

# Shoulder Range of Motion and Strengthening

## Side Flexion

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- Sit tall, keep your shoulders level
- Tilt your ear towards your shoulder
- Repeat on the other side



## Rotation

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- Sit tall, keep your shoulders level
- Turn to look over your shoulder
- Repeat on the other side



## Shoulder Shrugs

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- Sit tall
- Shrug your shoulders up to your ears
- Return to starting position



## Shoulder Blade Squeeze

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- Squeeze your shoulder blades back and down toward your spine
- Do not let your shoulders shrug upwards



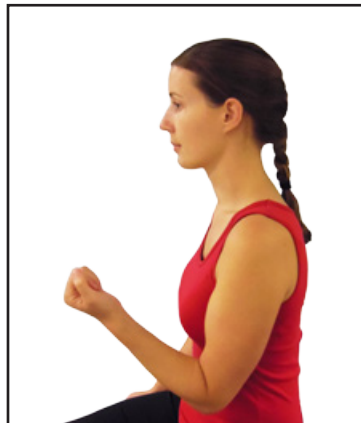
## Active Forearm Rotation

- Tuck your elbow against the side of your body
- Turn your forearm palm up
- Turn your forearm palm down



## Active Elbow Flexion/Extension

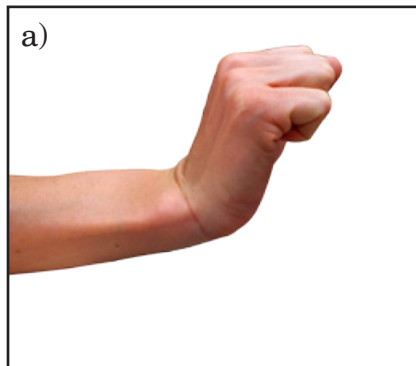
- Tuck your elbow against the side of your body
- Bend and straighten your elbow slowly



## Wrist Range of Motion

With a loosely closed fist:

- a) bend your wrist up and down
- b) make circles in both directions



## Pendulum

- Hold onto something sturdy with your unaffected arm
- Bend forward with the affected arm relaxed toward the floor
- Move your body in a circular manner, **keeping your arm relaxed** to allow it to sway
- Use momentum, not the muscles in your arm, to get your arm swinging in clockwise direction
- Repeat in counterclockwise direction



## Shoulder Blade Exercise

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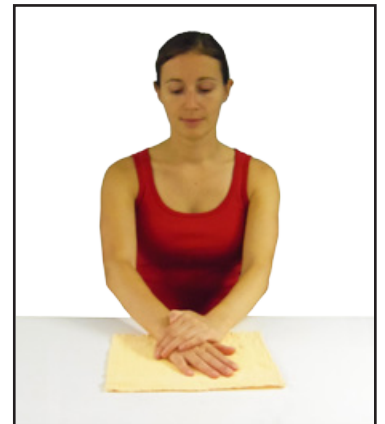
- Hold on to something sturdy with your unaffected arm
- Bend forward with the affected arm relaxed toward the floor
- Pull your elbow back while squeezing your shoulder blade back



## Table Washing

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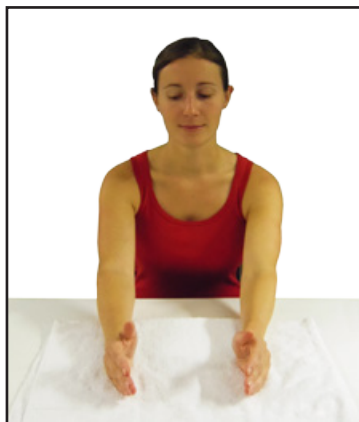
- Sit at a table with your hand resting on a towel
- Sit tall and do not allow your shoulders to shrug up (keep your shoulder blades back and down toward your spine)
- Move your hand and arm in circles in both directions
- You may use your unaffected hand to help if needed



## Flexion

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- Sit with your forearms resting on a table with your thumbs pointing up
- Sit tall and do not allow your shoulders to shrug up (keep your shoulder blades back and down toward your spine)
- Slide your arms forward while bending from the waist



## Abduction

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- Sit with your forearm lying across the table with your thumb up
- Sit tall and do not allow your shoulder to shrug up (keep your shoulder blades back and down toward your spine)
- Bend sideways from your waist while allowing your arm to slide across the table



