Shoulder Range of Motion and Strengthening
The exercises in this booklet are designed to improved the range of motion/flexibility and strength of your shoulder. Do ONLY those exercises prescribed for you. Certain exercises may be unsuitable for your condition. Do the exercises slowly and in a controlled manner both directions. Any difficulty with your exercises, such as pain or swelling, should be discussed with your therapist.

Do each exercise:

___ times

Hold ___ seconds

Do ___ sessions/day

OR as prescribed by your therapist for each exercise
Side Flexion
- Sit tall, keep your shoulders level
- Tilt your ear towards your shoulder
- Repeat on the other side

Rotation
- Sit tall, keep your shoulders level
- Turn to look over your shoulder
- Repeat on the other side

Shoulder Shrugs
- Sit tall
- Shrug your shoulders up to your ears
- Return to starting position

Shoulder Blade Squeeze
- Squeeze your shoulder blades back and down toward your spine
- Do not let your shoulders shrug upwards
Active Forearm Rotation

- Tuck your elbow against the side of your body
- Turn your forearm palm up
- Turn your forearm palm down

Active Elbow Flexion/Extension

- Tuck your elbow against the side of your body
- Bend and straighten your elbow slowly

Wrist Range of Motion

With a loosely closed fist:

a) bend your wrist up and down
b) make circles in both directions

Pendulum

- Hold onto something sturdy with your unaffected arm
- Bend forward with the affected arm relaxed toward the floor
- Move your body in a circular manner, keeping your arm relaxed to allow it to sway
- Use momentum, not the muscles in your arm, to get your arm swinging in clockwise direction
- Repeat in counterclockwise direction
**Shoulder Blade Exercise**

- Hold on to something sturdy with your unaffected arm
- Bend forward with the affected arm relaxed toward the floor
- Pull your elbow back while squeezing your shoulder blade back

**Table Washing**

- Sit at a table with your hand resting on a towel
- Sit tall and do not allow your shoulders to shrug up (keep your shoulder blades back and down toward your spine)
- Move your hand and arm in circles in both directions
- You may use your unaffected hand to help if needed

**Flexion**

- Sit with your forearms resting on a table with your thumbs pointing up
- Sit tall and do not allow your shoulders to shrug up (keep your shoulder blades back and down toward your spine)
- Slide your arms forward while bending from the waist
Abduction

- Sit with your forearm lying across the table with your thumb up
- Sit tall and do not allow your shoulder to shrug up (keep your shoulder blades back and down toward your spine)
- Bend sideways from your waist while allowing your arm to slide across the table

Incline Board (Flexion and Circles)

Flexion

- Sit tall with arm resting on incline board with your thumb up, keeping your shoulder blades back and down
- Slide your arm up along the board until you feel a gentle stretch
- Return to start position

Circles

- Start position with palm down
- Move your hand and arm in clockwise direction. Repeat in counterclockwise direction

External Rotation

- Keep your forearm on a table with your palm down
- Bend forward from your waist, holding your palm and forearm in position, until you feel a gentle stretch
Supine Flexion

- Lie on your back holding a cane/stick with your palms down OR support your affected arm with your unaffected hand
- Keep your shoulder blades back and down
- Use your unaffected arm to help move your affected arm up and over your head

Supine Abduction

- Lie on your back holding a cane/stick
- Keep your shoulder blades back and down
- Use your unaffected arm to help move your affected arm out to the side, leading with your thumb

Supine External Rotation

Lie on your back holding a cane/stick, with your arm tucked by your side and elbow bent

a) Use your unaffected arm to help rotate your affected arm outwards

b) Repeat with arm out at 45 degrees

c) Repeat with arm out at 90 degrees
Supine Hands Behind Head Stretch

- Lie on your back and place both hands behind your head
- Press both elbows back toward the floor
- Keep your shoulder blades back and down towards your spine. Hold 5 seconds.
- Bring both elbows up beside your ears. Hold 5 seconds.

Supine Horizontal Abduction/Adduction

- Hold cane/stick with your palms down
- Keeping your shoulder blades back and down, help push the stick across your body with your unaffected side
- Push the stick back across your body to the other side
- Do not allow your trunk to twist

Serratus Anterior

- Lie on your back with your arm straight up towards ceiling
- “Punch” up gently towards ceiling
- You can progress by holding a light weight

Scapular Stability Circles

- Lie on your back in above position, keeping your shoulder blades back and down
- In a controlled manner, move your whole arm in a clockwise direction. Repeat in counter clockwise direction.
- You can progress by holding a light weight
Pectoral Stretch

• Lie on your back close to the edge of the bed
• Hang your arm over the edge of the bed with your palm up until you feel a stretch in the front of your shoulder and chest

Supine Internal Rotation Stretch

• Lie on your back with your arm out 90 degrees and elbow bent
• Use your opposite hand to stabilize your affected shoulder
• Rotate your palm down until you feel a gentle stretch
• Ensure your shoulder joint does not lift up

