

## Shoulder: Horizontal Adduction, Supine – Assisted



1. Patient lies on back with arm at side.
2. Helper stands to the side with one hand just above elbow and the other hand at the wrist.
3. Helper assists patient to bring arm out to the side to 90 degrees, and then cross the arm over the chest as shown.
4. Do **not** move the arm to the point of pain.

Do \_\_\_\_\_ repetitions \_\_\_\_\_ times per day.

*The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem.*