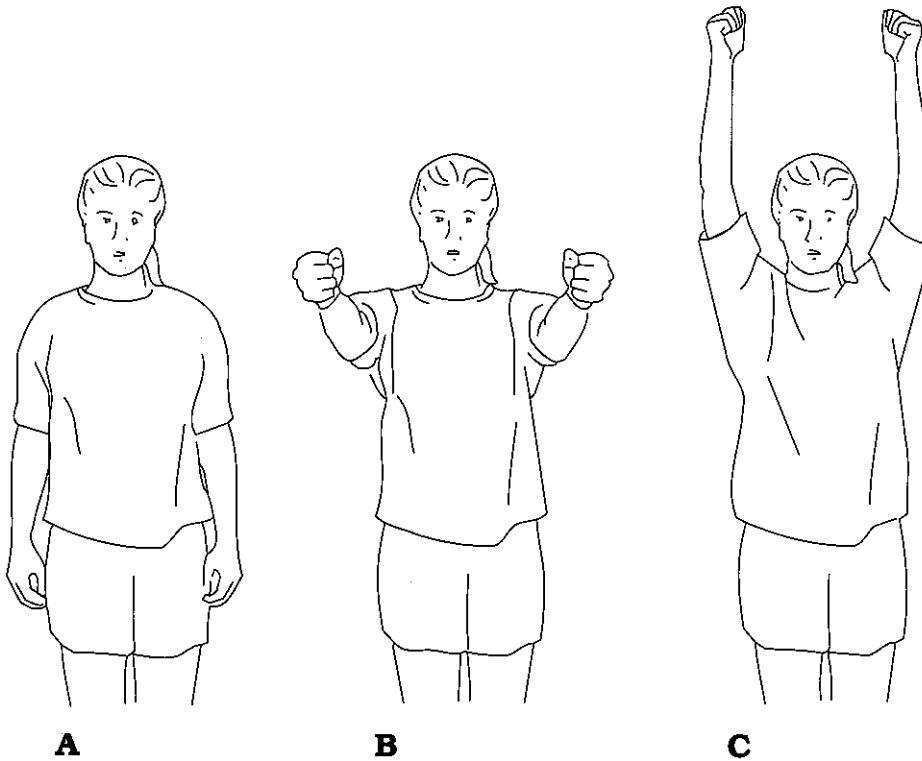
Use _____ pounds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Shoulder—Exercise 25



A

B

C

Patient Name: _____ **Date:** _____

Starting position: Standing with arms at your sides, elbows straight, and thumbs pointed toward the ceiling.

Exercise: With clenched fists, slowly lift your arms out in front of you and toward the ceiling while keeping your elbows straight. Return to the starting position.

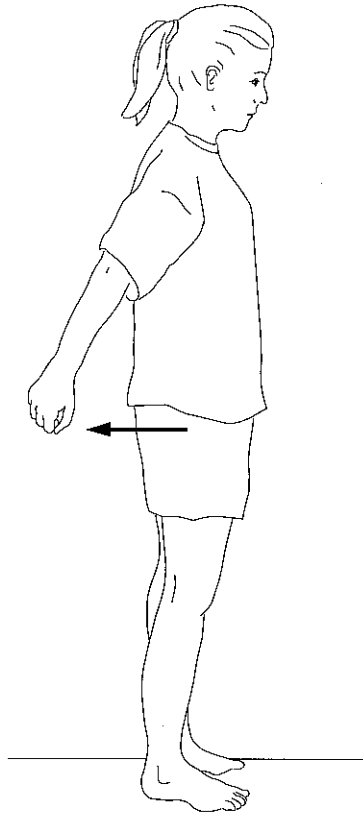
Use _____ pounds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Shoulder—Exercise 26



Patient Name: _____ **Date:** _____

Starting position: Standing. Involved arm is at your side, elbow is straight, and thumb is pointing forward.

Exercise: Slowly lift your involved arm away from your hip while keeping your elbow straight. Return to the starting position.

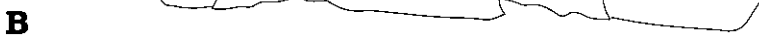
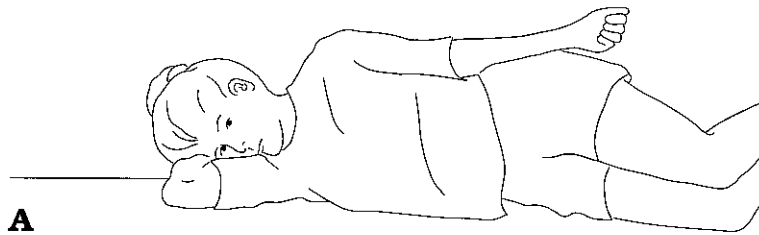
Use _____ pounds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Shoulder—Exercise 27



