

SHOULDER - ROM: Upper Trap Stretch



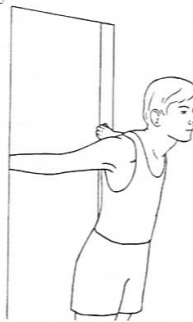
Slowly tilt head toward one shoulder, then the other. Hold each position 30 seconds.

Repeat 3 times per set. Do 2-3 sessions per day.

SHOULDER - ROM: Doorway

Holding onto door frame with arms at shoulder level, lean forward until stretch is felt. Hold 30 seconds.

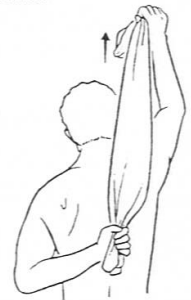
Repeat 3 times.  
Do 2-3 sessions per day.



SHOULDER - ROM:  
Towel Stretch - with Interior Rotation

Pull arm up behind back by pulling towel up with other arm. Hold 30 seconds.

Repeat 3 times.  
Do 2-3 sessions per day.



SHOULDER - ROM: Posterior Capsule Stretch

Gently pull forward the elbow with other hand until stretch is felt in shoulder. Hold 30 seconds.

Repeat 3 times.  
Do 2-3 sessions per day.



SHOULDER - ROM: Pendulum (Circular)

Let arm move in circle clockwise, then counterclockwise, by rocking body weight in circular pattern.

Circle 20-30 times each direction.  
Do 2-3 sessions per day.



SHOULDER - ROM: Wall Slides/Walks (Flexion)

Slide arm up wall, with palm out, by leaning toward wall. Hold 5-10 seconds.

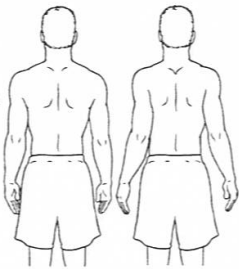
Repeat 10-20 times.  
Do 2-3 sessions per day.



Scapular Retraction (Standing)

With arms at sides, pinch shoulder blades together. Maintain good posture.

Repeat 10-30 times.  
Do 2-3 sessions per day.



Shoulder Shrugs/Rolls

Shrug shoulders up and down, forward and backward. Maintain good posture.

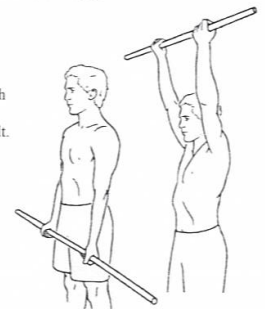
Repeat 10-30 times.  
Do 2-3 sessions per day.



SHOULDER - ROM: Flexion - Wand

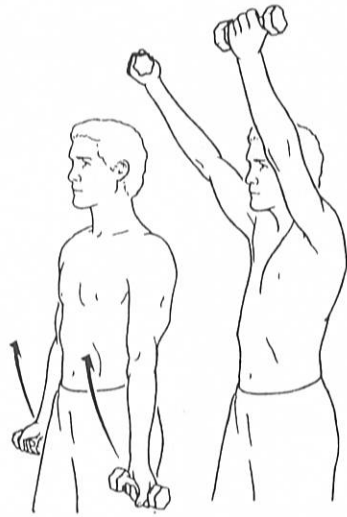
Bring wand directly over head, leading with affected side. Reach back until stretch is felt. Hold 2-5 seconds.

Repeat 10-20 times per set.  
Do 2-3 sessions per day.



SHOULDER - Progressive Resisted: Flexion (Standing)

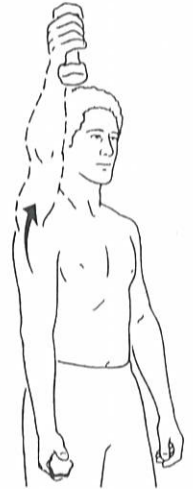
With or without weights, raise arms toward ceiling. Keep elbows straight and thumbs up



Repeat 10-30 times per set.  
Do 1 sessions per day.

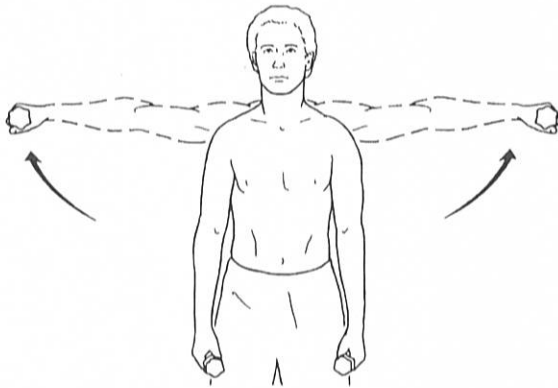
SHOULDER - Strengthening:  
Scaption – with External Rotation

With or without weight, raise right arm diagonally from hip to shoulder height. Keep elbow straight, thumb up.



Repeat 10-30 times per set.  
Do 1 sessions per day.

SHOULDER - Progressive Resisted:  
Abduction (Standing)



With or without weights, raise arms out from sides.  
Repeat 10-30 times per set. Do 1 sessions per day.