

Shoulder - ROM

Shoulder Flexion AROM | Full Range

Sets: 2 - 3 | Reps: 10 - 15 | Hold: 2 Sec



Start position



*Raise arm straight
up...*



...and overhead

Preparation:

- Lie on your back

Execution:

- Keep elbow straight and shoulders relaxed.
- Raise arm all the way up and overhead
- SLOWLY lower arm down to start position.

Shoulder Extension AROM | Prone

Sets: 2 - 3 | Reps: 10 - 15 | Hold: 2 Sec



Start position



Raise arm to hip



Raise arm up toward the ceiling

Preparation:

- Lie flat on a table
- Arm hangs down

Execution:

- Raise arm to hip
- Raise arm up toward the ceiling

Shoulder Abduction AROM (Full Range)

Sets: 2 - 3 | Reps: 10 - 15 | Hold: 2 Sec



Shoulder relaxed



Raise arm out to side



Raise all the way overhead

Preparation:

- Stand with good posture.

Execution:

- Raise arm up and out to the side.
- Raise all the way up overhead in pain free range of motion.
- Return to the start position with control.

Shoulder Adduction AROM

Sets: 2 - 3 | Reps: 10 - 15 | Hold: 2 Sec



Start



Bring arm across body

Preparation:

- Stand with good posture

Execution:

- Bring arm across your body

Shoulder IR / ER AROM | 90° Abduction

Sets: 2 - 3 | Reps: 10 - 15 | Hold: 2 Sec



Start position



Rotate hand up to ceiling...



...and down to floor



Keep elbow in contact with floor



Preparation:

- Lay on back with arm to side, elbow bent

Execution:

- Rotate hand up toward the ceiling, then down toward the floor
- Keep elbow in contact with floor