## Incline Board (Flexion and Circles)

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### Flexion

- Sit tall with arm resting on incline board with your thumb up, keeping your shoulder blades back and down
- Slide your arm up along the board until you feel a gentle stretch
- Return to start position



### Circles

- Start position with palm down
- Move your hand and arm in clockwise direction. Repeat in counterclockwise direction

## External Rotation

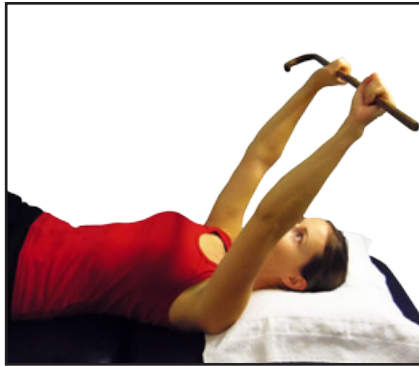
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- Keep your forearm on a table with your palm down
- Bend forward from your waist, holding your palm and forearm in position, until you feel a gentle stretch



## Supine Flexion

- Lie on your back holding a cane/stick with your palms down OR support your affected arm with your unaffected hand
- Keep your shoulder blades back and down
- Use your unaffected arm to help move your affected arm up and over your head



## Supine Abduction

- Lie on your back holding a cane/stick
- Keep your shoulder blades back and down
- Use your unaffected arm to help move your affected arm out to the side, leading with your thumb



## Supine External Rotation

Lie on your back holding a cane/stick, with your arm tucked by your side and elbow bent

- a) Use your unaffected arm to help rotate your affected arm outwards
- b) Repeat with arm out at 45 degrees
- c) Repeat with arm out at 90 degrees



## Supine Hands Behind Head Stretch

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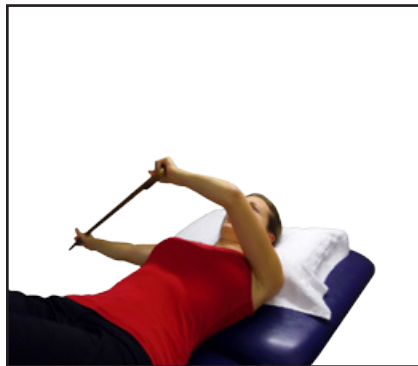
- Lie on your back and place both hands behind your head
- Press both elbows back toward the floor
- Keep your shoulder blades back and down towards your spine. Hold 5 seconds.
- Bring both elbows up beside your ears. Hold 5 seconds.



## Supine Horizontal Abduction/Adduction

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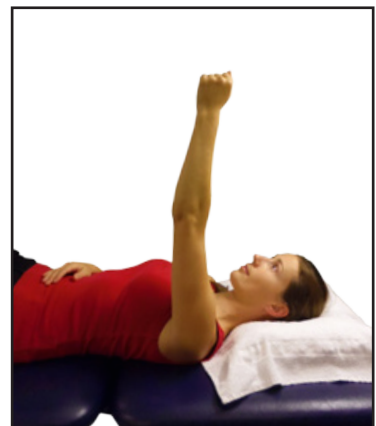
- Hold cane/stick with your palms down
- Keeping your shoulder blades back and down, help push the stick across your body with your unaffected side
- Push the stick back across your body to the other side
- Do not allow your trunk to twist



## Serratus Anterior

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- Lie on your back with your arm straight up towards ceiling
- “Punch” up gently towards ceiling
- You can progress by holding a light weight



## Scapular Stability Circles

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- Lie on your back in above position, keeping your shoulder blades back and down
- In a controlled manner, move your whole arm in a clockwise direction. Repeat in counter clockwise direction.
- You can progress by holding a light weight



## **Pectoral Stretch**

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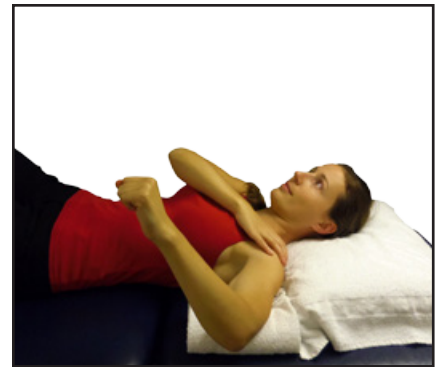
- Lie on your back close to the edge of the bed
- Hang your arm over the edge of the bed with your palm up until you feel a stretch in the front of your shoulder and chest



