SHOULDER ROM

PEP PADS
PROGRESSIVE EXERCISE PRESCRIPTION PADS

INDICATIONS:
The following exercises are to be used to complement your therapy treatment.
Exercise is effective for:
1. improving strength and endurance.
2. decreasing swelling.
3. improving mobility and flexibility.

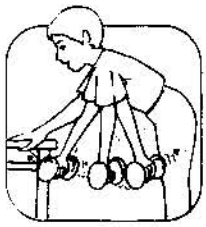
Do each exercise rhythmically.

PRECAUTIONS:
Discontinue any exercise if there is increase in pain, temperature or swelling in the exercised joint.

EXERCISE FREQUENCY:

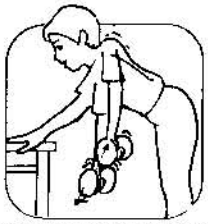
REPETITIONS OF EACH:

NOTES:

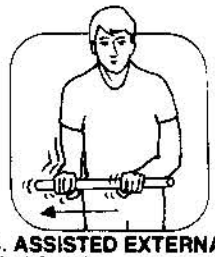


☐**1. CODMANS I:** Keep your back straight as you lean forward as shown. Hold the weight limply and allow your arm to swing back and forth.

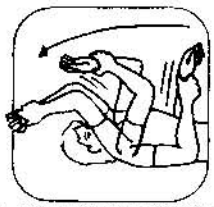
☐**2. CODMANS II:** Maintain the same position. Hold the weight limply. Let your arm swing around in circles.



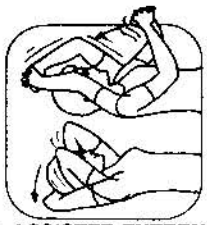
☐**3. SHOULDER RETRACTION:** Hike the shoulder up. Hold for 2 seconds. Lower and stretch with the weight. Repeat.



☐**4. ASSISTED EXTERNAL ROTATION:** Grasp stick with both hands. Use your good arm to push the injured arm outward. Hold the stretch for a count of five. Repeat.

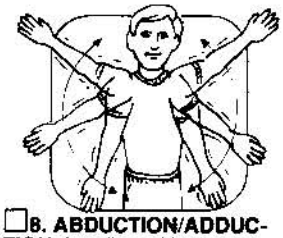


☐**5. ASSISTED FLEXION:** Hold wrist of injured arm with hand of good arm. Reach up overhead. Hold the stretch for a count of five. Repeat.

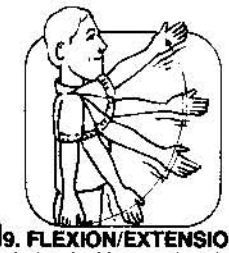


☐**6. ASSISTED EXTERNAL ROTATION.** Clasp hands. Reach up overhead and slide your hands behind your neck. Spread your elbows. Hold the stretch for a count of five. Repeat.

☐**7. ACTIVE EXTERNAL ROTATION:** Begin with your arms crossed in front of you. Keeping your elbows at your sides, roll your arms out. Hold the stretch for a count of five. Repeat.

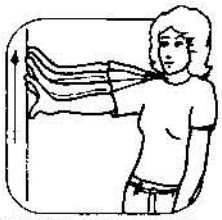


☐**8. ABDUCTION/ADDUCTION:** Leading with your thumbs, bring your arms from your sides up and over your head. Lower slowly and repeat.



☐**9. FLEXION/EXTENSION:** Again lead with your thumbs. Bring your arms up over your head. Lower slowly and repeat.

☐**10. HYPEREXTENSION:** Clasp your hands. Keep your arms straight and extend them behind you. Hold the stretch for a count of 5. Repeat.



☐**11. WALL WALKING/ ABDUCTION:** Stand with your injured side facing the wall, arm extended. Finger walk up the wall to where you feel a stretch. Hold. Repeat.

☐**12. WALL WALKING/ FLEXION:** Face the wall with your injured arm straight out in front of you. Finger walk up the wall to where you feel a stretch. Hold. Repeat.

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