



Phase 2 Weeks 6-7 (When Full Supine PROM)

Pendulums:

Shift your body weight in circles to allow your injured arm to swing in circles freely. Your injured arm should be fully relaxed. Perform for 1 min in 4 directions: forward and backward, side to side, clockwise, and counterclockwise. Perform 1-2 times per day.

Table Slides Forward Flexion:

Sitting in a chair, rest your injured arm on a table and gently slide it forward until you feel a gentle stretch, and then back. Perform for 3 minute intervals.

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.

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 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.