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 – 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 – 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 – 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.
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 waistline.
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.