

Shoulder mobility exercises (passive):

Pendulum exercises:

- Bend at the waist so that your painful arm falls away from your body. Support yourself with your opposite hand on a solid surface, such as a table or a countertop.
- Your painful arm should be perpendicular to the ground. If it is not perpendicular, you need to lean over farther. Relax the muscles in this arm and shoulder as much as possible.



- Gently sway your hips and trunk so they move your arm without any use of your shoulder muscles.
- Progress your movements so that your arm moves side to side, then forward and backward, and finally, both clockwise and counterclockwise in circles.

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Active assisted range of motion using a broomstick:

Flexion: Lying on your back, hold the stick with both hands. Elevate your arms using your healthy arm to guide your injured arm. Increase the use of the painful arm as allowed by comfort. Remember "To it not Through it"!

These can be done upright when comfortable. Hold the end position for 5 seconds. Relax and return to the starting position. Repeat 10 times



Flexion (standing)



Extension



External rotation

Extension: Stand upright and hold a stick in both hands behind your back, palms up. Move the stick away from your back using your good arm. Hold the end position for 5 seconds. Relax and return to the starting position. Repeat 10 times.

External rotation: Lie on your back and hold a broomstick in both hands, palms up. Your upper arms should be resting on the floor, your elbows at your sides and bent 90°. Using your good arm, push your injured arm out away from your body while keeping the elbow of the injured arm at your side. Hold the stretch for 5 seconds. Repeat 10 times.

Internal Rotation



Abduction



Internal rotation: Stand upright holding a stick with both hands behind your back. Place the hand on your uninjured side behind your head grasping the stick, and the hand on your injured side behind your back at your waist. Move the stick up and down your back with your good arm by bending your elbows. Hold the bent position for 5 seconds and then return to the starting position. Repeat 10 times.

Shoulder abduction and adduction: Stand upright and hold a stick with both hands, palms down. Rest the stick against the front of your thighs. While keeping your elbows straight, use your good arm to push your injured arm out to the side and up as high as possible. Hold for 5 seconds. Repeat 10 times.

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