



SHOULDER ACTIVE AND PASSIVE EXERCISES

The exercises described below can be used for a stiff shoulder following injury, immobilization, or post surgery per your doctor's or therapist's recommendation. The exercises can typically be performed 4-6X/day or as tolerated with 10-15 repetitions being the norm. Applying heat prior to exercise will significantly reduce pain and stiffness, and allow a greater amount of Range of Motion (ROM) during your exercises.

ACTIVE RANGE OF MOTION (AROM)



*Lift arm(s) in front of body as high as possible and then slowly lower down by your side



*Lift arm(s) outward to side as high as possible without pain and then lower.
*Note: If going higher than 90°, turn palms towards ceiling to complete full motion.



*Wall stretch: Slide up wall with palm as far as tolerated. Hold for stretch 10-15 sec .



*Side wall stretch: Slide up wall with thumb facing ceiling. Hold stretch.

PASSIVE RANGE OF MOTION



*Place arm up on doorway. Lean forward into doorway and use body weight to intensify stretch.



*Place arm forearm on edge of wall/door frame and slowly rotate body outward away from wall Hold stretch.



*Cross affected arm in front of body and use opposite hand to apply stretch as shown.



*Place arms behind head and hold for stretch



*Place arms behind back and use unaffected hand to further lift up affected arm. Hold for stretch



*Lift affected shoulder with elbow bent and apply pressure on elbow with a push back. Hold for stretch.