## **Supine Internal Rotation Stretch**

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- Lie on your back with your arm out 90 degrees and elbow bent
- Use your opposite hand to stabilize your affected shoulder
- Rotate your palm down until you feel a gentle stretch
- Ensure your shoulder joint does not lift up



## **Supine External Rotation Stretch/ Internal Rotation Strengthening**

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- Lie on your back with a light weight in your hand, arm tucked in and elbow bent
- Rotate arm out to side until you feel a gentle stretch. Hold 5 seconds.
- Bring hand back to stomach





## External Rotation Strengthening

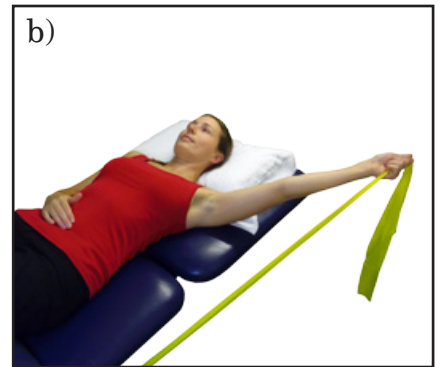
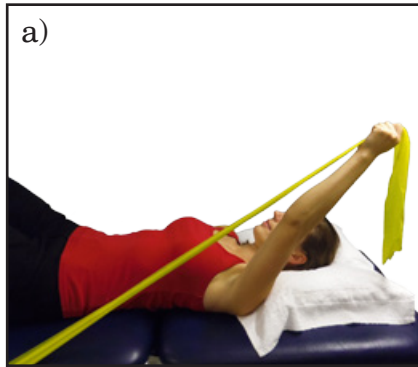
- Lie on your back with both arms tucked by your side, elbows bent and theraband around both hands
- Keep your shoulder blades back and down
- Pull both hands out against the resistance of the theraband equally



## Supine Forward Flexion and Abduction Strengthening

Lie on your back with your shoulder blades back and down

- a) Pull theraband up and over your head
- b) Pull theraband out to the side, keeping your elbow straight



## Bilateral Scapular Stabilization

- Lie on your back with shoulder-width ball held firmly between your elbows
- Keeping your shoulder blades back and down, raise ball to approximately shoulder height
- Slowly return to start position
- You may also perform this exercise sitting or standing



## Side Lying Flexion

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Lie on your side, keeping your shoulder blades back and down

- a) Move your arm forward, making sure your arm stays level and does not drop
- b) & c) Progress to light weight/theraband as directed by your physiotherapist



## Side Lying Abduction

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Lie on your side, keeping your shoulder blades back and down

- a)
  - With your thumb up, raise your arm up towards the ceiling
  - Avoid moving through pain/pinching sensation
  - Return slowly to start position
- b) & c) Progress to light weight/theraband as directed by your physiotherapist



## Side Lying External Rotation Strengthening

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- Lie on your side with a small rolled up towel under your arm
- Keep your elbow bent as you rotate your arm up towards the ceiling
- Progress to light weight as directed by your physiotherapist



## Side Lying Internal Rotation/ Posterior Capsule Stretch

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- Lie on your affected side with your arm up and elbow bent
- With your opposite hand, gently push your forearm down



## Shoulder Proprioception

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Fill a clean, empty milk jug 1/8th full of water and seal the lid

### Supine

- Lie on your back with your elbow straight and milk jug up towards the ceiling
- Keeping your elbow straight and your shoulder blades back and down, move the milk jug in small circles in both directions



### Standing

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- Keeping your shoulder blades back and down, hold the milk jug either in front or out to your side
- Move the jug in small circles



## Standing Forward Flexion

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- Holding a cane/stick with your affected arm palm up, use your unaffected arm to help push your affected arm forward
- Make sure you keep your shoulders level and shoulder blades back and down



## Standing Shoulder Abduction

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- Holding a cane/stick with your affected arm palm up, use your unaffected arm to help push your affected arm out to the side
- Make sure you keep your shoulders level and shoulder blades back and down



## Standing Shoulder Extension

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- Holding a cane/stick with both hands behind you, use your unaffected arm to help move your affected arm back
- Keep your shoulder blades back and down



## **Standing Hand Behind Back Stretch**

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Hold a stick or towel as demonstrated in diagram

### **Internal Rotation of Lower Arm**

- Placing your unaffected arm above your head, help stretch lower arm by pulling upwards

### **External Rotation of Upper Arm**

- Placing your unaffected arm behind your low back, help stretch upper arm by pulling downwards



## **Standing External Rotation**

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- Hold a cane/stick in both hands, with a small rolled up towel tucked between your trunk and arm on affected side
- Keeping your elbow tucked in by your side, use your unaffected side to help rotate your affected side outward



## Standing Forward Flexion

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- Facing wall with your thumb pointing towards you, slide your arm up the wall
- Keep your shoulder blades back and down



## Standing Abduction

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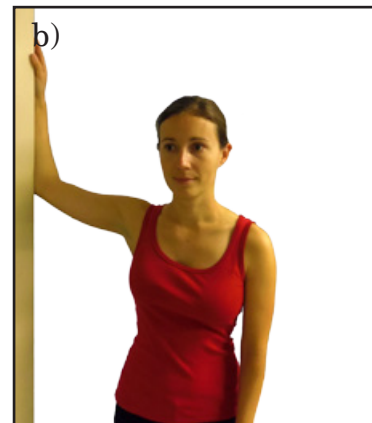
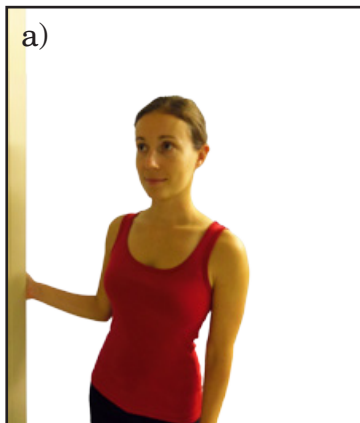
- Standing sideways to the wall, with your thumb pointing towards you, slide your arm up the wall
- Keep shoulder blades back and down



## Standing External Rotation

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- Keeping the palm of your hand against a door frame, turn your body from your fixed hand until you feel a stretch in the front of your shoulder and chest
  - a) With your elbow tucked in by the side of your body
  - b) With your shoulder at 90 degrees



## Standing “Y” at the wall

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a)

- Stand facing a wall with your arms overhead, slightly out to the side and thumbs pointing away from the wall
- Squeeze your shoulder blades back and down

b)

- Stand facing a wall with elbows on the wall at shoulder height
- Now slide your arms up the wall in the shape of a ‘Y’, keeping your thumbs pointing away from the wall
- Keep your shoulder blades back and down



## Standing Scapular Stabilization

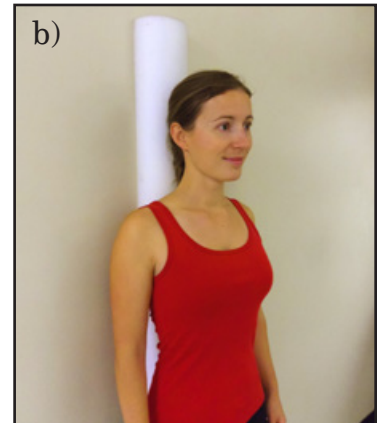
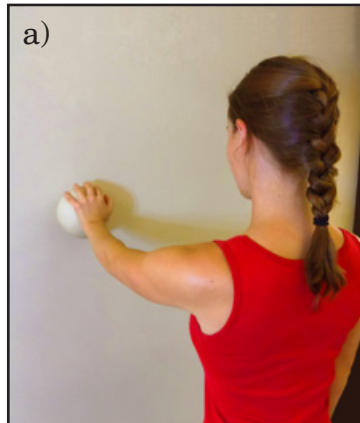
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a)

- Hold a ball against the wall, keeping your elbow straight and your shoulder at 90 degrees.
- Roll the ball in small circles, keeping your shoulder blades back and down

b)

- Stand with your back against a rolled towel or ½ foam roll
- Squeeze your shoulder blades back and down





## Pulley Exercises

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### Forward Flexion

- Sitting tall, keep your thumb pointing behind you
- Use your unaffected arm to pull the affected arm up in front
- Keep your shoulder blades back and down



### Abduction

- Sitting tall with your arm out to the side
- Use your unaffected arm to pull the affected arm out to the side
- Keep your shoulder blades back and down



### Internal Rotation

- In standing, keep your affected arm behind you
- Use your unaffected arm to pull the affected arm up behind your back









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