

## Shoulder: External Rotation with Cane – Supine



1. Lie on your back. Place your arm on a towel out to the side as directed by therapist.
2. Bend elbow to 90° with fingers pointing toward the ceiling.
3. Grasp a cane or dowel with both hands, with the arm to be stretched at the end as shown.
4. Slowly rotate your forearm backward. Keep elbow bent and upper arm in place.
5. The other arm gently pushes the cane to gain more motion.

Hold each repetition \_\_\_\_\_ seconds.

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