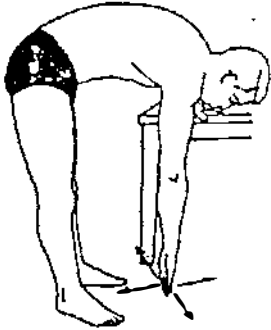


SHOULDER EXERCISES

Do only those exercises checked for you. They should be done slowly and deliberately, allowing for complete relaxation after each repetition. Do each exercise for ___ repetitions, ___ times daily. Hold position for ___ seconds.

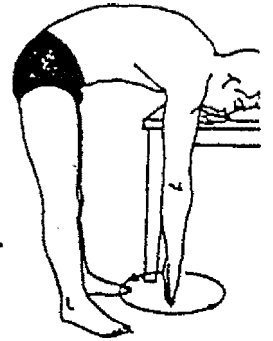
1. CODMAN EXERCISE

Lean over until arm hangs parallel to your legs. Support yourself on a table or chair with the unaffected arm. Start swinging arm in small circles and progress to larger circles as tolerated.



Using the same position as above only swing arm in a straight line from left to right. Repeat swinging arm in a straight line forward and back.

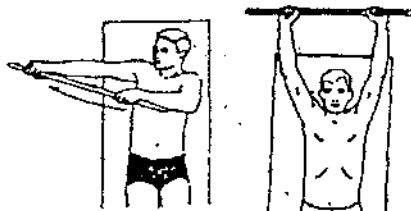
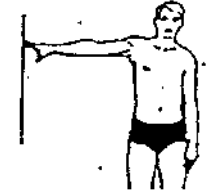
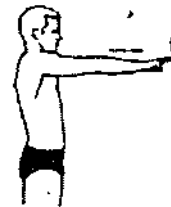
Above exercises may be done with ___ lb weight in your hand as tolerated.



2. WALL CLIMBING EXERCISES

Stand an arm's length from the wall, face the wall and walk fingers up and down the wall. Do not rise on toes or lean back during exercise.

Stand arm's length from the wall with involved arm toward the wall. Walk fingers up the wall and return to starting position.



3. WAND EXERCISES

Lie on back, hands about two feet apart gripping a broomstick. Keep elbows straight. Bring arms up until wand is overhead and arms are resting on floor.

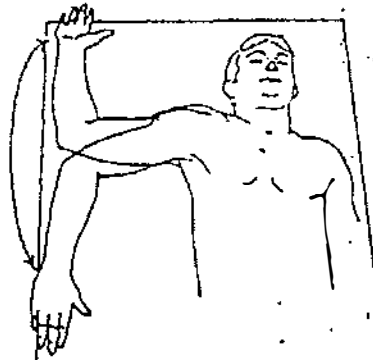
Lie on back, push with unaffected arm until affected arm is straight out to the side.

4. PULLEY EXERCISES

Sit in a chair so that pulley is directly over the shoulder joint. Grip handles and pull down with one hand which will pull the other hand up toward the ceiling. Then repeat with the other side.

5. ROTATION EXERCISES

Lie on back, arms straight out at side, elbow bent 90 degrees. Move arm forward until hand rests on bed. Move arm back until back of hand rests on bed.



6. ACTIVE SHOULDER FLEXION AND ABDUCTION

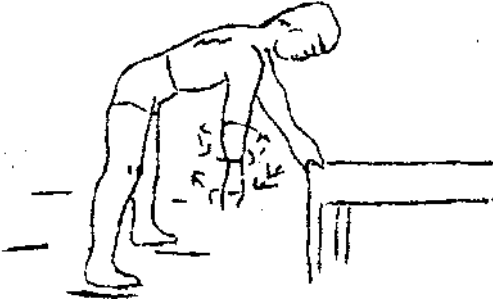
Lie on back, arm at side. Keep arm straight, lift it forward, to the side, and up until hand is over your head. Repeat exercise slowly.



SHOULDER EXERCISES

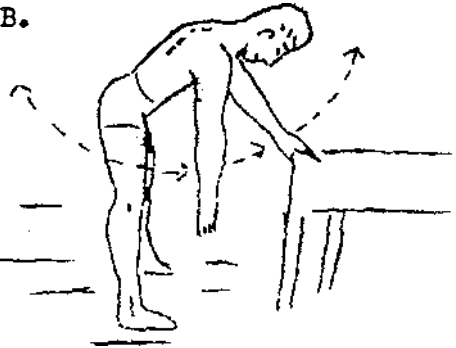
I. Codman's Exercises

A.



