



Phase 3: Weeks 7-10 (When Full Seated PROM), Begin AAROM and Progress to AROM

AAROM abduction: 3 sets, 10 repetitions, 1 time per day

Setup

- Begin in a standing upright position holding a dowel in both hands, with your elbows straight.

Movement

- Using your uninvolved arm to guide the dowel, move your other arm directly out to the side of your body. Pause briefly, then return to the starting position and repeat.

Tip

- Avoid shrugging your shoulders as you move the dowel, and allow your uninvolved arm to direct the movement.

AAROM ER: 3 sets, 10 repetitions, 1 time per day

Setup

- Begin in a standing upright position with a towel roll under one arm, elbow bent 90 degrees, holding a dowel in both hands. Your involved arm should have the palm facing up.

Movement

- Using the dowel to guide the motion, slowly rotate your arm away from your body. Return to the starting position and repeat.

Tip

- Make sure to keep your elbow bent throughout the movement and let the movement come from your uninvolved arm.

AAROM forward flexion muscle energy: 3 sets, 5 repetitions, 1 time per day

Setup

- Begin in a standing upright position, holding a dowel with your involved arm at the end.

Movement

- Using your uninvolved arm to guide the movement, move your other arm until there is some tightness or stretching. At this point you will gently press down on the dowel for 6-10 seconds. Relax on the press and try to push the involved arm further. Repeat this until you are no longer able to push the arm further. Return to the starting position, and repeat.

Tip

- Make sure your involved arm is relaxed and keep your back straight during the exercise.

AAROM forward flexion: 3 sets, 10 repetitions, 1 time per day

Setup

- Begin in a standing upright position, holding a dowel with your involved arm at the end.

Movement

- Using your uninvolved arm to guide the movement, move your other arm straight overhead. Return to the starting position, and repeat.

Tip



- Make sure your involved arm is relaxed and keep your back straight during the exercise.

AAROM IR behind back 3 sets, 10 repetitions, Hold 5 seconds, 1 time per day

Setup

- Begin in a standing position, holding the ends of a dowel in each hand, with one arm behind your head and the other behind your low back.

Movement

- Slowly pulling up on the cane, bending your lower arm, until you feel a stretch in your shoulder. Hold this position.

Tip

- Make sure to keep your back straight during the exercise.

AAROM IR: 3 sets, 10 repetitions, Hold 5 seconds, 1 time per day

Setup

- Begin in a standing upright position holding a dowel in both hands behind your back, slightly wider than hips distance apart.

Movement

- With your uninvolved arm, slowly pull the dowel to your side until you feel a gentle stretch in your shoulder. Hold, then relax and repeat.

Tip

- Make sure to maintain a gentle stretch during the exercise and do not shrug your shoulders.

AAROM pulley abduction: 3-5 minutes, 1 time per day

Setup

- Begin sitting upright with a pulley anchored at the top of a doorway behind you, holding a handle in each hand.

Movement

- Pull down with one arm, allowing your other arm to be lifted directly out to your side. Hold, then slowly return to the starting position and repeat.

Tip

- Make sure to keep your arms and back straight. Do not shrug your shoulders during the exercise.

AAROM pulley Forward Flexion: 3-5 minutes, 1 time per day

Setup

- Begin sitting upright with a pulley anchored at the top of a doorway behind you, holding a handle in each hand.

Movement

- Pull down with one arm, allowing your other arm to be lifted directly in front of you. Hold, then slowly return to the starting position and repeat.

Tip

- Make sure to keep your arms and back straight. Do not shrug your shoulders during the exercise.



AAROM pulley IR behind back: 3-5 minutes, 1 time per day

Setup

- Begin standing upright with a pulley anchored at the top of a doorway behind you, holding a handle in each hand, with your involved arm bent behind your back.

Movement

- Pull down with your uninvolved arm, allowing your involved arm to bend upward until you feel a stretch. Hold, then slowly return to the starting position and repeat.

Tip

- Make sure to stand upright and do not shrug your shoulders.

AROM flexion: 3 sets, 10 repetitions, 1 time per day

Setup

- Begin in a standing upright position with your arms resting by your sides.

Movement

- With your thumbs pointing up, slowly lift the affected arm forward and straight overhead as far as is comfortable, then lower them back down and repeat.

Tip

- Make sure to maintain good posture and keep your shoulders relaxed during the movement.

AROM abduction: 3 sets, 10 repetitions, 1 time per day

Setup

- Begin in a standing upright position with your arms resting by your sides.

Movement

- With your thumbs pointing up, slowly lift both arms to your side then straight overhead as far as is comfortable, then lower them back down and repeat.

Tip

- Make sure to maintain good posture and keep your shoulders relaxed during the movement.

AROM Biceps: 3 sets, 10 repetitions, 1 time per day

Setup

- Begin in a staggered stance position.

Movement

- Bend your elbows, lifting your hands up toward your shoulders, then lower them back to the starting position and repeat.

Tip

- Make sure to keep your back straight and do not shrug your shoulders.

AROM prone forward flexion: 3 sets, 10 repetitions, 1 time per day

Setup

- Begin lying face down on a table or bed with one arm hanging off the edge.



Movement

- Keeping your elbow straight and leading with your pinky finger, raise your arm up and backward as far as is comfortable, then return to the starting position and repeat.

Tip

- Make sure not to arch your back during the exercise.

AROM protraction retraction with gravity: 3 sets, 10 repetitions, Hold 3-5 seconds, 1 time per day

Setup

- Begin lying face down on a table or bed with one arm hanging off the edge.
- Gently squeeze your shoulder blade from the hanging arm towards the spine, relax, and then repeat.

Tip

- Make sure to maintain good posture during the exercise.

AROM protraction retraction: 3 sets, 10 repetitions, Hold 3-5 seconds, 1 time per day

Setup

- Begin sitting in an upright position.

Movement

- Gently squeeze your shoulder blades together, relax, round the shoulder blades forward, and then repeat.

Tip

- Make sure to maintain good posture during the exercise.

AROM sidelying ER: 3 sets, 10 repetitions, 1 time per day

Setup

- Begin lying on your side with a towel roll between your arm and side, and your elbow bent to 90 degrees.

Movement

- Slowly rotate your forearm upward. Pause briefly, then return to the starting position and repeat.

Tip

- Make sure to keep your elbow bent and tucked in at your side as you lift your forearm. Avoid shrugging your shoulders.