Patient Name: _____ **Date:** _____

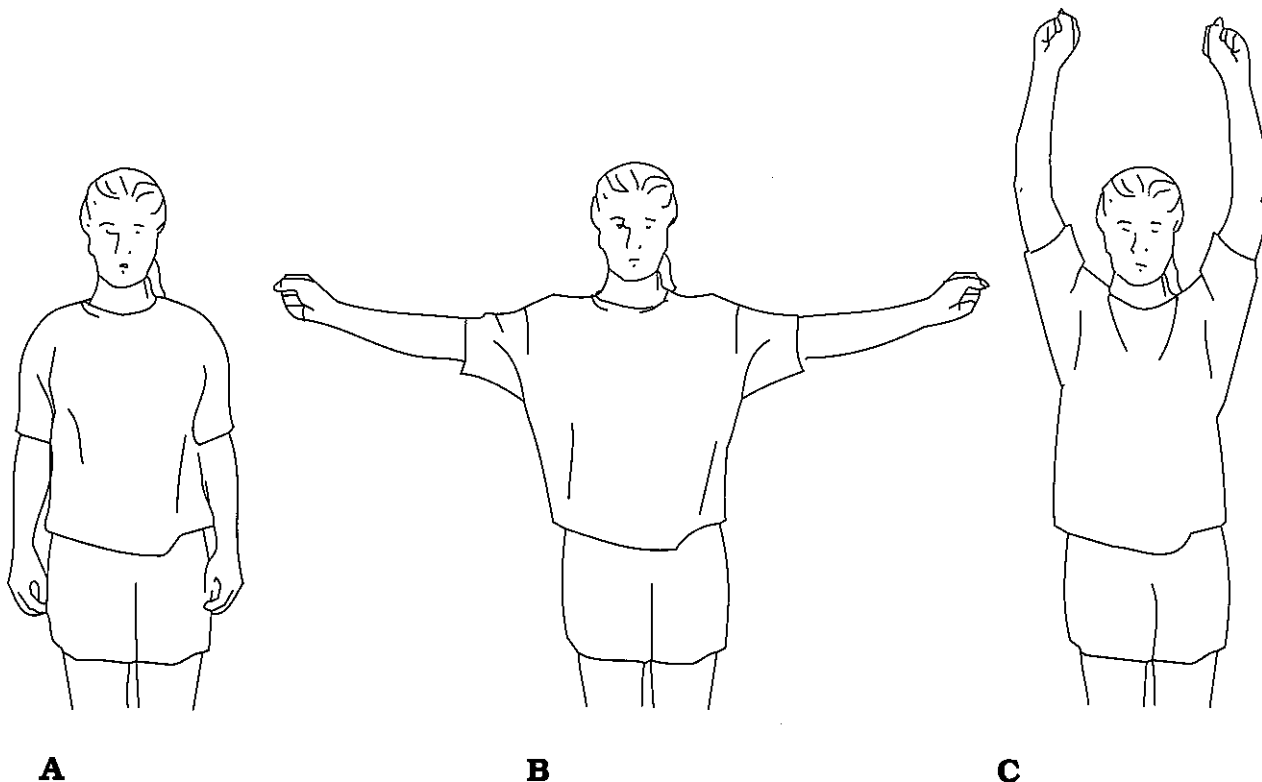
Starting position: Lying on your uninvolved side with involved arm on your hip and thumb pointing toward the ceiling.

Exercise: Slowly lift your involved arm toward the ceiling and then up and over your head. Keep your elbow straight. Return to the starting position.

Use _____ pounds.
Repeat _____ times.
Do _____ sessions per day.

Special Precautions/Comments: _____

Shoulder—Exercise 28



Patient Name: _____ **Date:** _____

Starting position: Standing with arms at your sides, elbows straight, and thumbs pointed toward the ceiling.

Exercise: Slowly lift your arms out to the side and toward the ceiling while keeping your elbows straight. Return to the starting position.

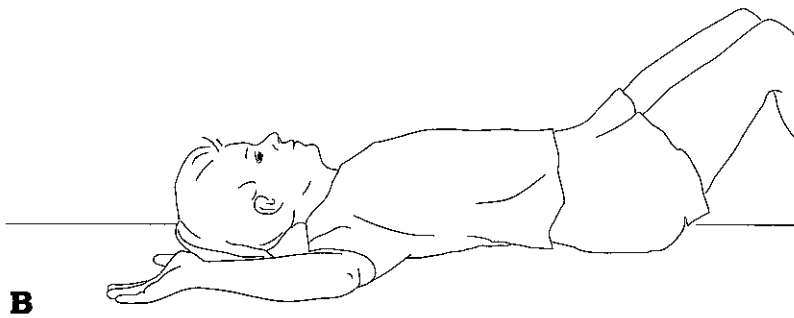
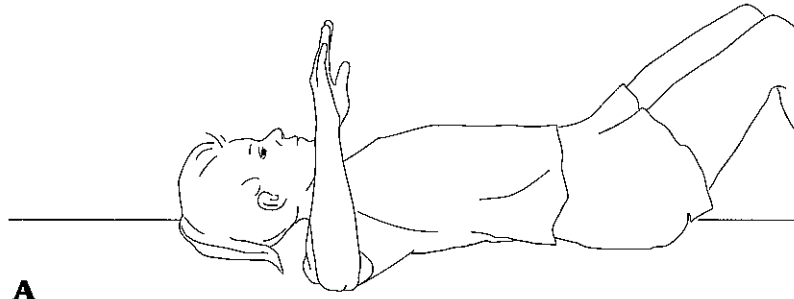
Use _____ pounds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Shoulder—Exercise 29



Patient Name: _____ **Date:** _____

Starting position: Lying on your back with involved arm at shoulder height. (Your shoulder and elbow should be at right angles.)

