



Phase 3: Weeks 6-9 (Begin AAROM and Progress to AROM)

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 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 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.

Wall Slides:

Using a towel and facing forward toward a wall, slide your arm up the wall until a stretch is felt in your shoulder. Perform 10 repetitions.

Stretch Pec Butterfly:



Lie down on your bed or couch with your hands behind your head. Next, lower your elbows towards the bed or couch. Hold for a gentle stretch across your chest for 5 seconds, then attempt to touch your elbows together for 5 seconds. Repeat 10 times. Perform 1 time per day.

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.

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.

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.

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.