

# Occupational Therapy TOOLKIT

## Shoulder Active ROM Exercises

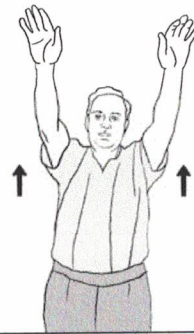
Perform the checked exercises \_\_\_\_\_ time(s) per day, \_\_\_\_\_ days a week

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**Shoulder Flexion**

Raise your arms up in front, as high as you can.

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



**Shoulder Abduction**

Raise your arms up from your sides, as high as you can.

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



**Shoulder Extension**

Lift your arms behind your body, as far as you can.

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



**Shoulder Horizontal Adduction and Abduction**

Cross your arms in front and then spread your arms apart. Keep your arms at shoulder level.

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



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## Shoulder Active ROM Exercises

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

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- Shoulder Internal Rotation**  
Place your hands behind your lower back and reach up your spine as far as you can.

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



- Shoulder External Rotation**  
Reach your hands behind your neck and reach down your spine as far as you can.

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