Exercise: Slowly rotate your shoulder so that the back of your hand touches the floor. Return to the starting position.

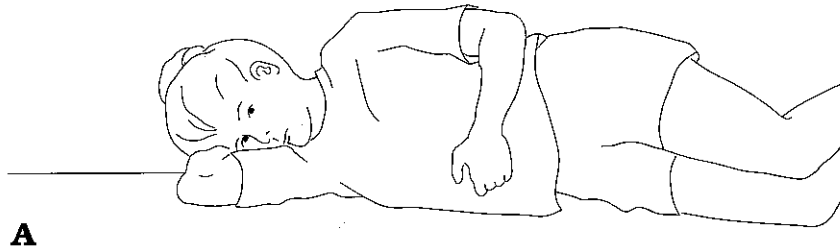
Use _____ pounds.

Repeat _____ times.

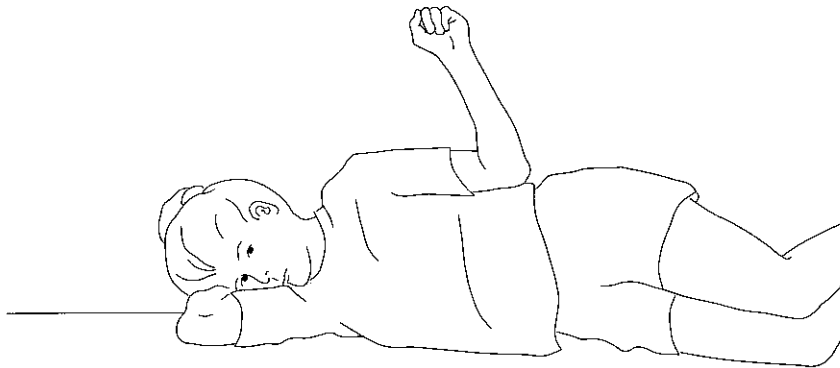
Do _____ sessions per day.

Special Precautions/Comments: _____

Shoulder—Exercise 30



A



B

Patient Name: _____ **Date:** _____

Starting position: Lying on your uninjured side with your elbow bent to 90° and locked against your hip.

Exercise: Slowly lift fist of involved side toward the ceiling while keeping your elbow locked against your hip. Return to the starting position.

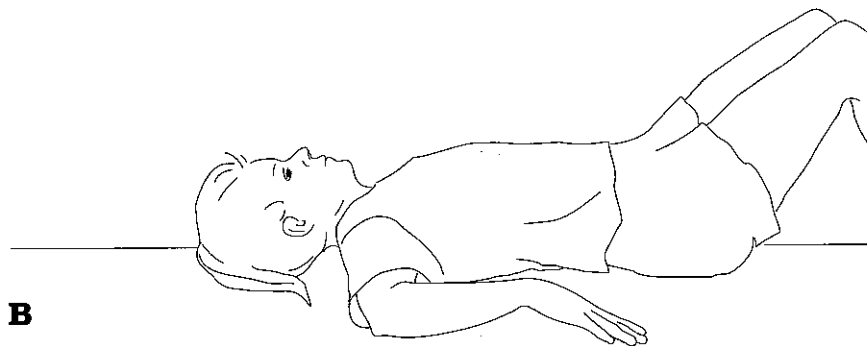
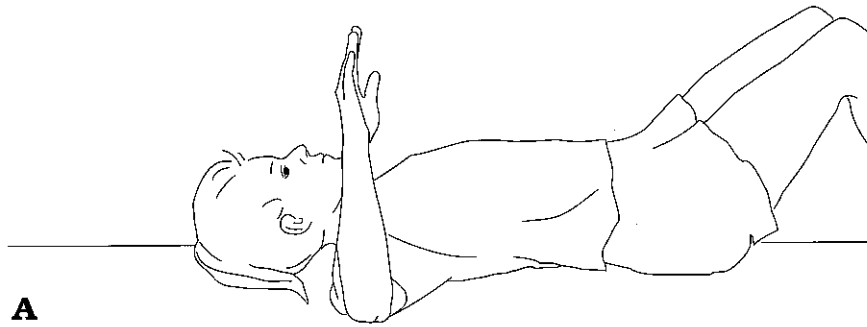
Use _____ pounds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Shoulder—Exercise 31



Patient Name: _____ **Date:** _____

Starting position: Lying on your back with involved arm at shoulder height. (Your shoulder and elbow should be at right angles.)

Exercise: Slowly raise your shoulders while lowering the palm of your hand to the floor. Try to keep your shoulder from lifting off the floor. Return to the starting position.

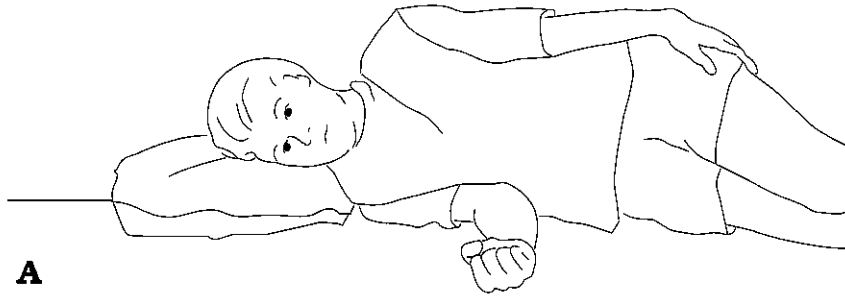
Use _____ pounds.

