

## Cane Exercises

### Shoulder – 1

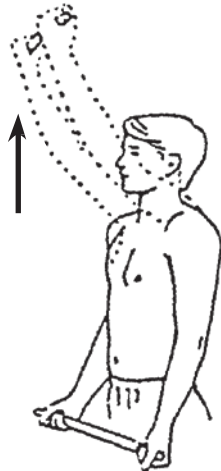
#### Range of Motion Exercises (Wand activities): Flexion

Bring wand directly overhead, leading with uninvolved side. Reach back until you feel a stretch.

Hold \_\_\_\_\_ seconds.

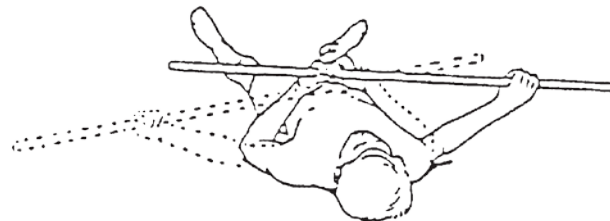
Repeat \_\_\_\_\_ times.

Do \_\_\_\_\_ sessions per day.



### Shoulder – 3

#### Range of Motion Exercises (Wand activities): External/Internal Rotation



Hold wand with involved side palm up, push with uninvolved side (palm down) out from body while keeping elbow at side until you feel a stretch. Then pull back across body leading with uninvolved side. Be sure to keep elbows bent.

Hold \_\_\_\_\_ seconds. Repeat \_\_\_\_\_ times.

Do \_\_\_\_\_ sessions per day.

### Shoulder – 2

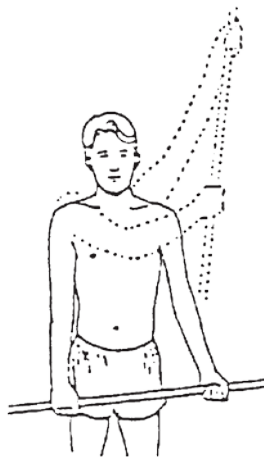
#### Range of Motion Exercises (Wand activities): Abduction

Holding wand with involved side palm up, push wand directly out from your side with uninvolved side (palm down) until you feel a stretch.

Hold \_\_\_\_\_ seconds.

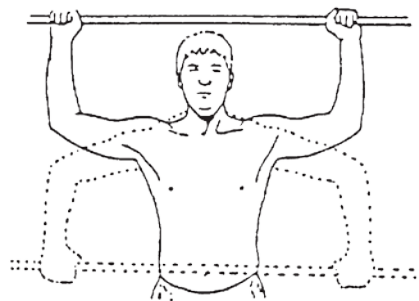
Repeat \_\_\_\_\_ times.

Do \_\_\_\_\_ sessions per day.



### Shoulder – 4

#### Range of Motion Exercises (Wand activities): External/Internal Rotation



Move wand upward toward head, then down toward waistline.

Hold \_\_\_\_\_ seconds. Repeat \_\_\_\_\_ times.

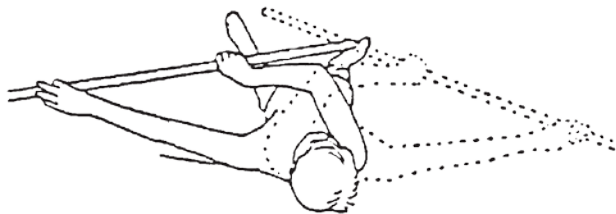
Do \_\_\_\_\_ sessions per day.

*Continued*

### Shoulder – 5

#### Range of Motion Exercises

(Wand Activities): Horizontal Abduction/  
Adduction



Keeping both palms down, push wand across body with uninvolved side. Then pull back and across body, keeping arms parallel to floor. Do not allow your trunk to twist.

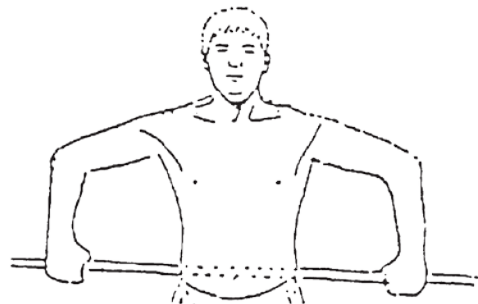
Hold \_\_\_\_ seconds. Repeat \_\_\_\_ times.

Do \_\_\_\_ sessions per day.

### Shoulder – 7

#### Range of Motion Exercises

(Wand Activities):



Standing with hands holding the wand behind your back, move the wand upward toward your waist-line.

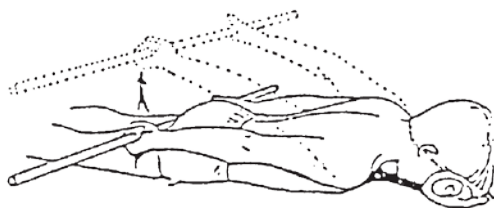
Hold \_\_\_\_ seconds. Repeat \_\_\_\_ times.

Do \_\_\_\_ sessions per day.

### Shoulder – 6

#### Range of Motion Exercises

(Wand Activities): Extension



Lift backward from buttocks until a stretch is felt.

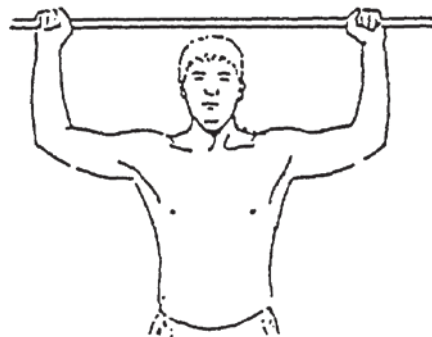
Hold \_\_\_\_ seconds. Repeat \_\_\_\_ times.

Do \_\_\_\_ sessions per day.

### Shoulder – 8

#### Range of Motion Exercises

(Wand Activities): Scapular Retraction



Move wand upward toward head, then down behind your neck.

Hold \_\_\_\_ seconds. Repeat \_\_\_\_ times.

Do \_\_\_\_ sessions per day.