Shoulder Range of Motion Exercises

Do each exercise _____________ times (= one set).
Hold each exercise for _____ seconds.
Do ___________ sets per session.
Do ________ sessions per day.

1. Hold a cane (or something similar) below your waist with both hands.
   Lie flat on your back to start. Progress to starting in standing position as you are able.
2. Raise the cane with your arms out straight until arms are above your head.
   Allow the cane to do the work for your injured arm.
   Let your healthy arm guide your injured arm.

1. Hold a cane (or something similar) below your waist in both hands.
   Lie flat on your back to start. Progress to starting in standing position as you are able.
2. Lift the injured arm to the side and upward.
   Allow the cane to do the work for your injured arm.
   Let your healthy arm guide your injured arm.
1. Hold a cane (or something similar) in both hands at waist level. Lie flat on your back to start. Progress to starting in standing position as you are able.

2. Slide injured arm outward while keeping elbow close to your side. Allow the cane to do the work for your injured arm. Use your healthy arm to gently push the cane if needed.

1) Sit in a chair with a table one foot in front of you.
2) Place both arms out straight on table.
3) Slowly bend your upper body toward the floor until you feel a stretch in your shoulders.

1) Sit in a chair next to a table.
2) Put your forearm on injured side on the table with palm up.
3) Slowly bend at waist toward table.
4) Let your whole arm slide on to the table while your hips move away from the table.

1) Sit in chair next to table with injured arm resting on table.
2) Bend forward with your upper body until you feel a stretch in your shoulder.
1) Stand facing wall with your feet 10 inches away from the wall. This exercise can be done with both arms at the same time or one arm at a time.
2) Bend elbow and put your hand on the wall at eye level.
3) Walk your fingers straight up the wall as far as they can reach.
4) Hold for 15 seconds when you reach the highest point.
5) Relax your arm and let it slide down to starting position.
6) Repeat 5 times.

1) Stand with injured arm next to the wall with your closest foot 10 inches away from the wall.
2) Bend elbow and put your injured arm on the wall at eye level.
3) Move your hand 8 inches forward on the wall to start.
4) Walk your finders straight up the wall as far as they can reach.
5) Hold for 15 seconds when you reach the highest point.
6) Relax your arm and let it slide down to starting position.
7) Repeat 5 times.
8) Switch sides and do other arm on wall.
1) Sit in a chair next to a table with injured arm resting on table.
2) Bend forward with your upper body as you slide your arm forward until straight.

1) Stand up and hold end of towel behind your head with your healthy arm.
2) Hold other end of towel behind your back with injured arm.
3) Slowly pull towel up with healthy arm until stretch is felt in injured shoulder.

1) Face wall with back of both hands on wall at shoulder level.
2) Slowly move toward the wall as you slide your hands up the wall.

1) Put your hands at shoulder level on each side of an open door way.
2) Lean forward through the open door way and hold.
Now that you’ve read this:

☐ Show your nurse or doctor how you will do these shoulder range of motion exercises. (Check when done.)

☐ Tell your nurse or doctor who you will call if you have questions or concerns. (Check when done.)

If you have any questions or concerns, ☐ call your child’s doctor or ☐ call ___________________________

If you want to know more about child health and illness, visit our library at The Emily Center at Phoenix Children’s Hospital
1919 East Thomas Road
Phoenix, AZ 85016
602-933-1400
866-933-6459
www.phoenixchildrens.org
Facebook: facebook.com/theemilycenter
Twitter: @emilycenter
Pinterest: pinterest.com/emilycenter

Disclaimer
The information provided at this site is intended to be general information, and is provided for educational purposes only. It is not intended to take the place of examination, treatment, or consultation with a physician. Phoenix Children’s Hospital urges you to contact your physician with any questions you may have about a medical condition.
Shoulder Range of Motion Exercises

Name of Health Care Provider: _______________________________
Date returned: ____________  □  db

Family Review of Handout

Health care providers: Please teach families with this handout.
Families: Please let us know what you think of this handout.

Would you say this handout is hard to read? □ Yes □ No
easy to read? □ Yes □ No

Please circle the parts of the handout that were hard to understand.

Would you say this handout is interesting to read? □ Yes □ No

Why or why not?

Would you do anything differently after reading this handout? □ Yes □ No

If yes, what?

After reading this handout, do you have any questions about the subject? □ Yes □ No

If yes, what?
Is there anything you don't like about the drawings?   ☐ Yes   ☐ No

If yes, what?

What changes would you make in this handout to make it better or easier to understand?

Please return your review of this handout to your nurse or doctor or send it to the address below.

The Emily Center
Health Education Specialist
Phoenix Children’s Hospital
1919 East Thomas Road
Phoenix, AZ 85016-7710

602-933-1395

Thank you for helping us!