

Shoulder Home Exercise Program PHASE I: WEEKS 0-2

General Guidelines: Be conscious and aware of your posture at all times. Avoid any exercise that elicits pain. "Tolerable discomfort is okay!" Make sure to perform exercises gently and slowly.

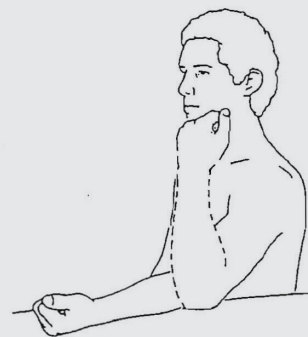
Exercise Prescription: Perform for 10 minutes, 3 times a day.

HAND 1. TOWEL ROLL SQUEEZE



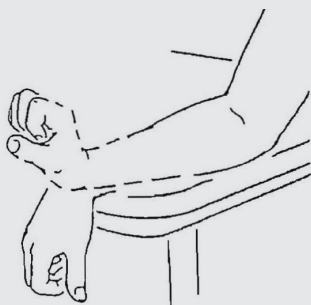
With involved forearm resting on surface, gently squeeze towel.

ELBOW 2. AROM: ELBOW FLEXION/EXTENSION



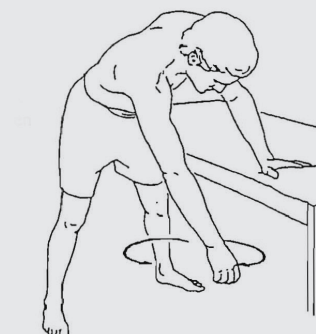
With involved hand palm up, gently bend elbow as far as possible. Then straighten arm as far as possible. Your arm may be positioned at your side.

WRIST 3. AROM: WRIST EXTENSION/FLEXION



With involved palm down, bend wrist up and down.

SHOULDER 4 ROM: PENDULUM (CIRCULAR)



Let involved arm move in circle clockwise, then counterclockwise. Make sure that the circles are performed GENTLY AND SLOWLY.