Repeat _____ times.

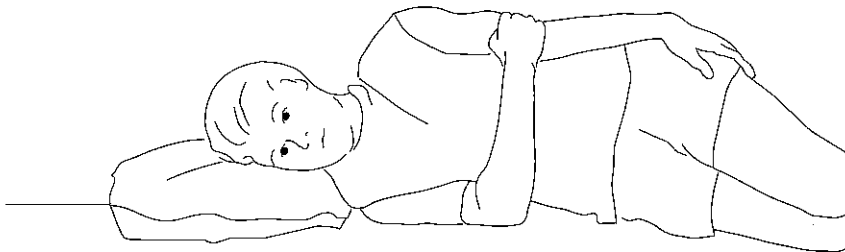
Do _____ sessions per day.

Special Precautions/Comments: _____

Shoulder—Exercise 32



A



B

Patient Name: _____ **Date:** _____

Starting position: Lying on your involved side with elbow bent to 90° and locked against your hip.

Exercise: Slowly lift fist of involved side toward the ceiling while keeping your elbow locked against your hip. Return to the starting position.

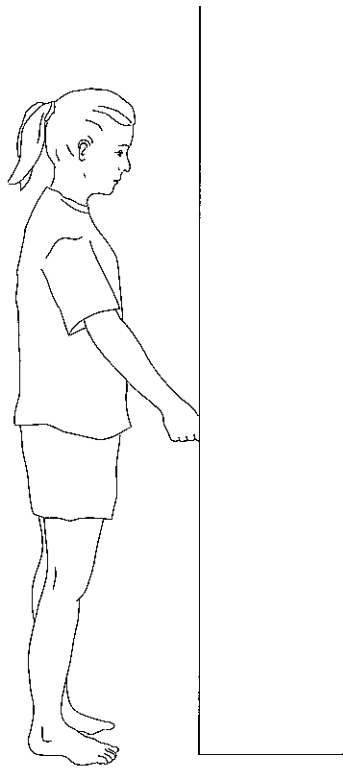
Use _____ pounds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Shoulder—Exercise 33



Patient Name: _____

Date: _____

Starting position: Standing and facing the wall, with the front of involved fist against the wall.

Exercise: Press the front of your fist into the wall. Do not lean with your body. Start with light pressure, build to maximal pressure, then return to light pressure.

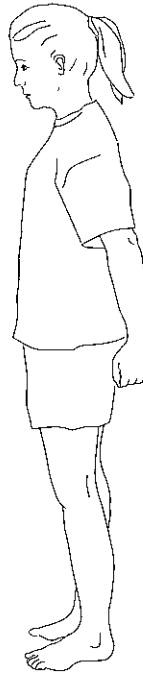
Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Shoulder—Exercise 34



Patient Name: _____ **Date:** _____

Starting position: Standing with your back against the wall. Place the back of involved fist against the wall.

Exercise: Press the back of your fist into the wall. Do not lean with your body. Start with light pressure, build to maximal pressure, then return to light pressure.

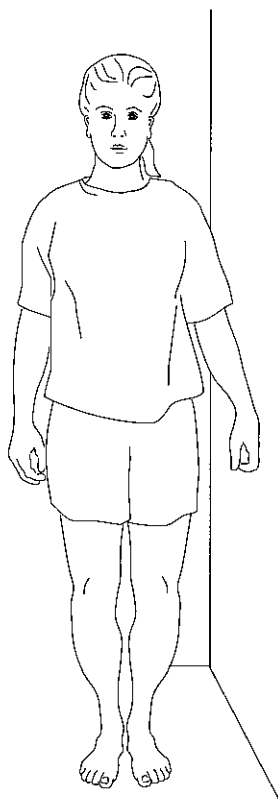
Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Shoulder—Exercise 35



Patient Name: _____ **Date:** _____

Starting position: Standing sideways. Place the back of your involved fist against the wall.

Exercise: Press the back of your fist into the wall. Do not lean with your body. Start with light pressure, build to maximal pressure, then return to light pressure.

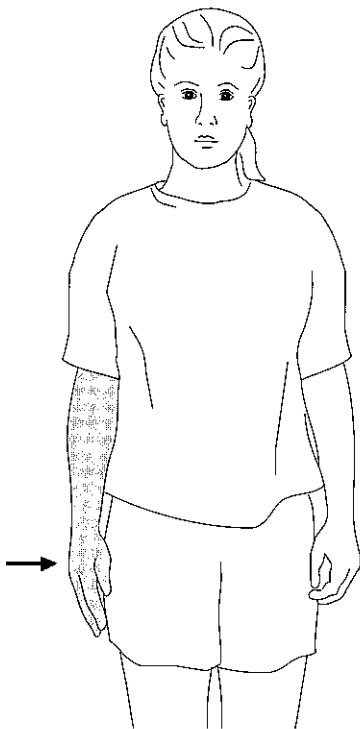
Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Shoulder—Exercise 36



Patient Name: _____ **Date:** _____

Starting position: Standing with involved hand against your hip.

Exercise: Press the palm of your hand into your hip. Start with light pressure, build to maximal pressure, then return to light pressure.

