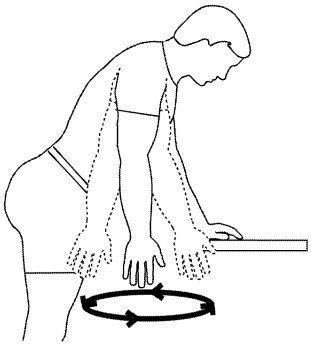
INFORMATION GUIDE

Shoulder Range of Motion

Instructions:
Perform each exercise 2 sessions per day.

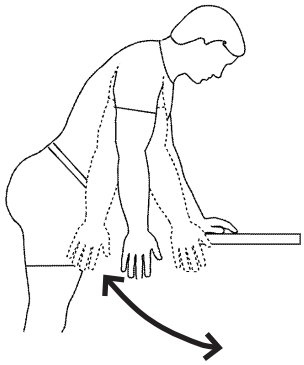
1. SHOULDER PENDULUM (Circular)



Dangle arm in a circle clockwise, then counterclockwise, starting with small circles and progressing to larger ones.

Repeat 10 times in each direction.

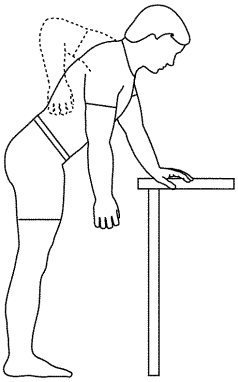
2. SHOULDER PENDULUM (Side to Side)



Swing arm freely from side to side.

Repeat 10 times in each direction.

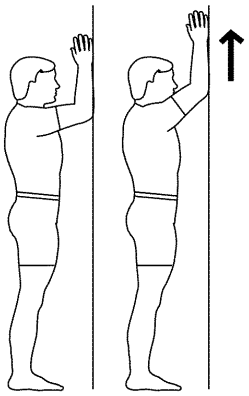
3. SHOULDER SAWS (Protraction / Retraction)



Supporting body weight with good arm on table, swing affected arm forward and backward.

Repeat 10 times in each direction.

4. SHOULDER FLEXION

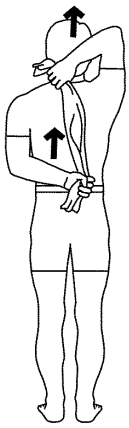


Slide arm up wall palm toward you, moving closer to wall. Hold 30 seconds.

Move arm off wall. Hold 10 seconds.

Repeat 3 times.

5. SHOULDER TOWEL STRETCH WITH IR



Pull involved arm up behind back by pulling towel up with other arm.

Hold 30 seconds.

Repeat 3 times per set. Repeat exercise with towel above head and pull downward.

Sports Medicine is available for questions. Please call 616.252.7778 to speak with a member of our care team or to schedule an appointment.