

Patient: Shoulder,

Usage:

**1. (200) Shoulder Abduction Stretch in Doorway: 2 reps, 30 sec hold, 1 set**



Stand in doorway.



Raise your arm, place along doorway.

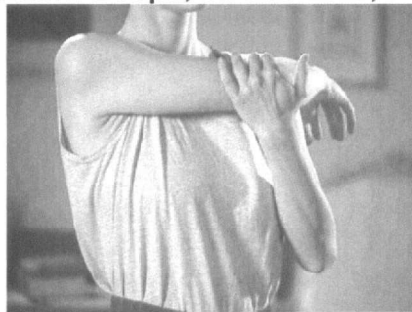


Lean your body forward to stretch.

**2. (204) Arm Across Chest Stretch: 2 reps, 30 sec hold, 1 set**



Raise your involved side arm across your chest.



Grasp your elbow with un-involved your hand.



Pull your involved arm across your body.

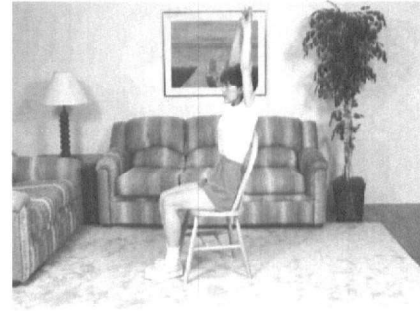
**3. (378) Overhead Reach: 10 reps, 3 sec hold, 1 set**



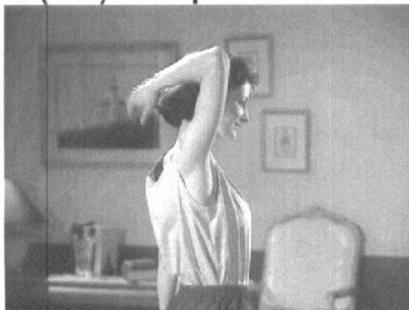
Sit in chair with spine in neutral position



Reach overhead, lengthening spine



**4. (202) Triceps Stretch: 2 reps, 30 sec hold, 1 set**



Raise involved side hand behind your neck.



Grasp your elbow with your uninvolved hand.

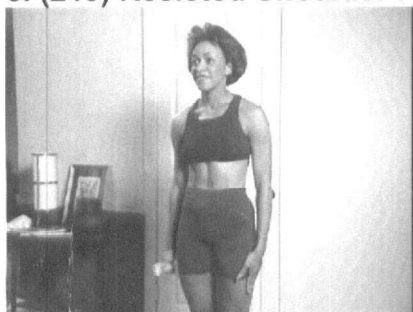


Pull your involved arm toward your head.

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**5. (219) Resisted Shoulder Flexion: 10 reps, 1 set**



Trap band under the door and grasp with your hand.



Bring your arm straight forward.



Keep your elbow straight and thumb up.

**6. (217) Resisted Shoulder Extension: 10 reps, 1 set**



Trap a band under a door and grasp it with your hand.



Extend your arm straight back.



Keep elbow straight and thumb facing forward.

**7. (220) Resisted Shoulder Internal Rotation: 10 reps, 1 set**



Trap a band in the door and grasp with your hand.



Rotate your arm inward across your body.



Keep your forearm level and your thumb facing up.

**8. (218) Resisted Shoulder External Rotation: 10 reps, 1 set**



Trap a band in the door and grasp with your hand.



Set towel between your arm and your body.



Rotate your hand away from your body.