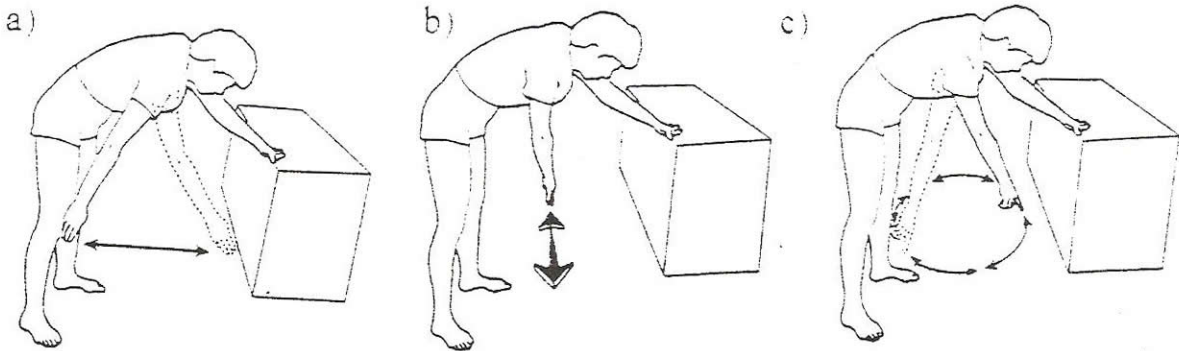


## EARLY STAGE SHOULDER EXERCISES

These exercises are designed to maintain or increase the mobility in the shoulder joint preventing stiffness. They should not be painful.

### 1. Pendular Exercises

**Note:** Perform pendulum exercises while standing, bent at the waist, supporting yourself with a table or chair. Allow your involved arm to hang freely. Keep your elbow straight throughout the exercise and initiate the movements with your trunk.



Swing your arm forwards, then backwards along the side of your body for one minute.

Repeat ..... time(s)

Swing your arm across your chest then out in a side to side motion for one minute.

Repeat ..... time(s)

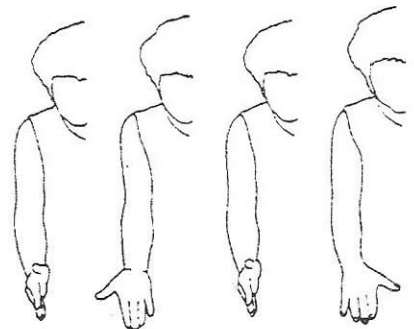
Make circles first clockwise, then anti-clockwise for one minute in each direction.

Repeat ..... time(s)

### 2. Shaft Rotations

Positioning yourself as for the pendulum exercises, keeping your elbow straight, turn your palm inward then outward as far as comfortable.

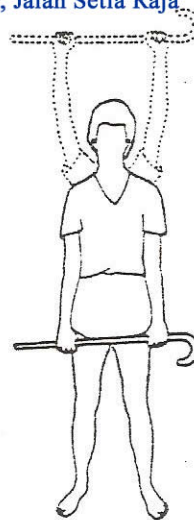
Repeat ..... times for ..... sets.



### 3. Stick Exercises

Lying on your back and holding a stick or umbrella in both hands. use your uninvolved arm to help raise the stick above your head (or as far as comfortable). Keeping your elbows straight, then lower back down again.

Repeat ..... times for ..... sets.

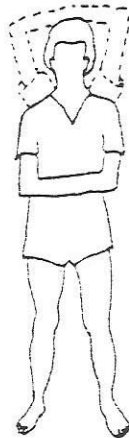


### 4. Short Arm Exercises

Supporting the affected arm with your unaffected arm across the front of your body. use your unaffected arm to help with the following movements.

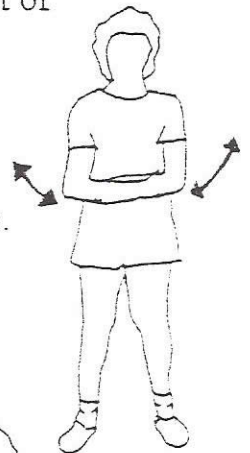
a) Raise your arms above your head as far as comfortable then back to the starting position.

Repeat ..... times for ..... sets.



b) Swing your arms across your body from side to side as far as comfortable.

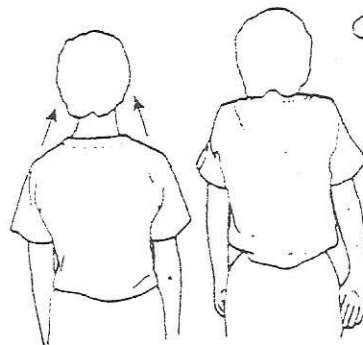
Repeat ..... times for ..... sets.



### 5. Shoulder Shrug

Shrug your shoulders up towards your ears then relax.

Repeat ..... times.



### 6. Elbow Bends

Bend your elbow as far as possible. then straighten. Repeat ..... times.



### 7. Hand Pumping

If swelling of your arm is noticeable. with your arm elevated on pillows. bend your fingers to make a tight fist. then completely straighten your fingers.

Repeat for ..... minute(s).

