Shoulder: Post-Operative Self PROM and AAROM
Home Exercise Program

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.
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.