

Shoulder Range of Motion Exercises

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Key Points:

- Perform 'External rotation' and 'Elevation' lying down to prevent 'cheating' by arching or twisting the spine
- Exercise for 15 to 20 minutes, two to three times per day for most conditions. If after surgery, start slowly and advance as pain allows.
- It's okay to feel the sense of stretching, but you should not cause lasting pain and discomfort in the shoulder

Pendular Exercises (*Right Shoulder*)



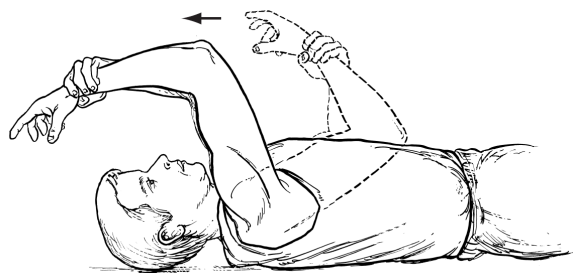
- Bend over at the waist letting the affected arm hang down at your side. Start with bending over a little as pain allows, and eventually bend over further to get more motion as pain and comfort allows
- Sway your body back and forth using the weight of the arm and gravity to generate small circles
- Move your arm in clockwise and counter-clockwise circles

External Rotation (*Right Shoulder*)



- Keep your elbows at your side at all times
- The 0° position is where the forearm is pointing directly upward
- The good arm pushes the tube or stick onto the palm of the affected side

Forward Elevation (*Right Shoulder*)



- Use the unaffected arm to grasp the wrist or elbow of the affected shoulder and raise overhead
- If 'passive' exercises are directed, keep the muscles loose and relaxed
- Apply a gentle stretch & hold then relax without changing position. Stretch & hold again and then bring arm all the way down