

## Clinician Notes

This home program should be completed exactly as directed by your therapist. Do not perform exercises on this sheet until approved and reviewed by your therapist during your treatment session to prevent injury.

## Closing and Opening Hand With Shoulder Sling

|                |                 |                 |
|----------------|-----------------|-----------------|
| <b>SETS: 3</b> | <b>REPS: 10</b> | <b>DAILY: 1</b> |
|----------------|-----------------|-----------------|



### Setup

Begin in a sitting or standing position with your arm supported in your shoulder sling.

### Movement

With your palm facing towards your midline, curl your fingers into a full fist position, bending all of your finger joints. Hold briefly, then relax and repeat.

### Tip

Make sure to move slowly and keep your wrist straight during the exercise.

## Wrist Flexion and Extension With Shoulder Sling

|                |                 |                 |
|----------------|-----------------|-----------------|
| <b>SETS: 3</b> | <b>REPS: 10</b> | <b>DAILY: 1</b> |
|----------------|-----------------|-----------------|



### Setup

Begin in a sitting or standing position with your arm supported in your shoulder sling.

### Movement

With your palm facing towards your body, slowly bend your wrist upward and downward as far as is comfortable, then repeat.

### Tip

Try to bend only your wrist and keep your fingers straight during the exercise.

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## Circular Shoulder Pendulum with Table Support

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| SETS: 3 | REPS: 10 |
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### Setup

Begin in a standing position with your trunk bent forward, one arm resting on a table for support and your other arm hanging toward the ground.

### Movement

Slowly shift your body weight in a circular motion, letting your hanging arm swing in a circle at the same time.

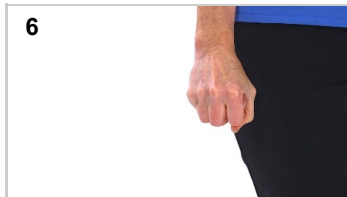
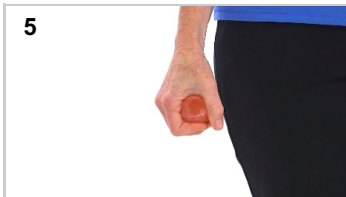
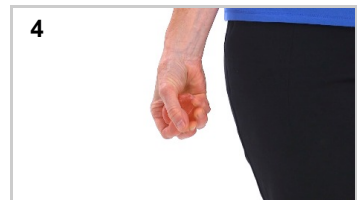
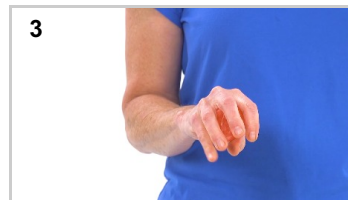
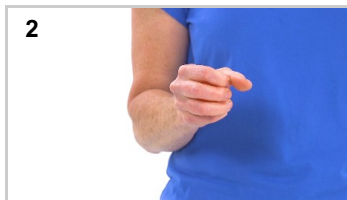
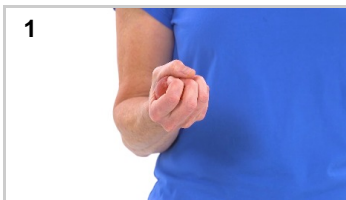
### Tip

Make sure the movement comes from your body shifting and do not use your arm muscles to create the circular motion.

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## Forearm Strengthening with Ball Squeeze

|         |          |
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| SETS: 3 | REPS: 10 |
|---------|----------|



### Setup

Begin standing upright with your elbow bent to a 90 degree angle, holding a small ball in your hand.

### Movement

Squeeze the ball with your palm facing up, and with your palm facing down. Then with your elbow straight and palm facing forward, palm facing your side, and palm facing backward.

### Tip

Make sure to keep your wrist straight and the rest of your arm relaxed during the exercise.

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## Wrist AROM Flexion Extension

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|----------------|-----------------|-----------------|
| <b>SETS: 3</b> | <b>REPS: 10</b> | <b>DAILY: 1</b> |
|----------------|-----------------|-----------------|



### Setup

Begin this exercise with your wrist straight.

### Movement

Slowly bend your wrist back and forth.

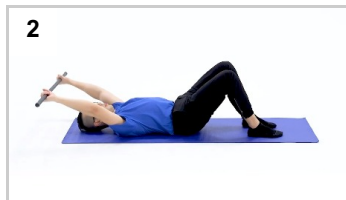
### Tip

Make sure to only move through a pain-free range of motion. Try not to let your forearm rotate as you move your wrist.

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## Supine Shoulder Flexion Extension AAROM with Dowel

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|----------------|-----------------|-----------------|
| <b>SETS: 3</b> | <b>REPS: 10</b> | <b>DAILY: 1</b> |
|----------------|-----------------|-----------------|



### Setup

Begin lying on your back. Use a dowel to assist one arm into a vertical position.

### Movement

Use the dowel to move your arm up and down in a vertical direction.

### Tip

Make sure to allow your supportive arm to guide the motion with the dowel. Do not move through pain or arch your back.

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## Seated Elbow Flexion AAROM

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|----------------|-----------------|
| <b>SETS: 3</b> | <b>REPS: 10</b> |
|----------------|-----------------|



### Setup

Begin sitting upright in a chair holding your affected forearm in your opposite hand.

### Movement

Try bending your involved arm, using your other hand to help with the movement as needed.

