

# ACTIVE ASSIST SHOULDER EXERCISES

## 1. Pendulum (Codman's) Exercise



**POSTURE:** Support other arm keeping **BACK STRAIGHT** with shoulder blades pulled together, sore arm "dangling"

**NO PAIN** –Practice \_\_\_\_\_ times/day

Swing arm **FORWARD/BACK** \_\_\_ minutes.

Swing arm **SIDEWAYS** \_\_\_ minutes.

Swing arm **IN CIRCLES** \_\_\_ minutes.



## 2. Self-assist Wall Crawl

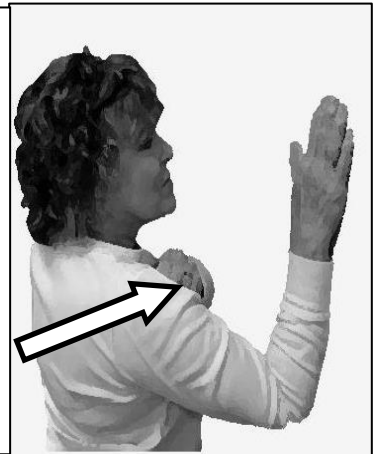


**POSTURE:** One step away from wall, feet straight ahead, Knees over shoe points, **FLATTEN STOMACH, FLATTEN BACK**, Chin tuck. Looking straight ahead, shoulders & neck relaxed.

**\*REACH** up wall, using the wall for support.

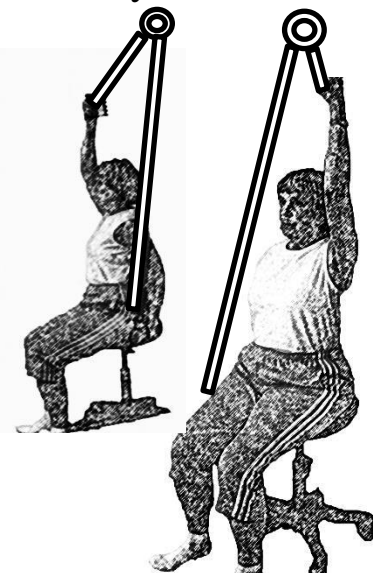
Practice \_\_\_\_\_ times, \_\_\_\_\_ times/day  
SUPPORT arm under elbow if needed.

**\*USE FINGERS** OF OTHER HAND TO KEEP "BALL" OF SHOULDER IN THE SOCKET if needed



## 3. Pulleys: Arm in Front (Flexion)

## Arm to Side (Abduction)



**POSTURE:** Shoulders level, back straight with shoulder blades pulled together, stomach in, eyes straight ahead.

**NO PAIN** – Use stronger arm to help weaker arm so there is only a mild stretch sensation.

**GO SLOW** – Hold at your highest **comfortable** reach for \_\_\_\_\_ seconds.

**Forward:** Repeat \_\_\_\_\_ times \_\_\_\_\_ times /day.

**Sideways:** Repeat \_\_\_\_\_ times \_\_\_\_\_ times /day.

