

Coker Rehab Services

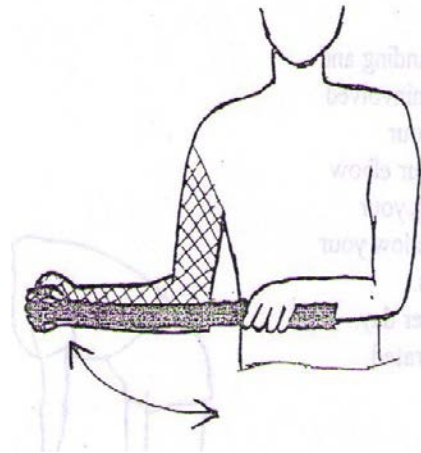
Shoulder Exercises

Dowel Exercises

External Rotation

With elbows at 90 degrees, place the end of the dowel in the palm of your involved arm and hold on to the other end with your uninvolved arm. Keeping arms at your sides, use the uninvolved arm to push the other out to the side, hold, then return to the middle slowly.

Perform 20 repetitions, 3 or 4 times per day, increasing as tolerated.



Shoulder Pulley

Sit in a chair facing away from the door, with the back of the chair as close to the door as possible. Hold the handles and use your uninvolved arm to pull your involved arm up over your head, putting a gentle stretch on the shoulder. Remember to relax your involved shoulder and let it be passively pulled up and lowered down by the other arm. Continue this for 5 minutes, increasing as tolerated.

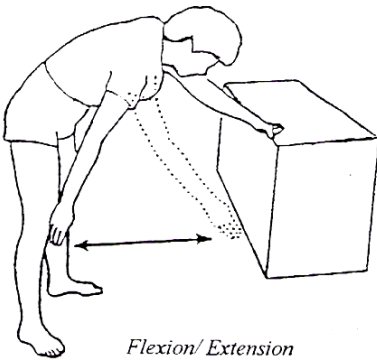


Pendulum Exercises

Perform pendulum exercises while standing and bending at the waist. Support your uninvolved arm on a table or counter and allow your involved to hang freely. Keep your elbow straight throughout the exercise. Shift your weight from one foot to the other to allow your arm to swing in the following motions. Perform 20 repetitions, 3 to 4 times per day. Increase number of repetitions as tolerated.

Flexion/Extension

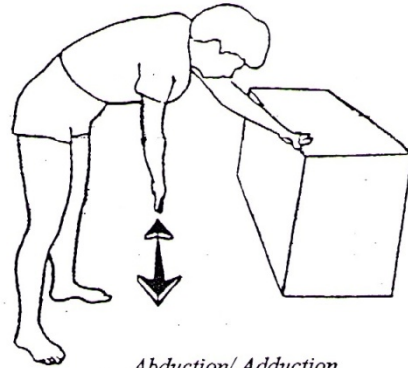
Swing your arm forward and backward.



Flexion/ Extension
Swing your arm forward and backward.

Abduction/Adduction

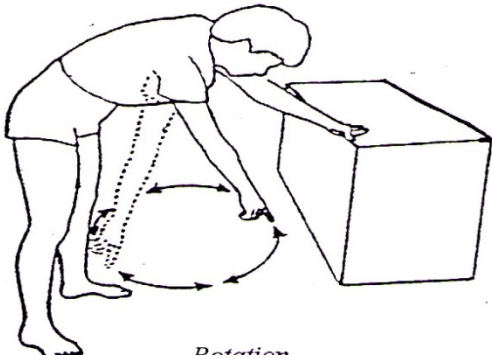
Swing your arm from side to side.



Abduction/ Adduction
Swing your arm from side to side.

Rotation

Swing your arm in circle, both clockwise and counterclockwise.



Rotation