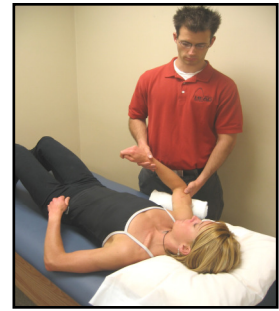


PHASE I: Passive Range of Motion (PROM)

Partner Assisted External and Internal Rotation

Perform 5-10 minutes, 2-3 times a day,
Limitations _____

Lay on your back with a pillow placed under your arm. Have your partner stand beside you and bring your arm slightly out to the side. Your partner should support your elbow and forearm. Stay relaxed as your partner rotates your arm into external rotation or internal rotation through your wrist or forearm. Be sure to maintain any ROM limitations that have been prescribed.



Partner Assisted Forward Elevation/Abduction/Scaption

Perform 5-10 minutes, 2-3 times a day,
Limitations _____

Lay on your back with a pillow placed under your arm. Have your partner stand beside you and bring your arm slightly out to the side. Your partner should support your elbow and forearm. Stay relaxed as your partner moves your arm into forward elevation, abduction, and scaption, each 5 minutes. Be sure to maintain any ROM limitations that have been prescribed for each motion.

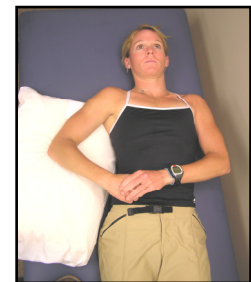


Active Assisted Range of Motion (AAROM)

External Rotation and Internal Rotation

Perform 5-10 minutes, 2-3 times a day,
Limitations _____

Lay on your back and place a pillow under your involved arm, positioning it slightly away from your side. While keeping your elbow bent 90 degrees, use a stick or ski pole to rotate your shoulder and forearm outward within limitations. Return to neutral, then bring the arm inward towards your stomach. These can be done alternately or separately as tolerated.



Forward Elevation

Perform 5-10 minutes, 2-3 times a day,
Limitations _____

While lying on your back, use your uninvolved arm to "point your finger to the sky". Start with the elbow bent then progress to a straight elbow. When this can be performed with ease, progress by bringing the arm overhead using the uninvolved arm or a stick to assist.