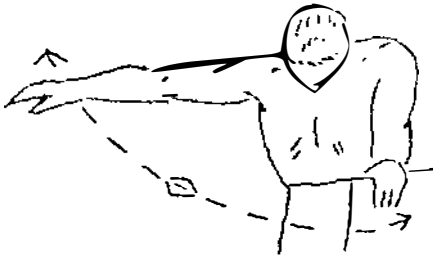
Keep elbow straight; circle outwardly; circle inwardly.

B.



Keep elbow straight; bring arm up toward ceiling. Bring arm back past body.

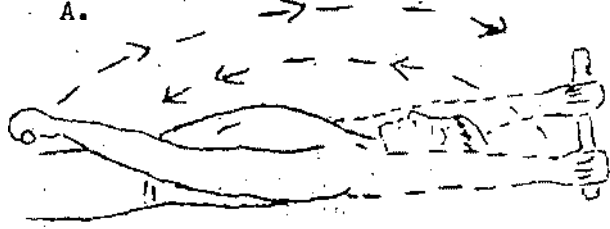
C.



Keep elbow straight; bring arm out from body. Bring arm back across body.

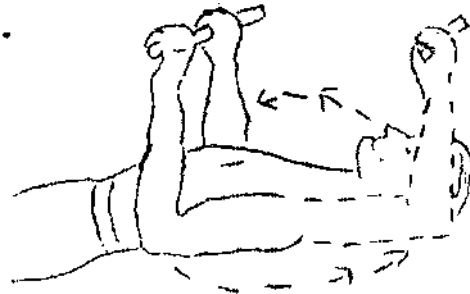
II. Wand Exercises

A.



Keep elbows straight; bring arms back over head.

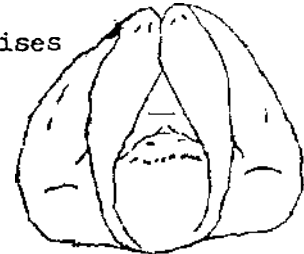
B.



Bend elbows; circle involved shoulder outwardly, keeping elbow bent.

III. Additional Exercises

A.



Squeeze arms together, attempting to touch elbows.

B.



Push both elbows into bed.

1. Do exercises three times daily, start with count of five times each; slowly increase to fifteen times each.
2. Do exercises slowly and only to the point of pain.
3. Relax between each exercise.
4. When using weights, attach around wrist with a rope or strap and allow weights to rest in hand. (Do not grasp weight in hand.)

(over)

SHOULDER EXERCISES

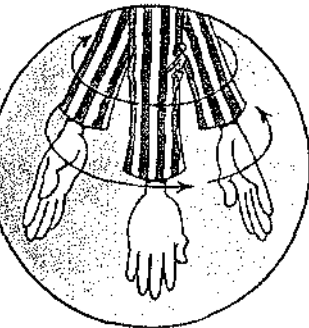
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2. Do exercises slowly and only to the point of pain.
3. Relax between each exercise.
4. When using weights, attach around wrist with a rope or strap and allow weights to rest in hand. (Do not grasp weight in hand).



Home Exercises for the Shoulder

Here are six exercises doctors and therapists often recommend for shoulder rehabilitation. They will check the exercises that are applicable to your condition. Don't do any of these exercises without your doctor's or therapist's approval.

It's up to you to carry out your prescribed exercise program. Keep in mind that doing the assigned exercises is the only way to full recovery.



Pendulum Exercise

Holding the side of a table with your good arm, bend over at the waist, and let your affected arm hang straight down. Swing it back and forth like a pendulum, then in circles that start small and gradually grow larger. Do this for at least 5 minutes, 3 times a day.

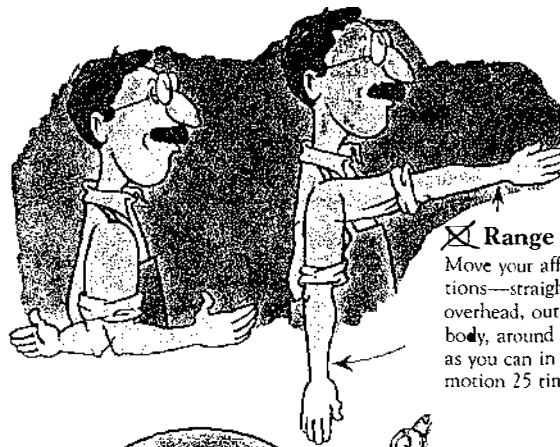
Wall Walking

Stand facing a blank wall, with your feet about 12 inches away. "Walk" the fingers of your affected arm up the wall as high as pain permits. Mark the spot and try to go higher next time. Do at least 10 repetitions, 3 times a day. Do this exercise with your affected side to the wall, also.



