

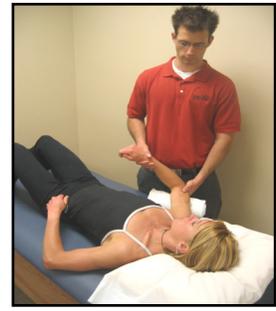
PHASE I: Passive Range of Motion (PROM)

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.

