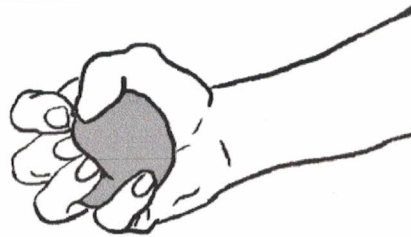


Occupational Therapy TOOLKIT

Shoulder Passive and Active-Assisted Exercises – Right

- Ball Squeeze**
Holding a rubber ball or tennis ball, squeeze the ball and hold for 5 seconds

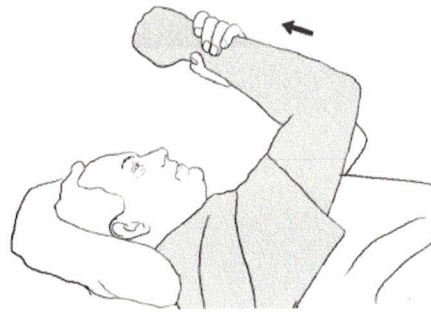
Complete _____ set(s) of _____



- Shoulder Flexion**
Keep your right arm in line with your body and your elbow at 90 degrees. Hold your right arm as shown. Assist in lifting your right arm up over your head.

Raise arm to _____ degrees.

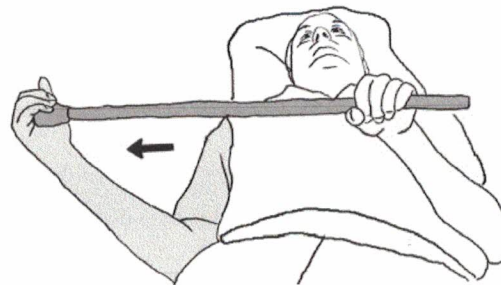
Complete _____ set(s) of _____



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

Rotate arm to _____ degrees.

Complete _____ set(s) of _____



- Shoulder Shrug**
Shrug your shoulders.

Complete _____ set(s) of _____

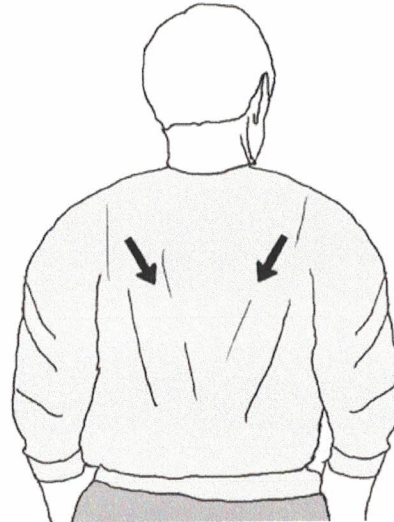


Occupational Therapy TOOLKIT

Shoulder Passive and Active-Assisted Exercises – Right

- 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 right 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 right hand behind your back. Use your left hand, to lift the right hand toward the shoulder blade.

Complete _____ set(s) of _____