### Tip

Make sure to keep your shoulder relaxed during the exercise. Do not shrug your shoulder or move your arm further if you feel pain.

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## Seated AAROM Elbow Supination/Pronation with Clasped Hands

|                |                 |
|----------------|-----------------|
| <b>SETS: 3</b> | <b>REPS: 10</b> |
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### Setup

Begin sitting upright in a chair with your elbows bent and your hands clasped in front of you.

### Movement

Using your unaffected arm, twist your palm down towards the ground, and then reverse the action and twist your palm up towards the sky. Use your opposite side to help as much as needed.

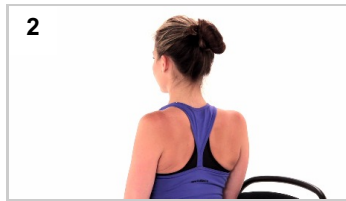
### Tip

Make sure you get as much range of motion as possible without causing pain.

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## Seated Scapular Retraction

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|----------------|-----------------|
| <b>SETS: 3</b> | <b>REPS: 10</b> |
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### Setup

Begin sitting in an upright position.

### Movement

Gently squeeze your shoulder blades together, relax, and then repeat.

### Tip

Make sure to maintain good posture during the exercise.

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## Seated Shoulder Flexion Towel Slide at Table Top

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|----------------|-----------------|
| <b>SETS: 3</b> | <b>REPS: 10</b> |
|----------------|-----------------|



### Setup

Begin sitting facing a table or counter top with your hand resting flat on a towel.

### Movement

Slowly lean forward to slide your hand and towel across the table. Return to the starting position and repeat.

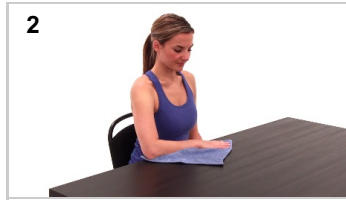
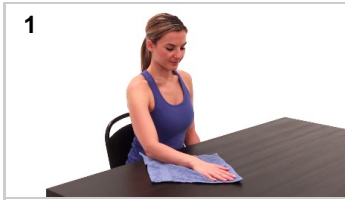
### Tip

Try to avoid shrugging your shoulder during the exercise and make sure your hand stays on the table.

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## Seated Elbow Flexion Shoulder Internal Rotation AAROM at Table with Towel

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|----------------|-----------------|
| <b>SETS: 3</b> | <b>REPS: 10</b> |
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### Setup

Begin sitting upright with your arm resting on a towel in front of you on a table, palm down and your arm pointing forward.

### Movement

Bend your elbow, bringing your arm toward your body, then return to the starting position and repeat.

### Tip

Make sure to keep your shoulder relaxed and forearm on the table during the exercise.

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## Seated Shoulder Abduction Towel Slide at Table Top

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|----------------|-----------------|
| <b>SETS: 3</b> | <b>REPS: 10</b> |
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### Setup

Begin sitting to the side of a table with your hand resting flat on a towel.

### Movement

Slowly bend sideways, pushing the towel out to the side across the table. Return to the starting position and repeat.

### Tip

Try to avoid shrugging your shoulder during the exercise and keep your movements slow and pain-free.

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## Seated Shoulder Flexion Assisted Motion

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|----------------|-----------------|
| <b>SETS: 3</b> | <b>REPS: 10</b> |
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### Setup

Begin sitting upright with your fingers laced together and your hands resting on the knee on your affected side.

### Movement

Use your strong arm to lift your affected arm up above your head. Lower your arm back down to your knee and repeat.

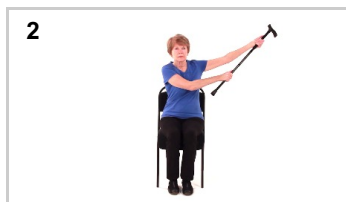
### Tip

Make sure to look at your hand as you lift your arm up and down. Do not shrug your shoulders during the exercise. If you are unable to use your affected arm to assist with the lifting, do not lift your arm above shoulder height.

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## Seated Shoulder Abduction AAROM with Dowel

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|----------------|-----------------|
| <b>SETS: 3</b> | <b>REPS: 10</b> |
|----------------|-----------------|



### Setup

Begin sitting upright holding a cane with both hands.

### Movement

Using the cane to guide the motion, slowly lift your arm directly out to your side. Slowly return to the starting position and repeat.

### Tip

Make sure to keep your moving arm straight and do not shrug your shoulders during the exercise.

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## Seated Shoulder External Rotation AAROM with Dowel

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|----------------|-----------------|
| <b>SETS: 3</b> | <b>REPS: 10</b> |
|----------------|-----------------|



### Setup

Begin sitting upright holding a cane with both hands, your elbows bent at 90 degrees and a towel roll tucked between your arm and your side, with that palm facing up.

### Movement

Using the cane to guide the motion, slowly rotate your involved arm outward, then bring it back to the starting position and repeat.

### Tip

Make sure to keep your elbow bent and let the movement come from your uninvolved arm.

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## Seated Shoulder Scaption

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|----------------|-----------------|
| <b>SETS: 3</b> | <b>REPS: 10</b> |
|----------------|-----------------|



### Setup

Begin sitting upright in a chair.

### Movement

Bring your arms down by your sides. Slowly raise your arms diagonally so they form the letter V, then lower them back to your sides and repeat.

### Tip

Make sure to keep your elbows straight and your shoulders down. Do not arch your low back during the exercise.