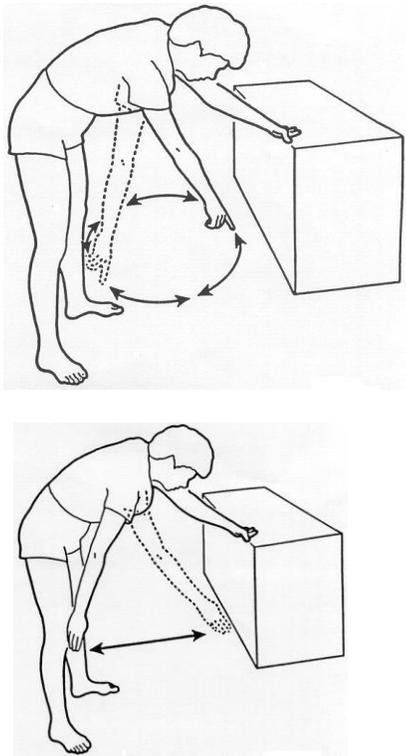
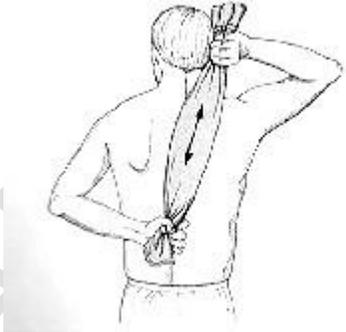
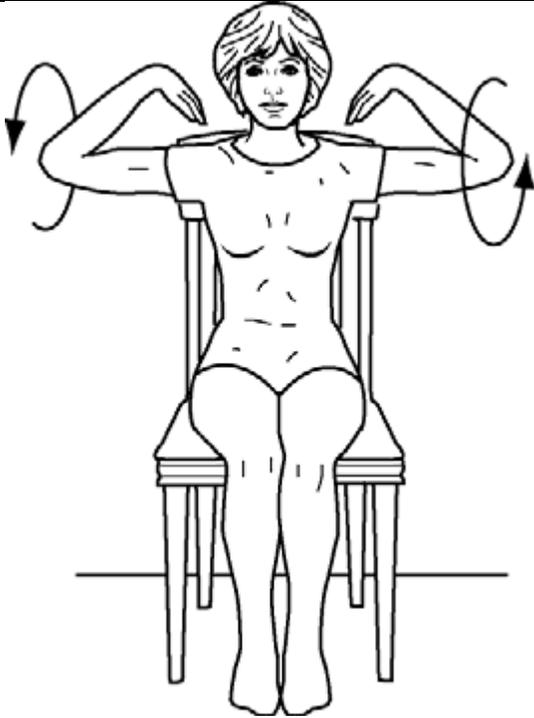


Active range of motion exercises	Descriptions
<p data-bbox="233 268 367 300">Pendulum</p> 	<p data-bbox="821 306 1373 447">Do pendulum exercises while standing and bending at the waist. Support your uninvolved arm on a table or chair and allow your involved arm to hang freely.</p> <p data-bbox="821 562 1373 772">Keep your elbow straight throughout the exercise. Make clockwise circles with your arm for one minute. Reverse the direction and make counterclockwise circles for one minute. Gradually increase the size of the circles.</p> <p data-bbox="821 856 1373 926">Swing your arm up toward your head, and then back along the side of your body.</p>
<p data-bbox="233 1203 386 1234">Towel pulls</p> 	<p data-bbox="821 1220 1373 1507">While standing, hold a towel in the hand of your sore arm and then toss the towel over your sore shoulder (don't let go of the towel). Reach behind your back with your other hand and grab the other end of the towel. With each hand holding each end of the towel, pull the towel up as far as you can comfortably.</p>

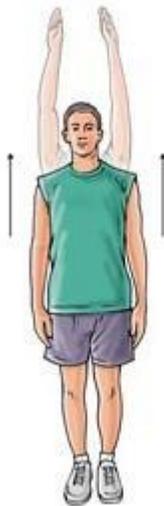
Climb the wall



Stand with your side next to a wall and have your fingertips touching the wall. Now slowly 'walk' your fingers up the wall until you feel a good stretch of your shoulder muscles, but not pain. Once your armpit is as close to the wall as is comfortable, holds the position for 10 counts.



Flexion



Extension

Shoulder Circles

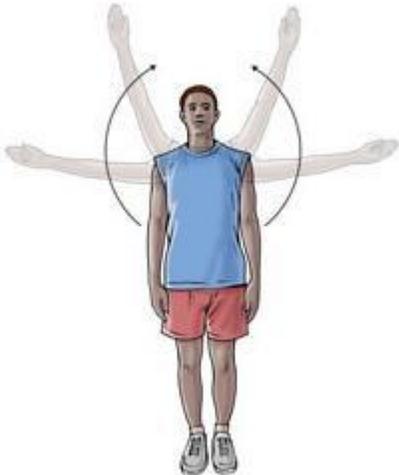
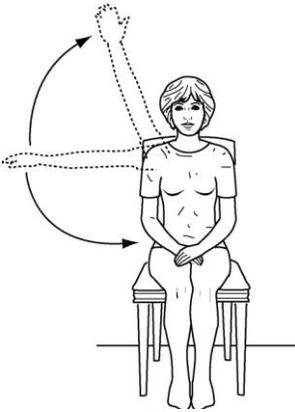
Put your hands on your shoulders. Make ten circles forward and ten circles backward with your elbows.

Stand with your arms hanging down at your side. Keep your elbow straight and lift your arms up over your head as far as you can reach. Hold the end position for 5 seconds.

Stand with your arms at your sides. Move the arm on one side back, keeping your elbow straight. Hold this position for 5 seconds. Return to the starting position and repeat 10 times.



Abduction



Shoulder Abduction

Start with your arms at your sides. Lift your right arm out to your side and up over your head as you breathe in. Lower your right arm to your side as you breathe out. Repeat with left arm.

Standing with one side towards the wall and your elbow bent at a 90-degree angle, press the side of your arm into the wall as if attempting to lift it. Hold for 5 seconds.

Scapular movement



Wand exercise for flexion



Extension – wand exercise

AMN PHYSIOCARE



Rotation with wand exercise



ANN PHYSIOCARE