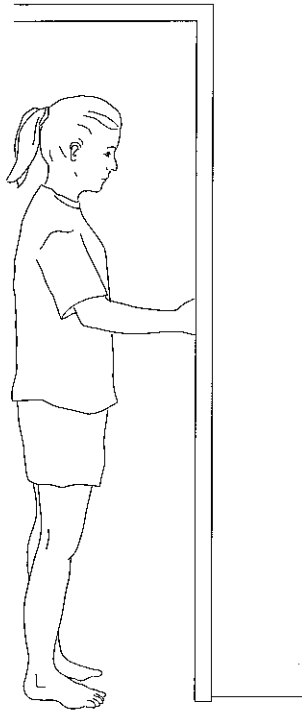
Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Shoulder—Exercise 37



Patient Name: _____ **Date:** _____

Starting position: Standing and facing a door frame. Elbow of involved side is bent to 90° and locked against your hip. Place the back of your fist against the door frame.

Exercise: Press the back of involved fist into the door frame while keeping your elbow locked against your hip. Do not lean with your body. Start with light pressure, build to maximal pressure, then return to light pressure.

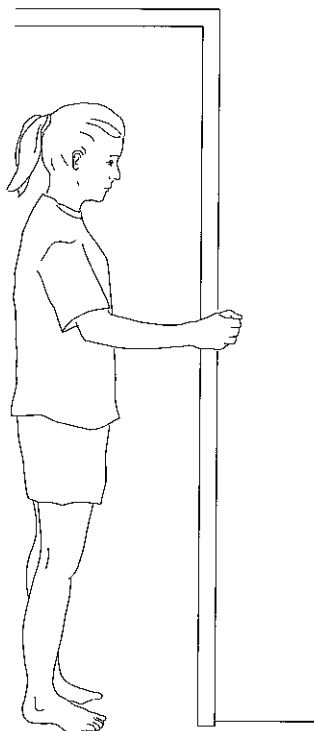
Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Shoulder—Exercise 38



Patient Name: _____ **Date:** _____

Starting position: Standing and facing a door frame. Elbow of involved side is bent to 90° and locked against your hip. Place the front of your fist against the door frame.

Exercise: Press the front of involved fist into the door frame while keeping your elbow locked against your hip. Do not lean with your body. Start with light pressure, build to maximal pressure, then return to light pressure.

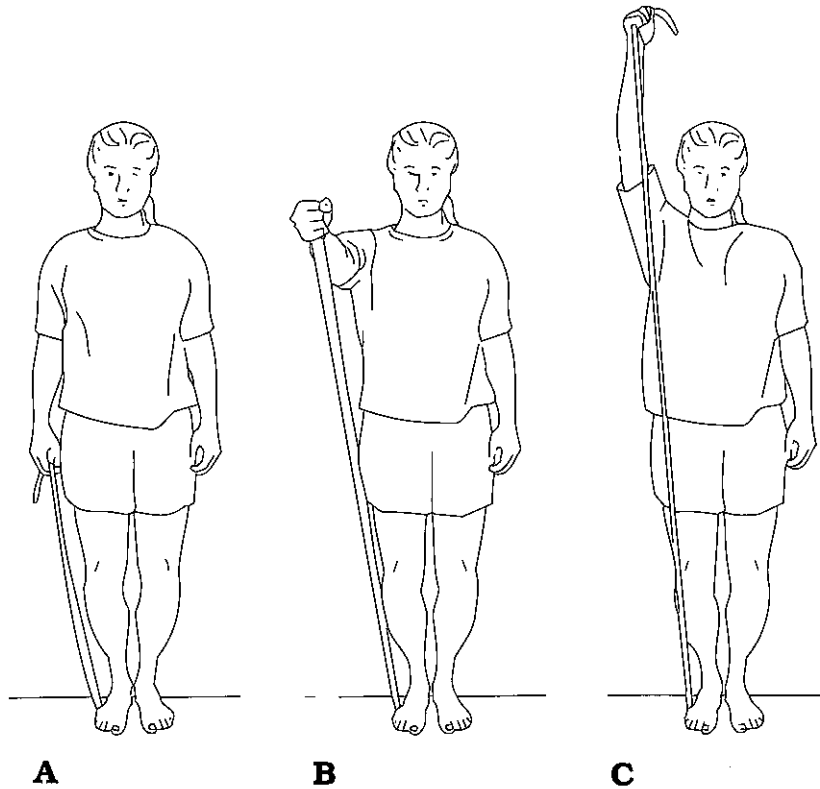
Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Shoulder—Exercise 39



Patient Name: _____ **Date:** _____

Starting position: Standing with one end of an elastic tubing in your involved hand. The other end is under your foot on the involved side.

