

## SHOULDER - 2

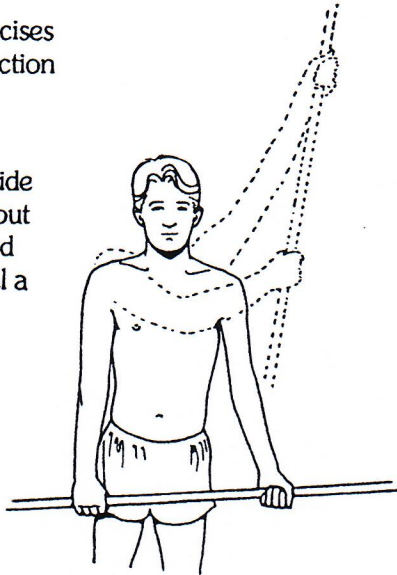
Range of Motion Exercises  
(Wand activities): Abduction

Holding wand with involved side palm up, push wand directly out from your side with uninvolved side (palm down) until you feel a stretch.

Hold 5 seconds.

Repeat 15 times.

Do 3 sessions per day.



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## SHOULDER - 1

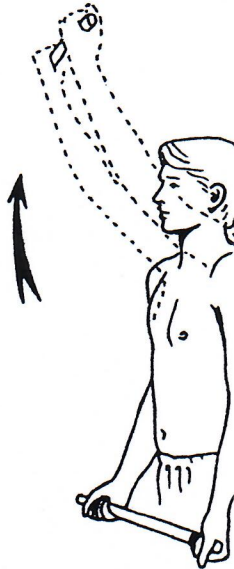
Range of Motion Exercises  
(Wand activities): Flexion

Bring wand directly overhead, leading with uninvolved side. Reach back until you feel a stretch.

Hold 5 seconds.

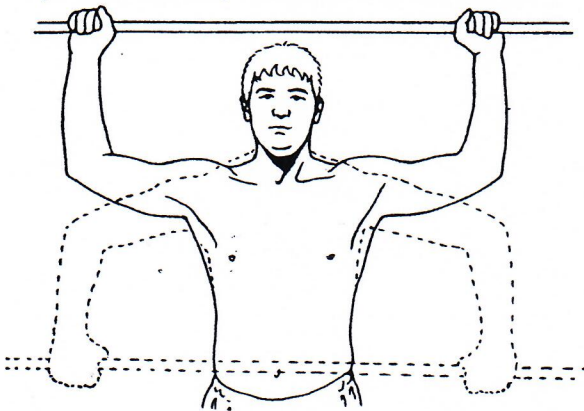
Repeat 15 times.

Do 3 sessions per day.



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## SHOULDER - 4 Range of Motion Exercises (Wand activities): External/Internal Rotation



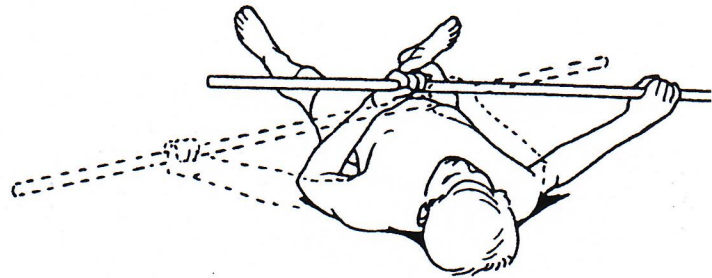
Move wand upward toward head, then down toward waistline.

Hold 5 seconds. Repeat 15 times.

Do 3 sessions per day.

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## SHOULDER - 3 Range of Motion Exercises (Wand activities): External/Internal Rotation



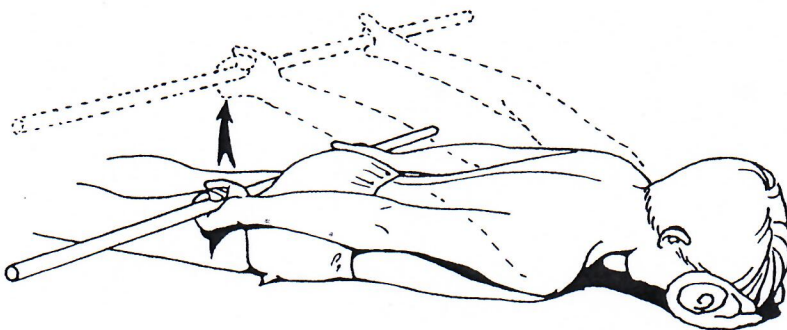
Hold wand with involved side palm up, push with uninvolved side (palm down) out from body while keeping elbow at side until you feel a stretch. Then pull back across body leading with uninvolved side. Be sure to keep elbows bent.

Hold 5 seconds. Repeat 15 times.

Do 3 sessions per day.

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## SHOULDER - 6 Range of Motion Exercises (Wand activities): Extension



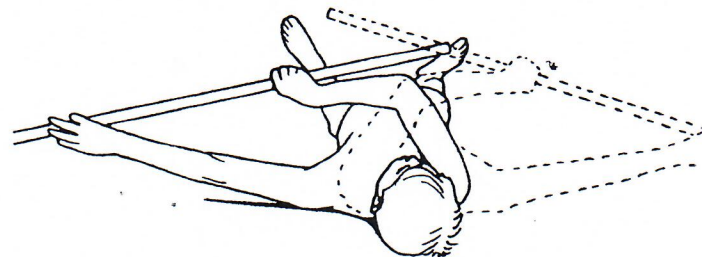
Lift backward from buttocks until a stretch is felt.

Hold 5 seconds. Repeat 15 times.

Do 3 sessions per day.

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## SHOULDER - 5 Range of Motion Exercises (Wand activities): Horizontal abduction/adduction



Keeping both palms down, push wand across body with uninvolved side. Then pull back across body, keeping parallel to floor. Do not allow your trunk to twist.

Hold 5 seconds. Repeat 15 times.

Do 3 sessions per day.

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