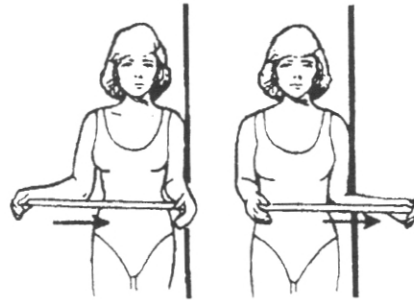
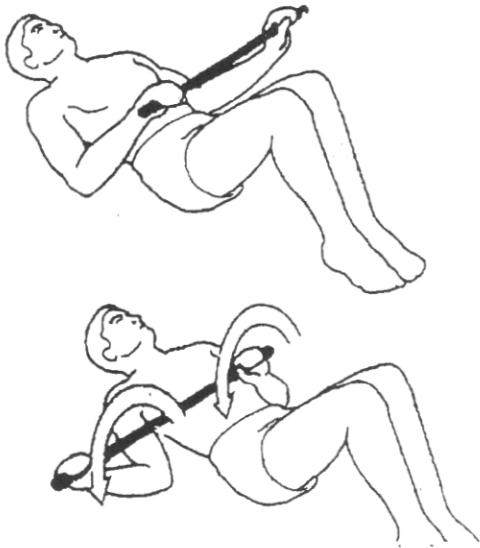


Stick Exercises

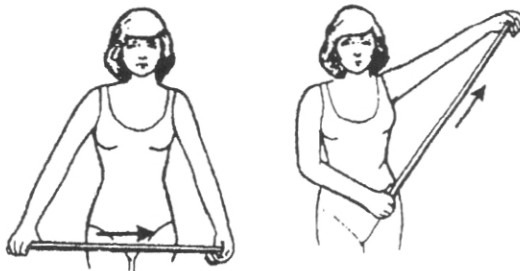
Lie on your back, bend your elbow to a right angle, and keep it close to your body. Hold onto a cane or stick with both hands and with your good arm, push the hand of your other arm out to the side. Try not to let your elbow slide away from your body. Hold it in the position where you start to feel a stretch for a count of 10. Repeat 15 times, 2-3 times a day.

External Rotation



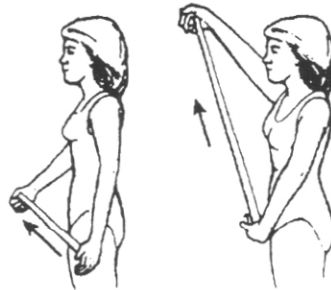
Lean your affected arm up against a door frame and use the stick to push your hand away from your body.

Abduction



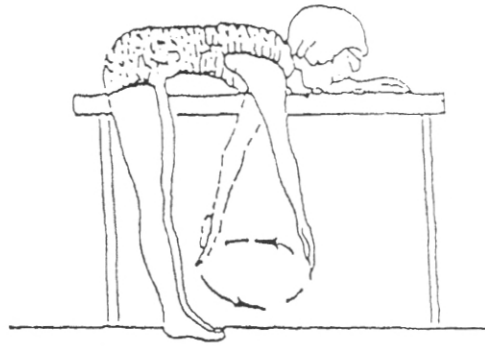
Use the stick to push your arm away from the side your body.

Flexion



Use the stick to push your arm out in front of your body.

Pendulum Exercises



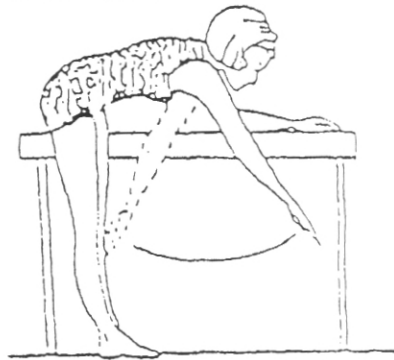
This exercise is for the acutely painful shoulder. This may be done for increasingly longer periods of time as often as each hour of the day. Begin by learning to relax the muscles around the shoulder girdle.

STARTING POSITION:

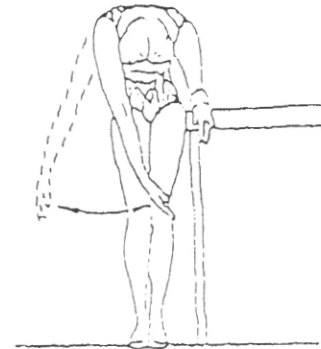
Stand beside a table, bend body at waist and support upper trunk on unaffected forearm on edge of the table.

Allow the affected arm to dangle, like a limp rope. Gradually describe circle, originating the motion in the shoulder girdle and trunk, like a pendulum swings. Make 10 circles clockwise and 10 circles counter-clockwise. Rest.

Do the Pendulum exercises for a total of 3-5 minutes, every day at least 2-3 times a day.



Swing arm to and fro along side of body 10 times. Rest.



Swing arm forward and back across chest in front of trunk 10 times. Rest.

Be careful not to lose your balance. Support your upper body on edge of table while bending over to exercise arm.

Do all of the range of motion exercises every day, at least 2-3 times a day and up to 5 times a day.

Robert M. Doane, M.D., P.C.

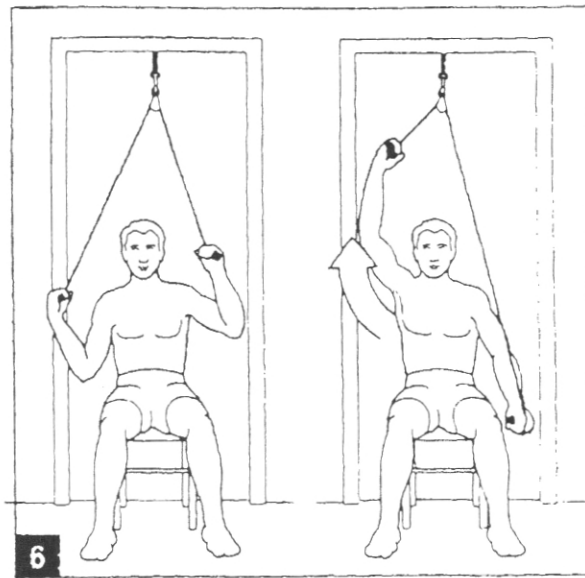
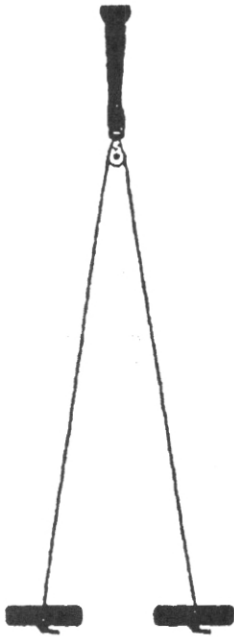
956 Cooper Street; Jackson, MI 49202

Phone: (517)787-3900 Fax: (517)787-4318

Email: info@jacksonorthopedics.com Web Site: www.jacksonorthopedicspecialists.com

Pully Exercises

The following exercises require the Rope and Pulley Set with Door Strap. Position the door strap at top of door between door and door jamb so that the metal hook is on the non-opening side of door. To adjust rope length, simply move knot at rope ends.



Bent Arm Flexion: Begin with affected arm bent. Using opposite arm, raise affected arm as high as you can while keeping arm as relaxed as possible

Do this exercise 15 times,
2-3 times a day
Hold for a 10 count

During all rope and pulley exercises, lower affected shoulder to prevent shoulder raising toward ear

Standing with pulley two feet above arm reach

