



## PENDULUM CIRCLES

Relax your arm and shoulder completely and allow it to swing freely as you rock back and forth gently. This exercise should help relax your shoulder joint. Repeat on opposite side.

Duration 60 Seconds

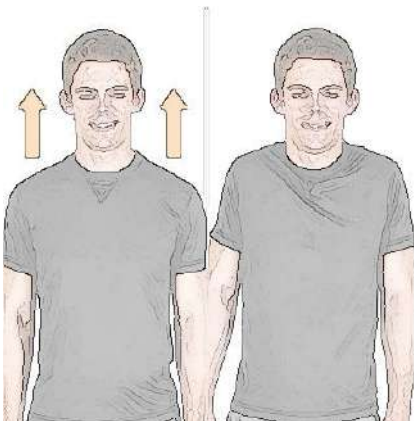
Complete 1 Set



## SHOULDER ROLLS

Move your shoulders in a circular pattern as shown so that you are moving in an up, back and down direction. Perform small circles if needed for comfort.

Repeat 30 Times



## SHRUGS

Raise your shoulders upward towards your ears as shown. Shrug both shoulders at the same time.

Repeat 10 Times

Hold 3 Seconds



### WALL EXTERNAL ROTATION STRETCH

Place one hand on the wall with the elbow bent and gently turn your body the opposite direction until a stretch is felt. Repeat on opposite side.

Repeat 3 Times

Hold 20 Seconds



### CORNER STRETCH

Stand 12 inches away from and facing a corner. Upper arms should be parallel to ground. Don't hyperextend low back. Shoulder blades should be down and back. Lean forward to feel a stretch in the pecs.

(Usually the only open corner at home is in the bathroom behind the door.)

Repeat 3 Times

Hold 20 Seconds



### SINGLE ARM WALL SLIDE SHOULDER STRETCH

Standing facing the wall, place one forearm on the wall. Slide your arm up the wall as shown in picture. You should feel a stretch in your shoulder. Repeat on opposite arm.

Repeat 3 Times

Hold 20 Seconds

### DOUBLE ARM WALL SLIDE MID BACK STRETCH



Place both of your forearms on the wall and then slide your arms up the wall as far as is comfortable. You should feel a stretch in your shoulders and mid back. Return to original position and repeat.

Repeat 3 Times

Hold 20 Seconds



### WALL SLIDE ABDUCTION

Standing with the wall on one side, place forearm on the wall. Slide your arm up the wall as shown in picture. You should feel a stretch in your shoulder. Repeat on opposite side

Repeat 3 Times

Hold 20 Seconds



### Posterior Glenohumeral Capsule Stretch

Stand with your back against the wall. Using your other hand, keep the arm you are stretching straight and bring that arm towards your chest. You should feel this stretch in the back of your shoulder. Repeat on opposite side.

Repeat 3 Times

Hold 20 Seconds



### BEHIND BACK CANE WAND - INTERNAL ROTATION ADDUCTION STRECH

While holding a stick or cane behind your back, slowly pull the target arm towards the center of your back. Repeat on other side.

Repeat 3 Times

Hold 20 Seconds

### FOAM ROLLER SNOW ANGELS

Lie down on a foam roller and allow your arms to drop towards the floor with your elbows straight as shown. Hands palm up. Then slide your arms towards over your head and then return your arms to your side as shown and repeat.



Repeat 10 Times

Hold 5 Seconds