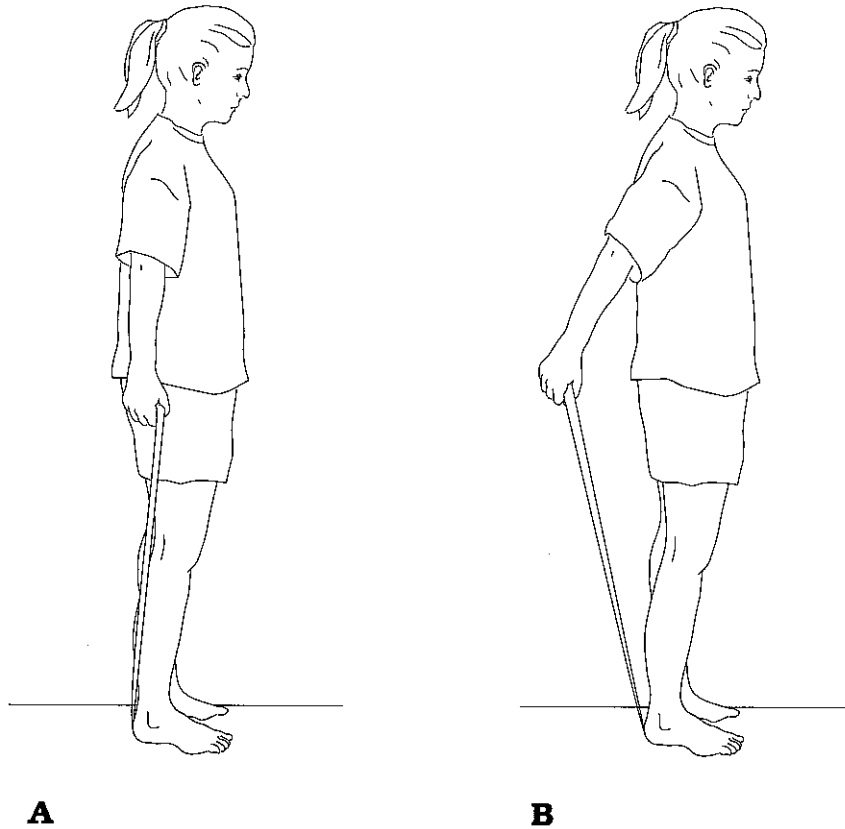
Exercise: Slowly pull the tubing toward the ceiling while keeping your elbow straight. Return to the starting position.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Shoulder—Exercise 40



Patient Name: _____ **Date:** _____

Starting position: Standing with one end of an elastic tubing in your involved hand. The other end is under your foot on the involved side.

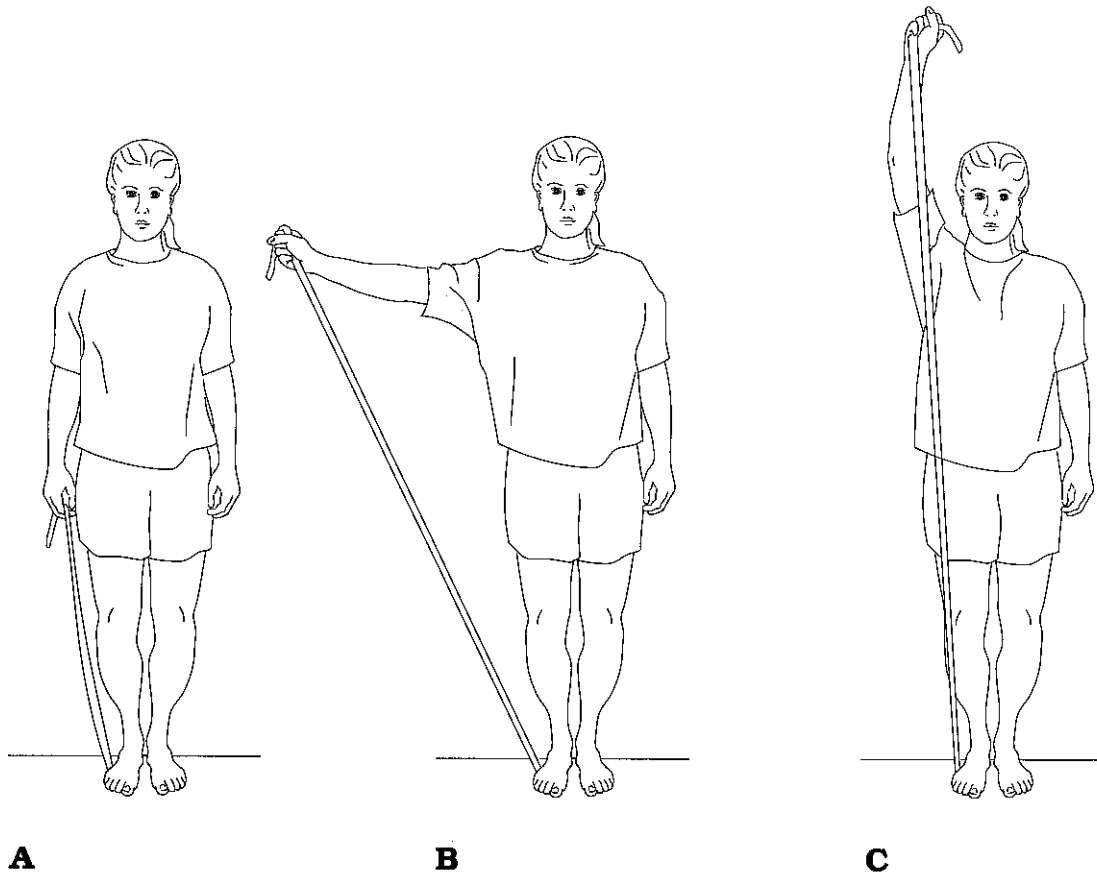
Exercise: Slowly pull the tubing backward away from your buttocks while keeping your elbow straight. Return to the starting position.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Shoulder—Exercise 41



Patient Name: _____ **Date:** _____

Starting position: Standing with one end of an elastic tubing in your involved hand. The other end is under your foot on the involved side.

