



## Phase 1 Shoulder Stretching Exercises

These exercises are designed to increase motion. When performing them, the stiff shoulder is assisted by the normal arm, by gravity, or by a pulley.

- Apply moist heat and take your pain medication one-half hour before exercising.
- Do not exercise within 2 hours of bedtime.

### 1. Pendulum Exercise

Use your normal arm to hold the side of a table or bed for balance. Bend over at the waist. Make sure your back is parallel to the floor. Let the stiff arm relax and dangle like a pendulum. Gently swing it in a small circle that is parallel to the floor. Do this for 10 to 15 seconds. Then allow the arm to swing back and forth (as if you were bowling). Do this for 10 to 15 seconds.



## 2. Assisted Elevation

Lay down flat on a bed or couch facing the ceiling. DO NOT use a pillow. Grasp the wrist of your operative shoulder with your normal hand, pulling it toward the ceiling, then gently overhead. Hold this position for 10 seconds; then relax. Do a total of 2 to 3 sets (1 set = 10 repetitions) per day.



## 3. Assisted External Rotation

Again, lay flat on your back on a bed or couch without using a pillow. Place a folded towel under the elbow of your operative arm. The entire upper arm should be parallel to the floor while your elbow is bent at a 90 degree angle. Grasp a stick approximately 1 and 1/2 feet long with both hands. Let the non-operative arm do the work. Allow the operative arm to rotate outward, as pictured. Keep the elbow bent at your side. Hold this position for 10 seconds; then relax. Do a total of 2 to 3 sets (1 set = 10 repetitions) per day.

