Shoulder: External Rotation – AROM in Supine

1. Lie on your back. Place your arm to the side as directed by your therapist. Place a towel under your arm for support.

2. Bend your elbow to 90 degrees with your fingers pointing toward the ceiling.


4. Hold ______ seconds, and then return your arm to the starting position.

   Do ______ repetitions, ______ times/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.