

AROM shld retract bil stand arms at side



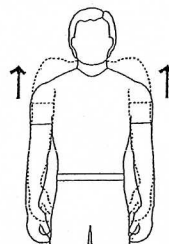
- Stand with arms at sides.
- Squeeze both shoulder blades together.
- Relax and repeat.

Perform 3 sets of 20 Repetitions, twice a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

AROM shld elev bil (shld shrugs)



- Stand or sit, raise shoulders upward towards ears.
- Return to start position.

Perform 3 sets of 20 Repetitions, twice a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

AROM shld pendulum

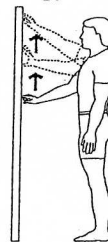


- Lean over table as shown, supported by uninvolved arm.
- Allow involved arm to hang freely.
- Use trunk movement to swing arm in circles.

Perform 3 sets of 10 Repetitions, twice a day.

Rest 1 Minute between sets.

AROM shld flx (finger walking) at wall



- Stand, facing wall.
- Place hand on wall at hip level.
- Using your fingers, walk your arm upward through available range, and walk back down.

Perform 3 sets of 20 Repetitions, twice a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

Mob shld pendulum w/wt



- Lean over table as shown, supported by uninvolved arm.
- WITHOUT weights
- Allow involved arm to hang freely.
- Use trunk movement to swing side to side, and front to back, as shown.

Perform 3 sets of 10 Repetitions, twice a day.

Use 0 Lbs.

Rest 1 Minute between sets.

Issued By: MMPC Orthopedics

Signature: _____

These exercises are to be used only under the direction of a licensed, qualified professional.
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