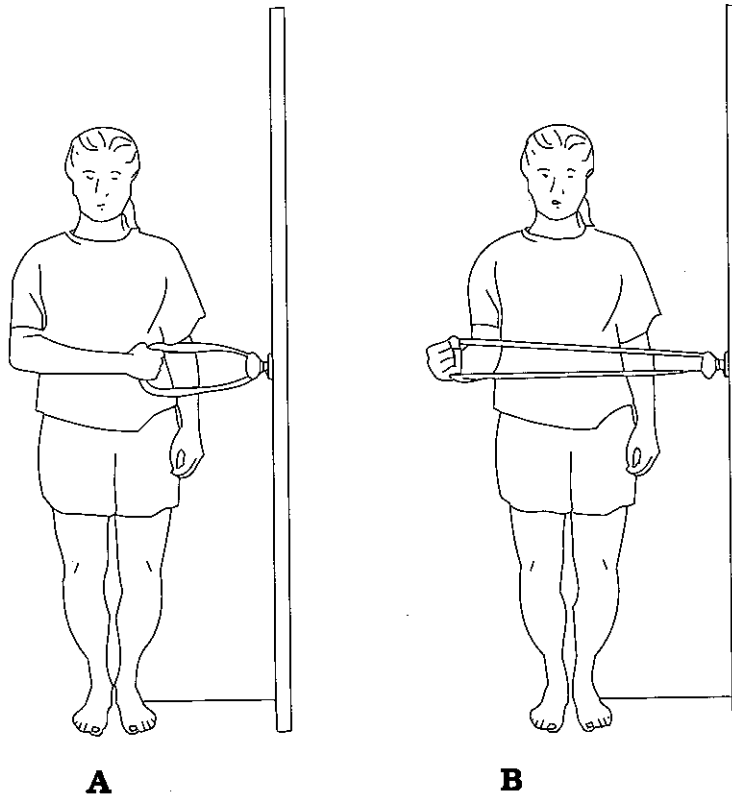
Exercise: Slowly pull the tubing out to the side and toward the ceiling while keeping your elbow straight. Return to the starting position.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Shoulder—Exercise 42



Patient Name: _____ **Date:** _____

Starting position: Standing with one end of an elastic tubing in your involved hand. The other end is attached to a doorknob. Your elbow should be at 90° and your arm should be against your body.

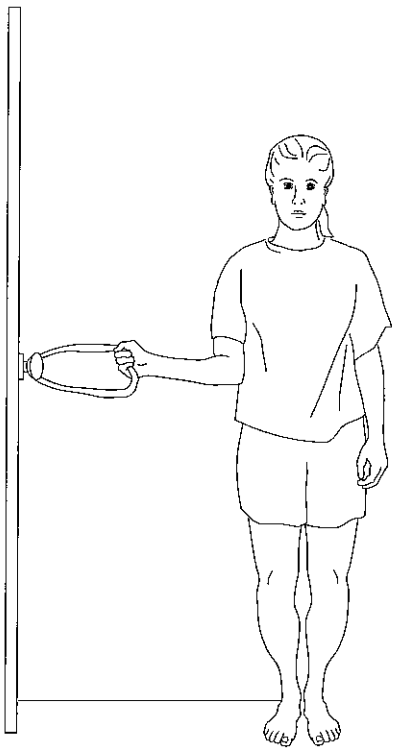
Exercise: Slowly pull the tubing as your arm rotates away from your body. Return to the starting position.

Repeat _____ times.

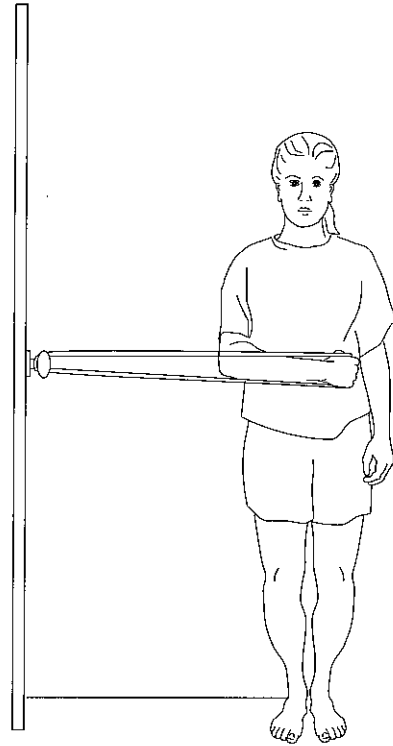
Do _____ sessions per day.

Special Precautions/Comments: _____

Shoulder—Exercise 43



A



B

Patient Name: _____ **Date:** _____

Starting position: Standing with one end of an elastic tubing in your involved hand. The other end is attached to a doorknob. Your elbow should be at 90° and your arm should be away from your body.

