



Centers for
Orthopaedics
Experience in Motion

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SHOULDER RANGE-OF-MOTION EXERCISES

Shoulder Flexion with opposite arm assist



Lay on your back and grip involved shoulder's wrist with your uninvolved hand. Using your uninvolved arm to assist the movement, gently raise your uninvolved arm above your head. Try not to cross your hand over the midline of your head. Be sure to avoid sharp pain or pinching in the shoulder.

Repeat ___ times Hold ___ seconds Perform ___ sets

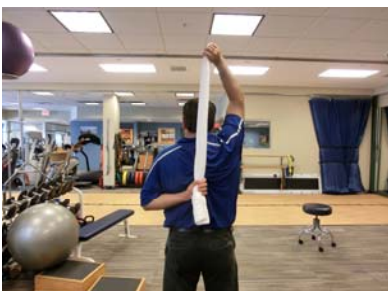
Shoulder External Rotation at 45 degrees



Lay on your back with your involved arm 45 degrees away from your body and elbow bent to 90 degrees. Grip the dowel in the palm of your involved side. Use your uninvolved arm to rotate hand back toward the surface you are on. Be sure to avoid sharp pain or pinching in the shoulder.

Repeat ___ times Hold ___ seconds Perform ___ sets

Towel Stretch for Internal Rotation



Use a towel or strap as shown in picture.

Stand and grasp a towel with your uninvolved hand overhead and involved hand at your waist. Gently raise the towel over head so the involved arm raises up the back. Avoid sharp pain or pinching in the shoulder.

Repeat ___ times Hold ___ seconds Perform ___ Sets