

# Occupational Therapy TOOLKIT

## Shoulder Passive and Active-Assisted Exercises – Left

Perform the checked exercises \_\_\_\_\_ time(s) per day, \_\_\_\_\_ days a week

---

**Ball Squeeze**

Holding a rubber ball or tennis ball, squeeze the ball and hold for 5 seconds

Complete \_\_\_\_\_ set(s) of \_\_\_\_\_



**Shoulder Flexion**

Keep your left arm in line with your body and your elbow at 90 degrees. Hold your left arm as shown. Assist in lifting your left arm up over your head.

Raise arm to \_\_\_\_\_ degrees.

Complete \_\_\_\_\_ set(s) of \_\_\_\_\_

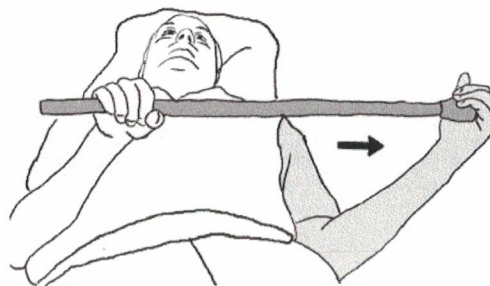


**Shoulder External Rotation**

Keep your left arm against your body. Hold a cane or dowel as shown. Assist using your right arm to rotate your left arm away from your body.

Rotate arm to \_\_\_\_\_ degrees.

Complete \_\_\_\_\_ set(s) of \_\_\_\_\_



**Shoulder Shrug**

Shrug your shoulders up; then relax them.

Complete \_\_\_\_\_ set(s) of \_\_\_\_\_



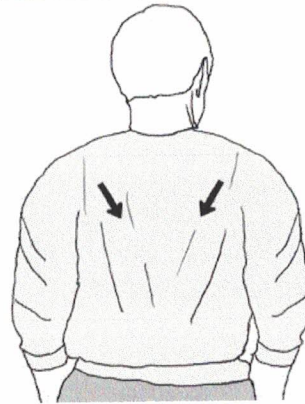
# Occupational Therapy TOOLKIT

## Shoulder Passive and Active-Assisted Exercises – Left

---

- Shoulder Retraction**  
Pull your shoulders back and together.

Complete \_\_\_\_\_ set(s) of \_\_\_\_\_



- Pendulum**  
Stand or sit leaning forward. Relax your shoulder muscles. Use your body to swing your left arm in a clockwise circle and then in a counterclockwise circle. Gradually increase the diameter of the circle (do not exceed 18 - 24 inches / 45 - 60 cm).

Complete \_\_\_\_\_ set(s) of \_\_\_\_\_



- Behind-the-Back Internal Rotation**  
Starting the 3rd week after surgery. Place your left hand behind your back. Use your right hand, to lift the left hand toward the shoulder blade.

Complete \_\_\_\_\_ set(s) of \_\_\_\_\_

