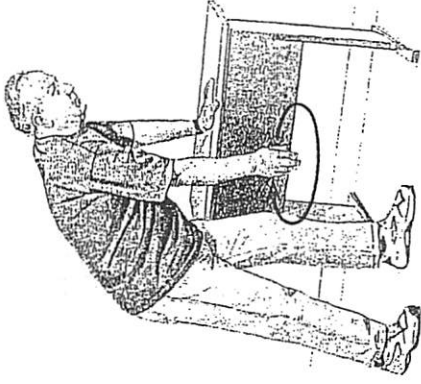


# RESTORING SHOULDER FUNCTION

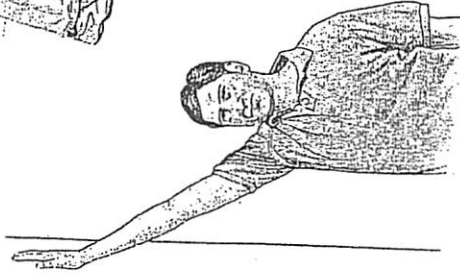
## PENDULUM EXERCISE

- Lean over support your good arm on a table. Relax the injured arm, letting it hang straight down.
- Rotate relaxed arm in a small circle 20 times. Reverse direction and repeat. Then slowly swing arm back and forth and then side to side.
- Note: Do each arm movement 20 times in each direction 3 times a day



## WALL WALK

- Stand with your injured shoulder 2 feet away from a wall.
- Raise your arm to shoulder level and gently walk your fingers up the wall as high as you can
- Hold for 10 seconds, then walk your fingers down. Repeat 3-5 times.
- Note: Check with your doctor to make sure it is safe to do this stretch.



## PRETZEL TWISTS

- Place the injured arm over the opposite shoulder, keep our arm level. Use your good hand to gently press injured arm toward your shoulder. Repeat 1-3 times holding for 10-15 seconds.
- Hold a towel behind your head with your good arm. Gently pull up towel behind your back with your injured arm. Gently pull up with your good hand. Repeat 1-3 times for 10-15 seconds
- Place your hands together behind your back. Use your good hand to gently lift your injured arm up and back. Repeat 1-3 times for 10-15 seconds

