







Shoulder ROM

EXERCISES	REPS AND SETS	SPECIAL NOTES
Pendulum Swings	10 swings each direction Repeat 5-10 times per day	Allow your arm to swing freely.
Stick Flexion -One Arm	Hold for 5-10 sec Repeat 5-10 times	Completely relax the involved arm.
Stick Flexion -Two Arm		Feel a gentle stretch in both shoulders. Don't go past the point of discomfort.
Stick Extension		Keep your shoulders square.
Stick External Rotation		Keep your elbow tight to your side while holding the stretch.
Stick Abduction		Maintain an upright posture.
Stick Horizontal Abduction		Keep your shoulders square as you push the arm out.
Wall Walk Flexion		Use your fingers to make the movement while you relax your shoulder. Face the wall for this movement.
Wall Walk Abduction		Use your fingers to make the movement while you relax your shoulder. Stand sideways to the wall when doing this movement.
Towel Stretch (Internal Rotation)		Pull up on the towel to stretch the arm on your low back.
Sleeper Stretch		Gently push down on the involved arm and keep your side flat on the table/ground.
Cross Arm Adduction Stretch		Keep your arm up at shoulder level while you hold the stretch.
Corner Stretch (Pec)		Keep forearms and elbows flat against the wall.
Door Stretch		Gently lean the body forward to feel a comfortable stretch in the front of the shoulder.

Stick External Rotation	
	<ul style="list-style-type: none"> • Standing or lying on your back • Keep your elbow to your side and push with the opposite arm, feeling a gentle stretch.
Stick Abduction	
	<ul style="list-style-type: none"> • Hold the stick in the involved arm. • Push with opposite hand up to the side. • Make sure to keep your shoulders level.
Stick Horizontal Abduction	
	<ul style="list-style-type: none"> • Hold the stick in your involved arm. • Push with the opposite arm away from your body. • Keep your body square to the front.
Wall Walk – Flexion	
	<ul style="list-style-type: none"> • Stand near a wall, slowly walk your fingers up the wall until you feel a gentle stretch. • Keep level shoulders during the entire movement.

Wall Walk – Abduction



- Stand near a wall, walk your fingers up the wall until you feel a gentle stretch.
- Keep level shoulders during the movement.

Towel Stretch (Internal Rotation)



- Place your involved arm behind your back,
- Drape a towel over your opposite shoulder, grab it with the involved arm.
- Slowly pull up on the towel, sliding your involved arm up your back.

Sleeper Stretch



- Lie on the side of your involved shoulder.
- Put your shoulder out at a 45 degree angle.
- Slowly push down on the wrist of the involved shoulder gently.

Cross Arm Adduction



- Start with your involved arm up at shoulder level.
- Use your opposite arm to slowly push your arm across.
- You should feel a stretch in the involved shoulder.

Corner Stretch (Pec)



- Place your forearms flats against the wall.
- Lean your chest forward into the corner, feeling a stretch in the front of the shoulders.

Door Stretch



- Place your involved hand on the wall at shoulder level.
- Step your body forward while keeping the hand in the starting position.
- You should feel a stretch in the front of the shoulder.