Shoulder: Post-Operative Self PROM and AAROM

Please consult your physical therapist for range of motion specifications on the following exercises.

1. Hands and Knees Shoulder Flexion Stretch
Start in the hands and knees position (hands directly below shoulders and knees directly below hips) .Without moving hands, gently sit back onto heels until a stretch is felt at the involved shoulder.
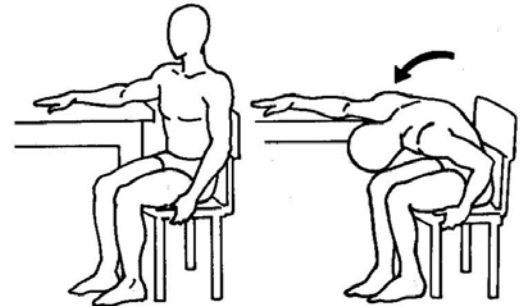
Hold _____ seconds. Do _____ reps _____ times/day.

2. Sitting Shoulder Flexion Stretch
Sit at edge of chair next to table or desk. Place involved arm on surface with elbow straight. Slide arm forward and slowly bend forward at hips as you slide back into chair.
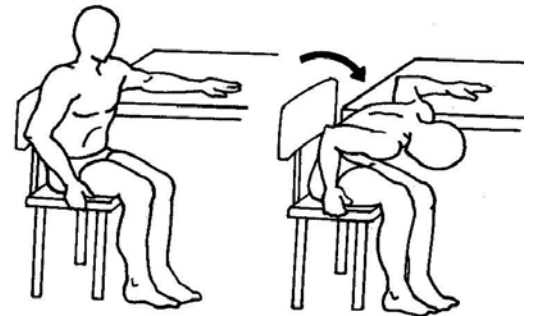
Hold _____ seconds. Do _____ reps _____ times/day.

3. Sitting Shoulder External Rotation and Abduction Stretch
Sit in chair next to table or desk. Place involved arm on surface with elbow bent. Slowly bend forward at hips and shift trunk toward opposite knee.
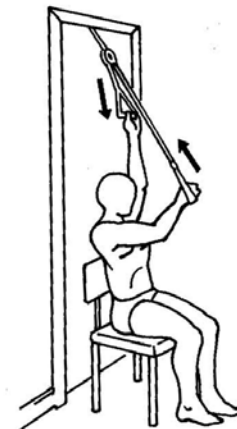
Hold _____ seconds. Do _____ reps _____ times/day.

4. Pulley Shoulder ROM
Secure pulley over door. Sit in a chair facing away from the door. Grab pulley in both hands with elbows bent. Gently pull non-involved arm down, which will elevate the involved arm. The non-involved arm should supply the power. Avoid shoulder shrugging during activity.

Hold _____ seconds. Do _____ reps _____ times/day.

Continued

5. Overhead Arm Raise, Wall Assist

Stand facing wall. Place involved forearm against wall with towel in hand. Hold involved side elbow with non-involved hand and slowly guide involved arm up wall. Slowly return to starting position.

Hold _____ seconds. Do _____ reps _____ times/day.

6. Supine AAROM Shoulder Flexion

Lie on back with upper arm supported with a pillow. Point involved arm's thumb toward ceiling. Hold involved arm at elbow or wrist with non-involved hand. Slowly lift involved arm up with the assistance of the non-involved arm. Slowly return to start position.

Hold _____ seconds. Do _____ reps _____ times/day.