

Your physical therapist recommends the following personalized exercise program for you. Please follow your therapist’s instructions on how often to hold or repeat each one. If your symptoms feel worse with any exercise, stop doing the exercise until you check with your physical therapist or your doctor.

It is important to perform these exercises several times each day to maintain the normal range of motion in your shoulder. The following are *passive* exercises for your affected shoulder. This means all of the effort should come from your unaffected arm, bringing the affected arm “along for the ride.”

**Equipment needed:** a cane, dowel, or short broomstick

**For the following exercises,** lie on your back with your knees bent.



## ☐ Overhead Raise

Grasp the wrist of your affected arm with your unaffected hand, thumbs of both hands facing up. Lift the affected arm up with the unaffected hand until both hands point toward the ceiling. If this feels comfortable, bring your arms further back over your head.

Hold \_\_\_\_ seconds. Slowly return to start.

Frequency \_\_\_\_\_

## ☐ 2. Overhead Raise – Stick/Cane

Hold the cane in both hands. Start with the cane resting on your stomach keeping your elbows bent and at your sides. Press the cane up toward ceiling and straighten your elbows. Keep your elbows straight and raise the cane over your head.



Hold \_\_\_\_ seconds. Slowly return to start.

Frequency \_\_\_\_\_

## Additional Instructions:



## □ Outward Rotation (Neutral) – Stick/Cane

Place a folded towel between your bent elbow (affected arm) and your side. Hold the cane in both hands, use your other hand to push the affected hand and forearm away from your body, making sure to keep the upper part of your arm at your side with your elbow bent.

Hold \_\_\_\_ seconds. Slowly return to start.

Frequency \_\_\_\_\_



## □ Outward Rotation (45°) – Stick/Cane

Start with your elbow 4-6 inches away from your side with a folded towel under bent elbow. Holding cane in both hands, use unaffected hand to push the affected hand and forearm away from your body, making sure to keep your elbow bent.

Hold \_\_\_\_ seconds. Slowly return to start.

Frequency \_\_\_\_\_

## □ Side Raise – Stick/Cane

Lying comfortably on your back with knees bent, hold the cane in both hands with the palm of your affected arm facing up. Guide affected arm out to side and up towards head, keeping your elbow straight.

Hold \_\_\_\_ seconds. Slowly return to start.

Frequency \_\_\_\_\_



## Additional Instructions: