



1.) Shoulder Flexion Stretch on Table

Repeat ____ Time(s)

Hold ____ Seconds

Perform ____ Time(s) a Day

INSTRUCTIONS: Stand facing the wall, with your hand on the wall at waist level, using your fingers, slowly walk your arm up the wall until a stretch is felt in shoulder. Hold stretch for 5 seconds, then lower back down to starting position. Repeat this 5 times. Repeat 5 times throughout the day. The eventual goal is to get your surgical arm all the way up the wall.



2.) Wall Crawl (Shoulder Flexion)

Repeat ____ Time(s)

Complete ____ Set(s)

Perform ____ Time(s) a Day

INSTRUCTIONS: Assume a standing position with the back of your hand positioned on your low back or at your back pocket. Hold a towel in your opposite hand and let it fall down your back over your opposite shoulder. Grasp onto the towel with your hand on your low back and use your other arm to gently pull your hand up your spine until a stretch is felt in your shoulder. Hold stretch for 5 seconds, repeat 5 times. This stretch should be done very gently and up to five times a day.



3.) Horizontal Shoulder Adduction Stretch

Repeat ____ Time(s)

Hold ____ Seconds

Perform ____ Time(s) a Day

INSTRUCTIONS: Assume an upright standing position. Flex one arm to shoulder height with your palm down. Reach under with the opposing hand, grasp your elbow, and pull your straight arm across your chest until you feel a stretch behind your shoulder and in your upper back. Hold 30 (s) at end range; then slowly release the stretch.



4.) Standing Shoulder Internal Rotation Towel Stretch

Repeat ____ Time(s)

Hold ____ Seconds

Perform ____ Time(s) a Day

INSTRUCTIONS: Assume a standing position with the back of your hand positioned on your low back. Hold a towel in your opposite hand and let it fall down your back over your opposite shoulder. Grasp onto the towel with your hand on your low back and use your other arm to pull your hand up your spine until a stretch is felt on the back of your shoulder. You may feel pressure on the front of your shoulder while performing this stretch due to capsular tightness deep in the back of your shoulder. Hold 30 (s) at end range; then slowly release the stretch.



5.) Standing Shoulder External Rotation (0 Degrees)

Repeat ____ Time(s)

Hold ____ Seconds

Perform ____ Time(s) a Day

INSTRUCTIONS: Assume a standing position with your elbow bent 90° at your side and your hand on a doorway. Walk forward and rotate your trunk away keeping your elbow against your side. You should feel a stretch on the front of your shoulder. Hold 30 (s) at end range; then slowly release the stretch.