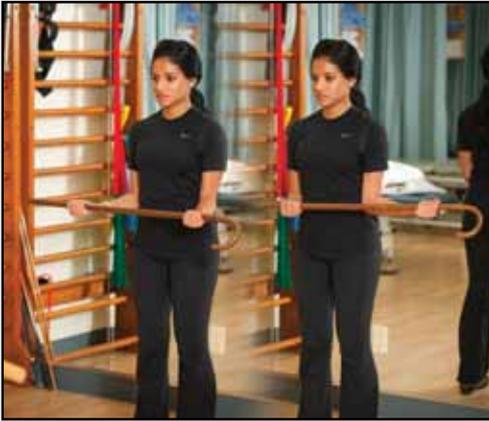


9. AA external rotation ROM in standing

Stand with a stick in hands, palms up and elbows bent tucked into waist. Push the arm to be exercised outwards, keeping the elbow into the waist. Repeat ____ times, ____ times a day.



10. AA internal rotation ROM standing with towel

Arm straight at side holding a weight. Move wrist so thumb points down to ground and return. Repeat ____ times, ____ sets.



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Shoulder 1

Exercise Instructions

Post Fracture/Post Surgery

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Now that your sling can be removed, it is time to get your shoulder moving to regain the strength and use of your arm.

You may have some initial discomfort with these exercises, but they should not be painful.

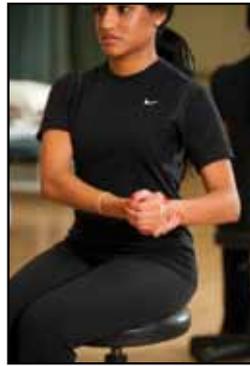
Perform 2-3 times daily.

It is recommended that you apply ice to the area for 10 minutes after you exercise.

If you encounter any problems please notify your doctor or physiotherapist.

1. AA pendulum in neutral

Hold onto forearm with opposite hand, elbow bent. Using the opposite hand slowly rotate arm in one direction _____ times, and switch. Repeat _____ times.



2. Upper fibres trapezius stretch

Stand or sit. Tilt head to _____ shoulder. Gently grasp side of head with _____ hand until a gentle stretch is felt in neck. Hold _____ seconds, repeat _____ times.



3. Levator scapulae stretch

Stand or sit. Look at _____ hip. Gently grasp back of head with _____ hand until a gentle stretch is felt in neck. Hold _____ seconds, repeat _____ times.



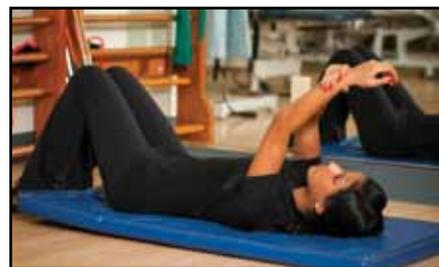
4. Scapular retraction standing

Stand or sit with elbows bent and back straight. Squeeze shoulders back, pinching shoulder blades together. Don't let the shoulders rise. Repeat _____ times, _____ sets.



5. AA flexion ROM supine using opposite arm

Lie down on your back, grasp the arm to be stretched in the opposite hand. Pull arm over head until a stretch is felt in your shoulder. Hold _____ seconds, repeat _____ times.



6. AA flexion ROM sitting using opposite arm

Stand or sit, grasp the arm to be stretched in opposite hand. Pull the arm up and over head until a stretch is felt in your shoulder. Hold _____ seconds, repeat _____ times



7. AA flexion ROM supine using cane

Lie down on your back, hold a cane in both hands. Bring both arms over your head until a stretch is felt in your shoulder. Hold _____ seconds, repeat _____ times, _____ times a day.



8. AA abduction ROM standing with cane

Stand and grip one end of the stick with the arm to be exercised, palm up. With the other arm push the stick out to the side. Repeat _____ times, _____ times a day.

