



SHOULDER RANGE OF MOTION EXERCISES

Johns Hopkins Division of Shoulder Surgery
Department of Orthopaedic Surgery

Created
9/26/2017

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Introduction:

These exercises are recommended by us for you to perform on your own to regain your shoulder range of motion. These should be done at least once per day but not more than twice in one day. It is best to take some sort of medicine prior to the exercises (Tylenol, Ibuprofen/Advil, Naproxen/Aleve, pain medication) to make them more tolerable; take only medication recommended by your doctor. You should consider icing the shoulder after the exercises.

Perform only the exercises which are checked "YES" below

ARM ELEVATION

YES

NO

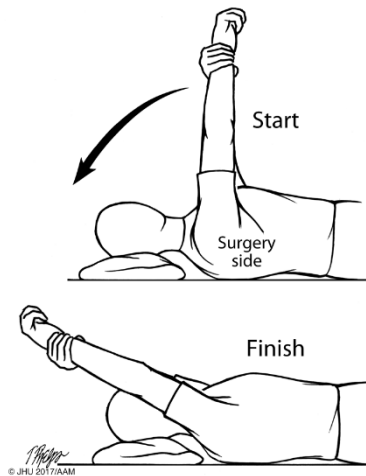
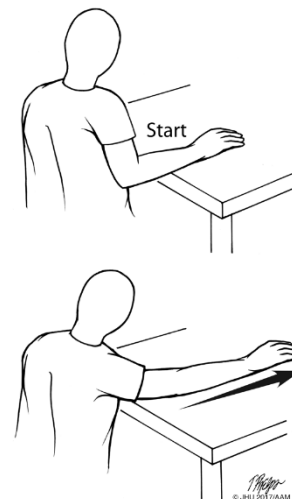


TABLE SLIDE

YES

NO





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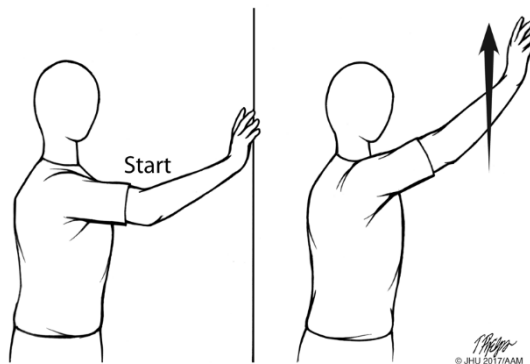
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WALL CLIMB

YES

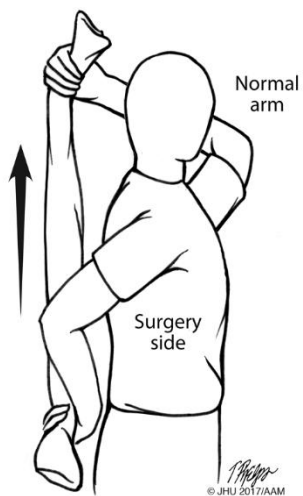
NO



INTERNAL ROTATION UP BACK WITH TOWEL

YES

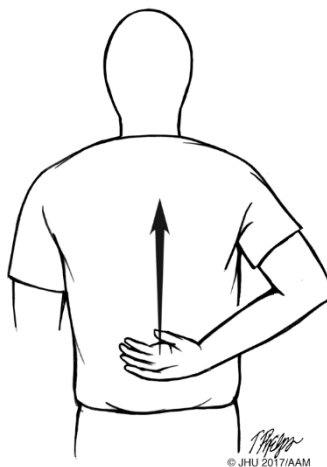
NO



INTERNAL ROTATION UP BACK WITH ARM

YES

NO





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CANE EXERCISES

You can use any stick (cane, broomstick or golf club) to do these exercises

ARM ELEVATION

YES

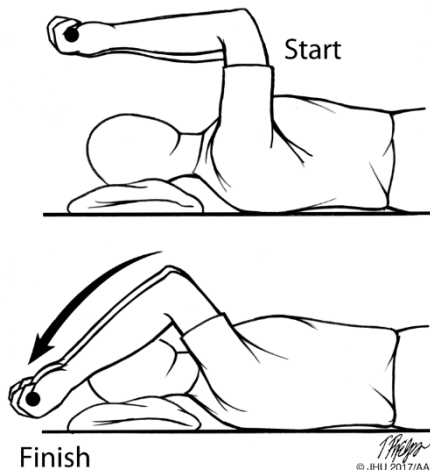
NO



ARM ELEVATION ELBOWS BENT

YES

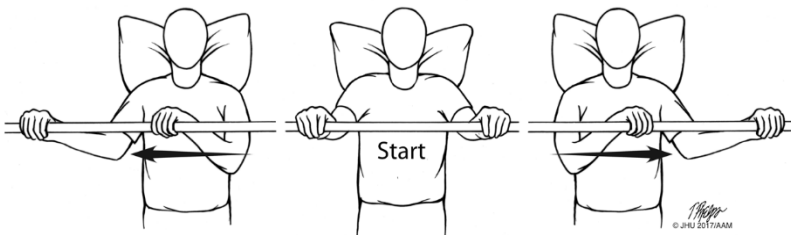
NO



INTERNAL AND EXTERNAL ROTATION ARMS DOWN

YES

NO





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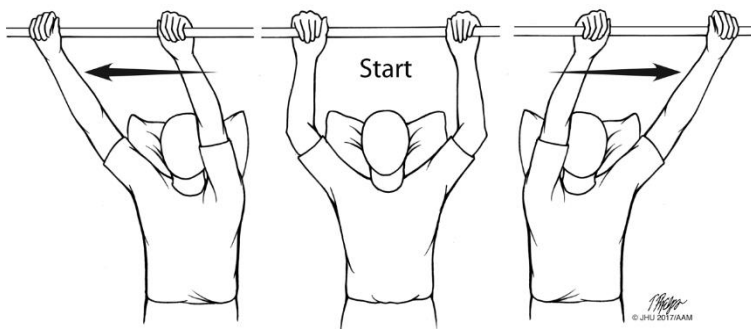
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INTERNAL AND EXTERNAL ROTATION ARMS UP

YES

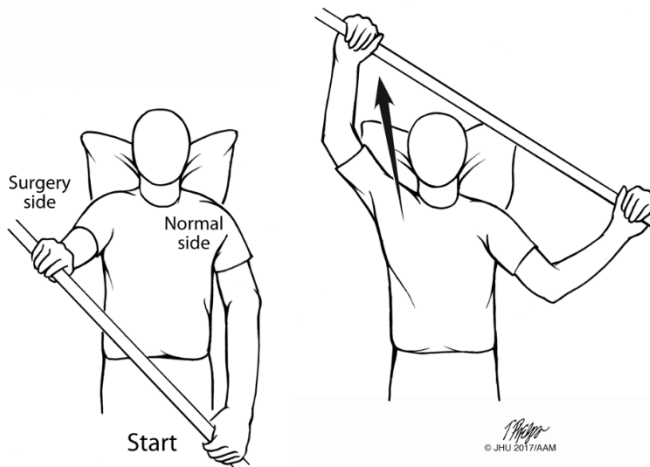
NO



ARM ELEVATION ON BACK

YES

NO



ARM ELEVATION STANDING

YES

NO