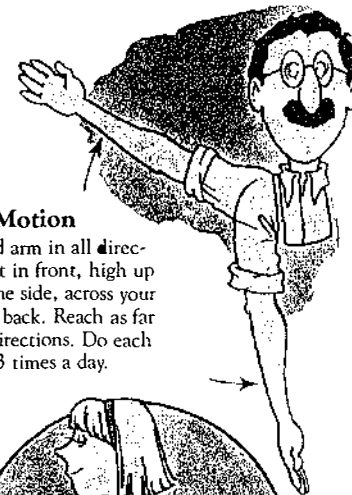
Cane Exercise

Sit in a chair, or lie down. Hold a cane, stick, or broom handle in both hands with your elbows straight. Raise the cane over your head, or as high as you can. Do at least 25 repetitions, 3 times a day.



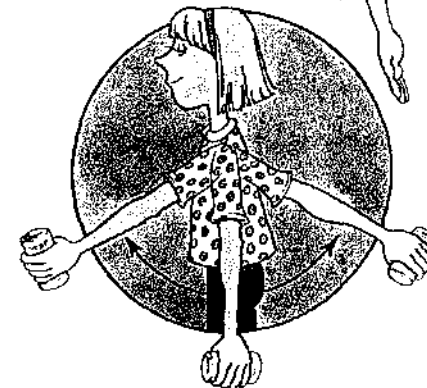
Range of Motion

Move your affected arm in all directions—straight out in front, high up overhead, out to the side, across your body, around your back. Reach as far as you can in all directions. Do each motion 25 times, 3 times a day.



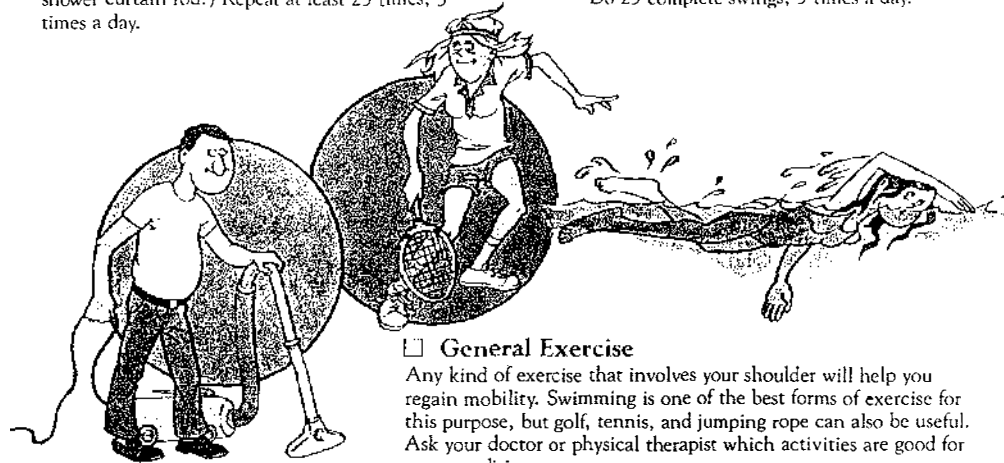
Pulley Exercise

Hang a pulley and run a six-foot rope or cord through it. Holding one end in each hand with your arms extended in front of you, pull the rope toward you with your good arm. This will raise the affected arm. Raise it as high as you can. (You can do the same thing using a towel draped over a door or shower curtain rod.) Repeat at least 25 times, 3 times a day.



Weight Swinging

Holding a weight in the hand of your affected side, swing your arm back and forth in larger and larger arcs. Your doctor will tell you what to use for a weight. Do 25 complete swings, 3 times a day.



General Exercise

Any kind of exercise that involves your shoulder will help you regain mobility. Swimming is one of the best forms of exercise for this purpose, but golf, tennis, and jumping rope can also be useful. Ask your doctor or physical therapist which activities are good for your condition.