

Cane Exercises

Shoulder – 1

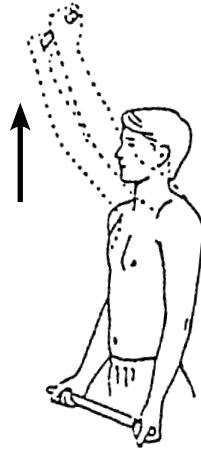
Range of Motion Exercises (Wand activities): Flexion

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

Hold _____ seconds.

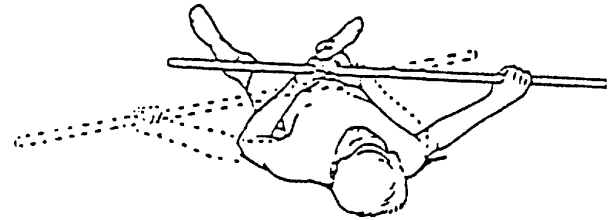
Repeat _____ times.

Do _____ sessions per day.



Shoulder – 3

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



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

Hold _____ seconds. Repeat _____ times.

Do _____ sessions per day.

Shoulder – 2

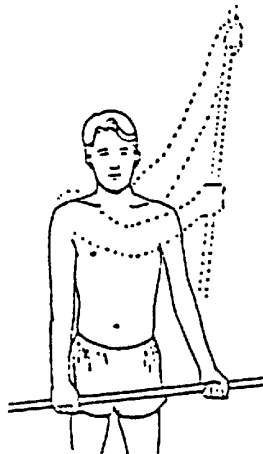
Range of Motion Exercises (Wand activities): Abduction

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

Hold _____ seconds.

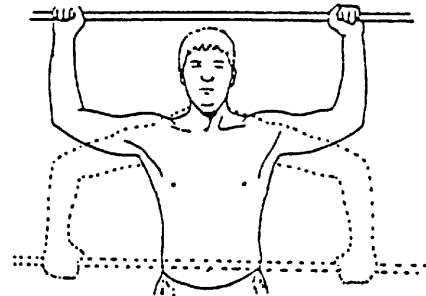
Repeat _____ times.

Do _____ sessions per day.



Shoulder – 4

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



Move wand upward toward head, then down toward waistline.

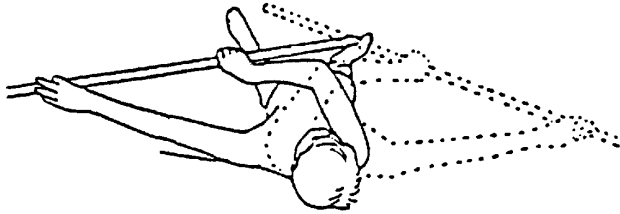
Hold _____ seconds. Repeat _____ times.

Do _____ sessions per day.

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.

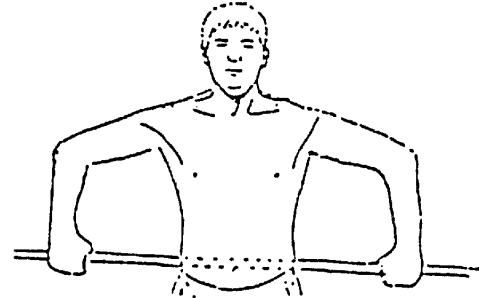
Hold ____ seconds. Repeat ____ times.

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.

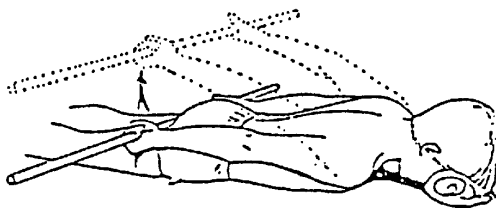
Hold ____ seconds. Repeat ____ times.

Do ____ sessions per day.

Shoulder – 6

Range of Motion Exercises

(Wand Activities): **Extension**



Lift backward from buttocks until a stretch is felt.

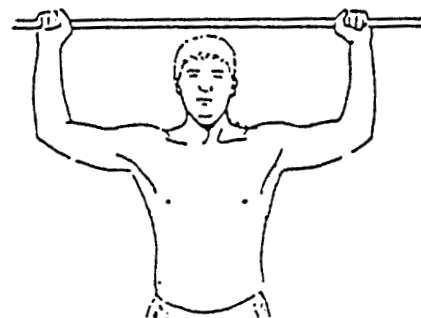
Hold ____ seconds. Repeat ____ times.

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.

The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem. Aurora Health Care is a not-for-profit health care provider and a national leader in efforts to improve the quality of health care.