

Austin Bone and Joint Clinic Shoulder Rehabilitation

Range of Motion Exercises

Stage 2

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

PRINCIPLES

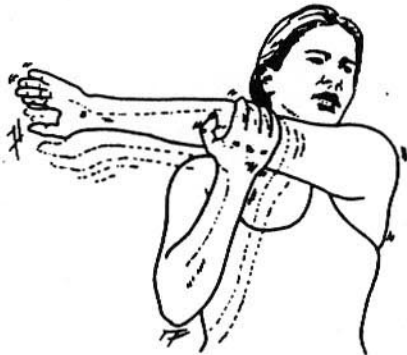
1. Apply heat, i.e. hot shower
2. Complete range of motion
3. No bouncing
4. Slow sustained stretch
5. Hold for 5 seconds
6. Go a little further with each exercise



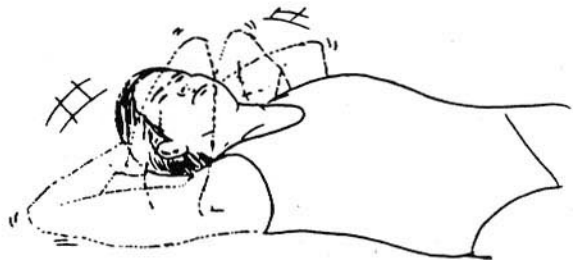
Assisted Internal Rotation



Inferior Cuff



Posterior Cuff



Supine Abduction



Abduction, External Rotation



Door Hang