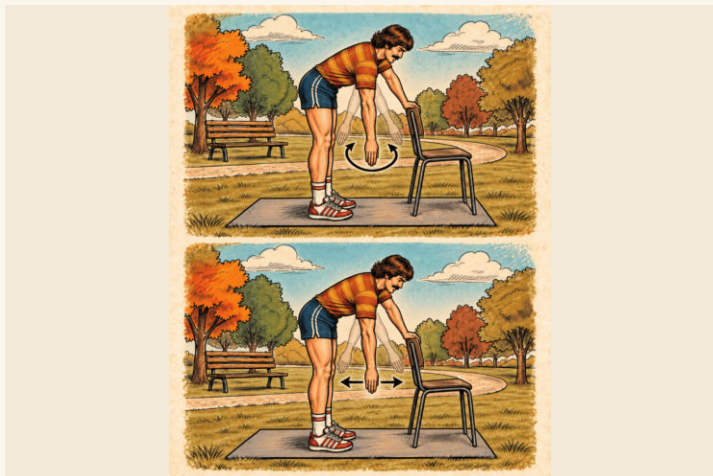


OPEN THE REACH

SHOULDER EXERCISES

Read each exercise through before you start. Move smoothly, breathe normally, and repeat as your provider directs.

IF YOU FEEL PAIN, STOP. IF IT PERSISTS, TELL YOUR PROVIDER.



01 PENDULUM

1. Step one foot forward and hold the back of a chair with the hand on that same side. Let your other arm hang loose.
2. Swing the free arm gently forward and back a few times, then in circles that start small and slowly widen.
3. Keep circling for 30 seconds, then change direction. Relax and repeat as comfortable.

TAKE CARE • Shoulders relaxed, back straight.



02 CANE STRETCH

1. Rest one palm over the end of a cane or broom handle. Grip the stick lower down with the other hand, palm down.
2. Push the stick up and out to the side with the lower hand, raising the top arm as far as is comfortable. Hold 30 seconds, then return.
3. Repeat as comfortable, then change sides.

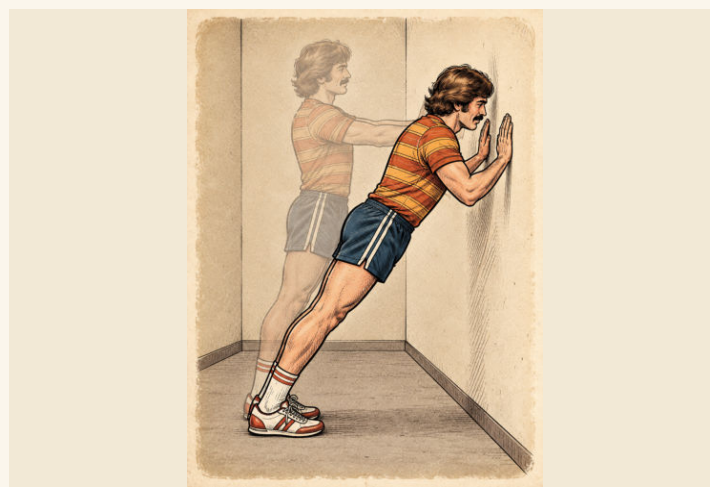
TAKE CARE • Stand straight and don't force the stretch.



03 CORNER STRETCH

1. Face into a corner with one foot a little ahead of the other. Raise your elbows to shoulder height and rest a forearm on each wall.
2. Lean in toward the corner until you feel a stretch across your chest. Hold 30 seconds, then ease back.
3. Repeat as often as feels comfortable.

TAKE CARE • Ears, shoulders, and hips stay in one line.

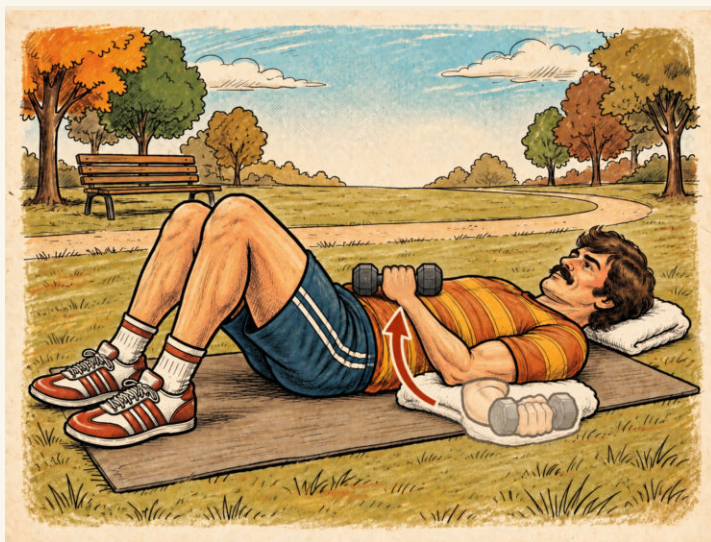


04 WALL PUSH-UP

1. Stand about an arm's length from a wall, feet shoulder width apart. Place both palms on the wall at shoulder width.
2. With knees straight and heels down, bend your elbows and lean toward the wall as far as is comfortable, then push yourself back out.
3. Repeat as often as feels comfortable.

TAKE CARE • Wear shoes so your feet don't slip.

SHOULDER EXERCISES · CONTINUED



05 INTERNAL ROTATION

1. Lie on your back, knees bent. Hold a light weight or soup can, bend that elbow to a right angle, and rest elbow and forearm on a pillow, palm up.
2. Keeping the elbow tucked at your side, raise your hand and forearm toward your stomach.
3. Lower the forearm slowly back to the pillow. Repeat as comfortable.

TAKE CARE · Support your head with a pillow.



06 EXTERNAL ROTATION

1. Lie on one side with your head resting on a pillow or your arm. Tuck a small rolled towel under your top elbow.
2. Hold a light weight in the top hand, elbow bent to a right angle, forearm resting across your stomach.
3. Keeping the elbow on the towel, slowly lift the weight until the forearm is just above the elbow. Lower slowly. Repeat as comfortable.

TAKE CARE · Keep the elbow pressed to the towel.



07 SIDE RAISE

1. Stand with a light weight or soup can in each hand, arms at your sides and palms facing in.
2. With elbows straight, lift both arms slowly out to the sides – no higher than shoulder level.
3. Lower slowly back to the start. Repeat as comfortable.

TAKE CARE · Neck and shoulders stay relaxed.



08 FRONT RAISE

1. Stand tall with your hands at your sides, palms facing back. Hold a light weight or soup can in one hand.
2. Raise that arm straight out in front of you as high as is comfortable, keeping the elbow straight and your back upright. Return slowly.
3. Repeat as comfortable, then change arms.

TAKE CARE · Hand in front of your body; back straight, shoulders relaxed.