

## Shoulder ROM

Use a broom stick or equivalent. 15 times in each direction. Take it to **tolerance. Do not not hurt yourself with these.** Once a day for first 2 weeks then twice a day.

## Shoulder AAROM (Stick)

Sets: 2 | Reps: 15 | Tempo: moderate | Intensity: pain free

### Preparation:

- Stand with good posture.
- Hold a stick or cane, hands shoulder width apart.

### Execution:

- Pretend the stick is a paddle and you are paddling a canoe. Paddle as wide as you can.



*Start Position*



*Paddle*

## Shoulder Extension AAROM (Stick)

Sets: 2 | Reps: 15 | Tempo: moderate | Intensity: pain free

### Preparation:

- Stand with good posture
- Hold a stick / cane behind your back as shown

### Execution:

- Use your stronger arm to help your weaker arm lift the stick / cane away from your buttocks



*Start Position*



*Finish Position*

## Shoulder External Rotation AAROM (Stick)

Sets: 2 | Reps: 15 | Tempo: moderate | Intensity: pain free

### Preparation:

- Lie on your back, sit, or stand
- Hold a stick / cane as shown with elbows bent at 90 degrees

### Execution:

- Use your strong arm to help rotate your weak arm away from your body
- Keep your elbows bent and close against your sides at all times
- Return to the start position in a controlled manner



*Start Position*



*Rotate arm - keep elbow tucked*

## Shoulder Flexion AAROM - End Range (Stick)

Sets: 2 | Reps: 15 | Tempo: moderate | Intensity: pain free

### Preparation

- Stand with good posture
- Hold the stick / cane as shown

### Execution

- Use your strong arm to help raise your affected arm above shoulder height
- Next continue all the way up in pain free range
- Lower back down to the start position above your shoulder



*Start position*



*Use stick to raise arm overhead*

## Shoulder Abduction AAROM (Full Range - Stick)

Sets: 2 | Reps: 15 | Tempo: moderate | Intensity: pain free

### Preparation

- Stand with good posture.
- Hold the stick / cane in front of your hips as shown.

### Execution

- Use your strong arm to help raise your affected arm out to the side.
- Raise all the way up overhead in pain free range of motion.
- Return in a controlled manner to the original position.



*Hold cane*



*Use strong arm to raise affected arm*



*Raise all the way overhead*