Supine External Rotation Stretch/Internal Rotation Strengthening

• Lie on your back with a light weight in your hand, arm tucked in and elbow bent
• Rotate arm out to side until you feel a gentle stretch. Hold 5 seconds.
• Bring hand back to stomach
External Rotation Strengthening

- Lie on your back with both arms tucked by your side, elbows bent and theraband around both hands
- Keep your shoulder blades back and down
- Pull both hands out against the resistance of the theraband equally

Supine Forward Flexion and Abduction Strengthening

Lie on your back with your shoulder blades back and down

a) Pull theraband up and over your head
b) Pull theraband out to the side, keeping your elbow straight

Bilateral Scapular Stabilization

- Lie on your back with shoulder-width ball held firmly between your elbows
- Keeping your shoulder blades back and down, raise ball to approximately shoulder height
- Slowly return to start position
- You may also perform this exercise sitting or standing
**Side Lying Flexion**

Lie on your side, keeping your shoulder blades back and down

a) Move your arm forward, making sure your arm stays level and does not drop

b) & c) Progress to light weight/theraband as directed by your physiotherapist

---

**Side Lying Abduction**

Lie on your side, keeping your shoulder blades back and down

a) With your thumb up, raise your arm up towards the ceiling
   • Avoid moving through pain/pinching sensation
   • Return slowly to start position

b) & c) Progress to light weight/theraband as directed by your physiotherapist

---

**Side Lying External Rotation Strengthening**

- Lie on your side with a small rolled up towel under your arm
- Keep your elbow bent as you rotate your arm up towards the ceiling
- Progress to light weight as directed by your physiotherapist
Side Lying Internal Rotation/Posterior Capsule Stretch

- Lie on your affected side with your arm up and elbow bent
- With your opposite hand, gently push your forearm down

Shoulder Proprioception

Fill a clean, empty milk jug 1/8th full of water and seal the lid

Supine

- Lie on your back with your elbow straight and milk jug up towards the ceiling
- Keeping your elbow straight and your shoulder blades back and down, move the milk jug in small circles in both directions

Standing

- Keeping your shoulder blades back and down, hold the milk jug either in front or out to your side
- Move the jug in small circles
Standing Forward Flexion

- Holding a cane/stick with your affected arm palm up, use your unaffected arm to help push your affected arm forward
- Make sure you keep your shoulders level and shoulder blades back and down

Standing Shoulder Abduction

- Holding a cane/stick with your affected arm palm up, use your unaffected arm to help push your affected arm out to the side
- Make sure you keep your shoulders level and shoulder blades back and down

Standing Shoulder Extension

- Holding a cane/stick with both hands behind you, use your unaffected arm to help move your affected arm back
- Keep your shoulder blades back and down
Standing Hand Behind Back Stretch

Hold a stick or towel as demonstrated in diagram

Internal Rotation of Lower Arm

- Placing your unaffected arm above your head, help stretch lower arm by pulling upwards

External Rotation of Upper Arm

- Placing your unaffected arm behind your low back, help stretch upper arm by pulling downwards

Standing External Rotation

- Hold a cane/stick in both hands, with a small rolled up towel tucked between your trunk and arm on affected side
- Keeping your elbow tucked in by your side, use your unaffected side to help rotate your affected side outward

Standing Weight Bearing

- Standing comfortably in front of countertop, place hands shoulder width apart
- Keeping elbows straight and shoulders aligned overtop of wrists/hands, gently put weight through arms
- You can shift your weight slowly from side to side
**Standing Forward Flexion**

- Facing wall with your thumb pointing towards you, slide your arm up the wall
- Keep your shoulder blades back and down

**Standing Abduction**

- Standing sideways to the wall, with your thumb pointing towards you, slide your arm up the wall
- Keep shoulder blades back and down

**Standing External Rotation**

- Keeping the palm of your hand against a door frame, turn your body from your fixed hand until you feel a stretch in the front of your shoulder and chest
  
a) With your elbow tucked in by the side of your body
  
b) With your shoulder at 90 degrees
Standing “Y” at the wall

a)  
- Stand facing a wall with your arms overhead, slightly out to the side and thumbs pointing away from the wall  
- Squeeze your shoulder blades back and down

b)  
- Stand facing a wall with elbows on the wall at shoulder height  
- Now slide your arms up the wall in the shape of a ‘Y’, keeping your thumbs pointing away from the wall  
- Keep your shoulder blades back and down

Standing Scapular Stabilization

a)  
- Hold a ball against the wall, keeping your elbow straight and your shoulder at 90 degrees.  
- Roll the ball in small circles, keeping your shoulder blades back and down

b)  
- Stand with your back against a rolled towel or ½ foam roll  
- Squeeze your shoulder blades back and down
Pulley Exercises

Forward Flexion

• Sitting tall, keep your thumb pointing behind you
• Use your unaffected arm to pull the affected arm up in front
• Keep your shoulder blades back and down

Abduction

• Sitting tall with your arm out to the side
• Use your unaffected arm to pull the affected arm out to the side
• Keep your shoulder blades back and down

Internal Rotation

• In standing, keep your affected arm behind you
• Use your unaffected arm to pull the affected arm up behind your back