

Austin Bone and Joint Clinic Shoulder Rehabilitation

Range of Motion Exercises

Stage 1

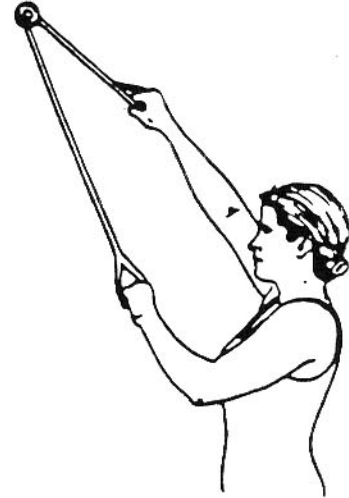
Number of sessions / day _____ . Number of repetitions / exercise _____ .

PRINCIPLES

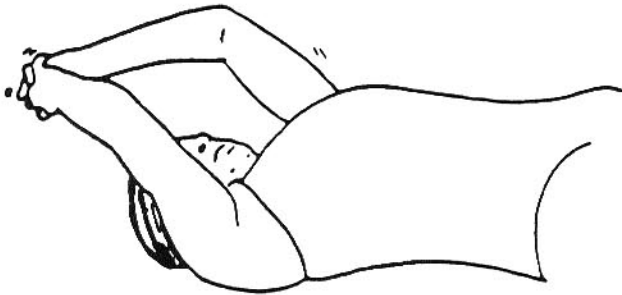
1. Apply heat, i.e. hot shower
2. Complete range of motion
3. No bouncing
4. Slow sustained stretch
5. Hold for 5 seconds
6. Go a little further with each exercise



Pendulum



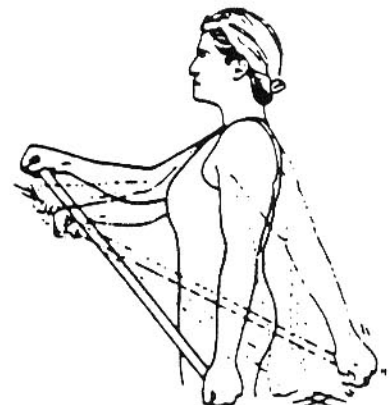
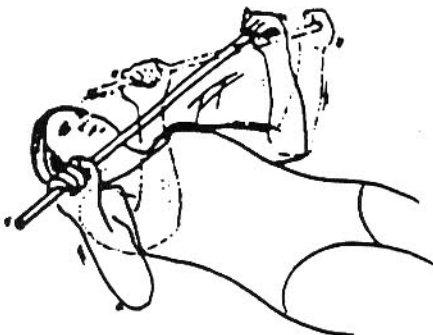
Pulley



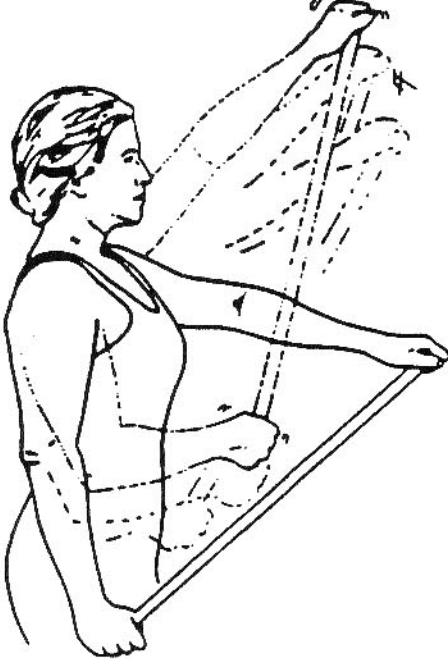
Supine Forward Elevation



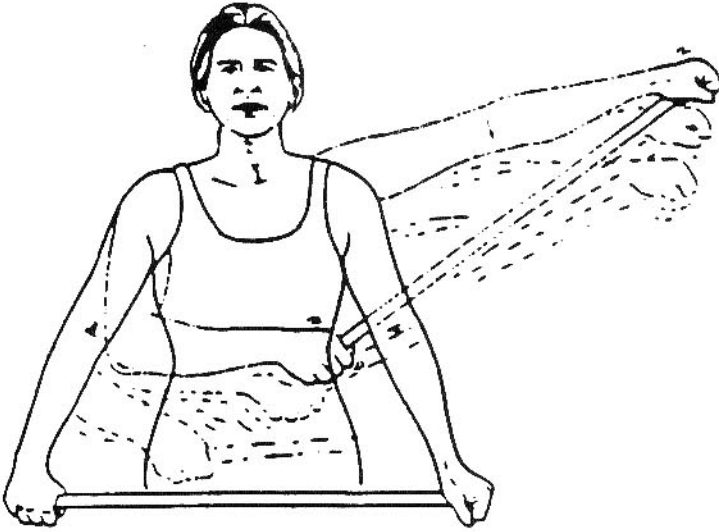
Wall Walking



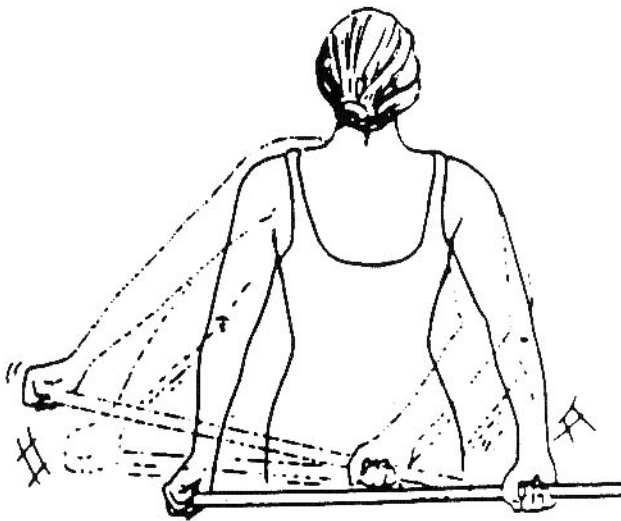
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Flexion



Abduction



Internal Rotation