

LIGHT SHOULDER ROM

Perform daily to every other day

1



PENDULUM CLOCKWISE CIRCLES - CODMAN

Shift your body weight in circles to allow your injured arm to swing in clockwise circles freely. Your injured arm should be fully relaxed.

Clockwise & Counter Clockwise

Complete 1 set Hold 30 seconds

2



PENDULUM FORWARD BACK - CODMAN

Shift your body weight forward then back to allow your injured arm to swing forward and back freely. Your injured arm should be fully relaxed.

Complete 1 set Hold 30 seconds

3



PENDULUM LATERAL - CODMAN

Shift your body weight side to side to allow your injured arm to swing side to side freely. Your injured arm should be fully relaxed.

Complete 1 set Hold 30 seconds

4

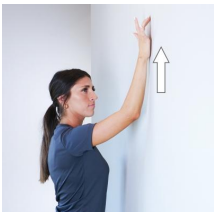


TABLE SLIDE - FLEXION

Sit in a chair and rest your injured arm on a table. Start by leaning forward towards the table as you slide your arm forward as shown. Then, return to starting position and repeat.

Complete 1 set Repeat 10 times

5



WALL Walk/Slides

Place your affected hand on the wall with the palm facing the wall. Next, walk your fingers up the wall towards overhead. Lastly, slide your hand back down the wall to the starting position.

Complete 1 set Repeat 10 times

6



Scapular Squeeze (Shoulder Blade Squeeze)

Sit or stand with good posture. Squeeze your shoulder blades back and down.

Complete 1 set Repeat 10 times