

## Self Range of Motion for Shoulder and Elbow: Table Slides

The goal of this exercise is to safely stretch and provide range of motion for your weaker shoulder and arm.

- Sit at a kitchen or other sturdy table.
- Put a towel down on the table.
- Place both hands on top of the towel.
- Hand placement can vary. Use one of the following strategies as taught by your therapist:
  - θ Clasp your hands together with thumbs up.
  - θ Use your stronger hand to support the weaker hand and wrist.
  - θ Place the weaker hand palm side down. Place the stronger hand on top of the weaker hand.
  - θ Other:

---



---



---



---



- Slowly slide your arms forward. Use the stronger arm to help the weaker arm.
- You can also lean forward at your hips to increase the range of reach at your shoulders.
- As you reach forward, also try to keep your elbows straight.

**Go slowly.** Hold each forward movement \_\_\_\_\_ seconds.  
Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ times/day.

If you experience discomfort or pain, try to reposition your hands and arms or do not stretch as far. If it does not improve, stop the exercise and talk with your therapist.