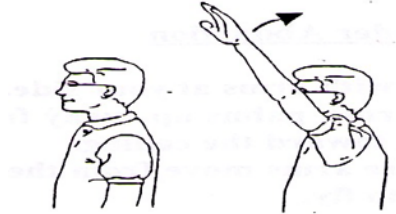


Coker Rehab Services

Active Range of Motion Exercises for the Arm

Shoulder Flexion

- Start with arm at side
- Lift your arm toward the ceiling, with the arm straight.



Shoulder Extension

- Start with arm at your side
- Reach back and up with bent elbow



Shoulder Internal/External Rotation

(shoulder adduction)

- Hold bent elbow close to your side
- Bring hand to stomach
- Sweep away from body



Shoulder Internal/External rotation

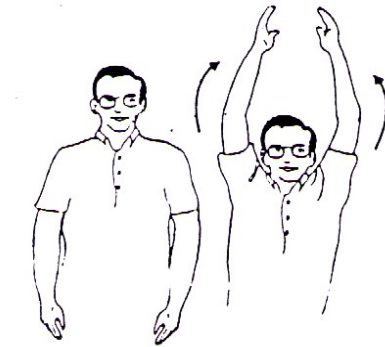
Shoulder abduction

- Hold arm at shoulder level with elbow bent
- Turn hand toward ceiling
- Turn hand toward floor



Shoulder Abduction

- Start with arms at your side
- Lift arms, palms up, away from body toward the ceiling
- Be sure arms move from the side as if to fly



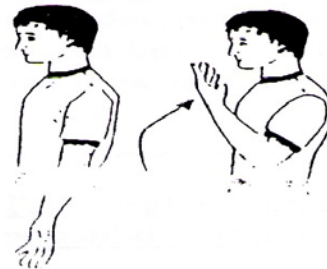
Horizontal Abduction and Adduction

- Hold your arm at shoulder height
- Reach across your body and return



Elbow Flexion/Extension

- Hold arm straight at your side and palm facing outward
- Bend your elbow and touch your fingers to your shoulder



Supination/ Pronation

- Hold your elbow bent and close to your side
- Turn your palm towards the ceiling
- Turn your palm towards the floor
- Remember to keep your elbow at your side