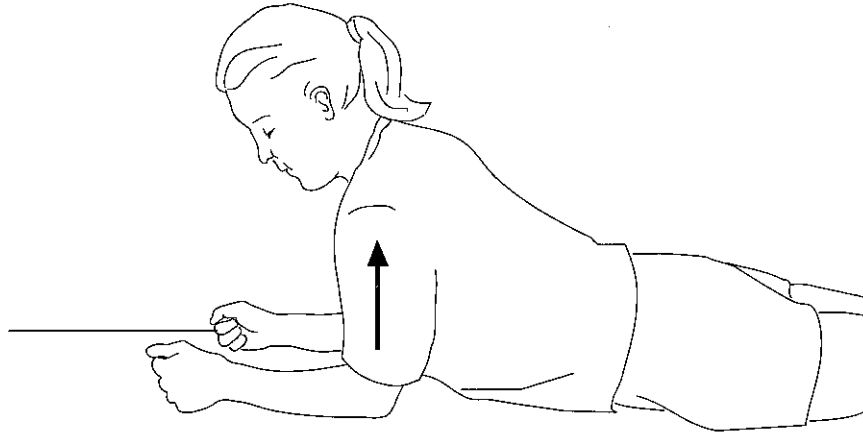
Exercise: Slowly pull the tubing as your arm rotates toward your body. Return to the starting position.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Shoulder—Exercise 45



Patient Name: _____ **Date:** _____

Starting position: Lying on your stomach with your upper body propped up on your elbows.

Exercise: Lean your body weight through your shoulders until a stretch is felt in your shoulders.

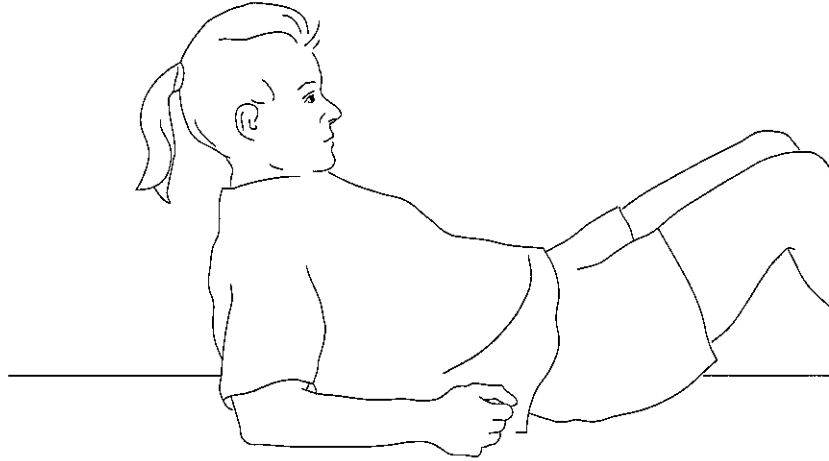
Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Shoulder—Exercise 44



Patient Name: _____ **Date:** _____

Starting position: Lying on your back with your upper body propped up by your elbows.

Exercise: Lean your body weight through your shoulders until a stretch is felt in your shoulders.

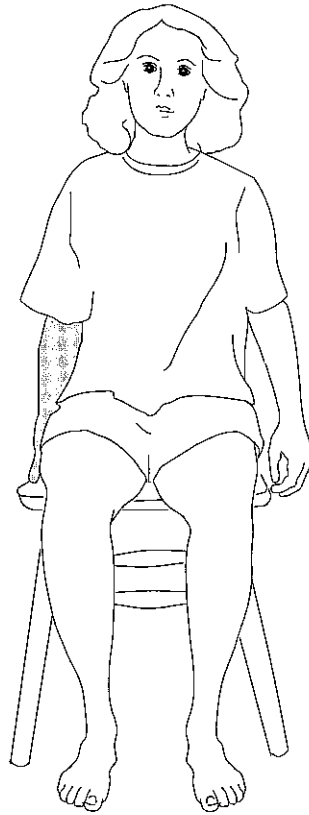
Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Shoulder—Exercise 46



Patient Name: _____ **Date:** _____

Starting position: Sitting in a chair. Use hand of involved side to grasp the bottom of the chair.

Exercise: Lean your body away from your involved arm. Your uninvolved upper arm should slide gently down and away from your body.

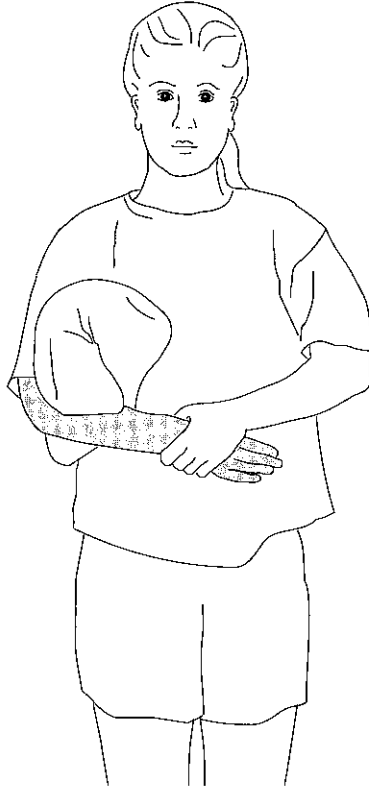
Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Shoulder—Exercise 47



Patient Name: _____ **Date:** _____

Starting position: Standing or sitting, holding a folded pillow between your involved arm and your body. Your uninvolved hand should hold involved wrist.

Exercise: Pull your wrist until a stretch is felt in your involved shoulder.

Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

