

θ Active-assisted Flexion



use your uninvolved arm or a cane to help stretch the involved arm overhead



Hold ____ seconds ____ repetitions

θ External Rotation with Cane



support the involved arm with a pillow, bend elbow 90° and push cane to rotate shoulder externally

Hold ____ seconds ____ repetitions

θ Straight arm Pec Stretch



grab onto a doorframe and rotate your body away from the arm until you feel a stretch in your pec muscle

Hold ____ seconds ____ repetitions

θ Wall Walk



stand arm's length away from wall and use your fingers to walk up and down the wall as high as possible

Hold __ seconds __ repetitions

θ Pendulum



support your body weight with your uninvolved hand, relax your involved shoulder and swing the arm in circles

____ minutes

θ Internal Rotation



loop strap or towel around involved arm and use uninvolved arm to pull it up behind your back

Hold __ seconds __ repetitions

θ Crossover Stretch



grab opposite elbow and pull across your body to stretch back of shoulder

Hold __ seconds __ repetitions

θ One Arm Pec Stretch



on a corner or a doorway with the elbow at shoulder height, step forward until a stretch is felt in the pecs

Hold ____ seconds ____ repetitions

θ Corner/Doorway Pec Stretch



with the arms overhead, step forward until a stretch is felt in the pecs

Hold ____ seconds ____ repetitions

θ Ball Walk



walk the ball up the wall and when at the top, hold to stretch the shoulders

Hold ____ seconds ____ repetitions

Perform Routine ____ times a day. Consult your physical therapist if exercises cause pain

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