

Shoulder: Flexion – Active Assistive – Supine



1. Lie on your back with knees bent and feet flat.
2. Hold cane in hands with fingers pointing up.
3. Slowly raise arms up over your head.
4. Hold _____seconds.
5. Slowly lower your arms back to the starting position.
6. Try to keep your elbows straight through the movement.

Alternate option for single arm



Grasp a cane or dowel with both hands with the arm to be stretched at the end and the thumb pointed up as shown.



Action: Keeping your arm straight, push your arm straight up and over your head until you feel a stretch.

Hold each repetition _____seconds. Do _____repetitions _____times per day.

lder/Scapula